



The Association  
of UK Dietitians



## Older People

Specialist Group

# Newsletter May 2020

## Dietitians Week

This week we have had the opportunity to celebrate Dietitians, the wider dietetic team and the work that we have been doing during the Covid-19 pandemic. Unlike previous years, we have had to rely on social media to share our messages wider due to restrictions on wards, closed doors at care homes and the redeployment of the workforce. We surpassed ourselves as a profession and have shared resources, webinars and a myriad of other tools with each other!

The committee took part in dietitians week by sharing their wide and varied roles, food myths and food facts. As a team, the committee have worked hard to produce literature and training to support those who support older people. On behalf of the older people specialist group we want to say thank you for everything that you do as dietitians!



## Alison's Updates

Chairperson

What a challenging three months this has been for all of us, wherever we happen to work. As lockdown gradually eases and we start to think about recovery plans, this is also a time of amazing opportunity where we have a very rare chance to think about how our teams worked during the Covid-19 crisis and what new practices we could keep and embed moving forward, for example how can we continue using our much more digital world to both ours and our older patients advantage? And it's of course also the time for us to keep highlighting the importance of food and nutrition for both older peoples recovery and simply their quality of life both now and in the future.



## Loneliness Awareness Week 2020



Marmalade Trust is a charity that raises awareness of loneliness and helps people to make new connections. Their vision is to create a society where anyone can talk about loneliness. Marmalade Trust is the home of Loneliness Awareness Week, and in 2020 they are working with some partners across the UK including The Great Get Together and the Jo Cox Foundation.

**ONE  
LESS  
LONELY  
VOICE**

Understanding loneliness one conversation at a time.

L=NLNESS AWARENESS WEEK

**LONELINESS  
LONELINESS  
LONELINESS  
LONELINESS  
LONELINESS**

Understanding Loneliness One Conversation At A Time

L=NLNESS AWARENESS WEEK

Due to the COVID-19 pandemic, instead of face-to-face events they are hosting a virtual campaign called 'One Less Lonely Voice'. They are taking the 'one' out of loneliness, to signify one less lonely voice. Their aim is to empower everyone to understand loneliness one conversation at a time. By building on our understanding, we can help ourselves and others to manage feelings of loneliness.

Join the conversation! #LetsTalkLoneliness  
<https://marmaladetrust.org/law/>



Putting patients at the centre  
of good nutritional care

**BAPEN**

BAPEN is calling on all health care professionals with experience of working with COVID-19 patients who are acutely unwell or recovering from the virus in the community to please take part in this first survey.

They hope to better understand the nutritional care of patients affected by COVID-19. The survey data will be used to identify areas where further support, information, guidelines or training are needed to help preparations for further waves of the pandemic. The survey should take about 15 minutes to complete. The deadline is June 12th 2020. A further survey will be circulated focusing on the hospital setting in due course.

<https://www.surveymonkey.co.uk/r/2NWJ2XB>

## Nutritional Management for patients recovering in the community from COVID-19

In April, Professor Mary Hickson and Alison Smith hosted a webinar discussing the importance of nutritional support for patients recovering in the community from Covid-19. If you missed it you can find the link [here](#).



International Dysphagia Diet Standardisation Initiative

A global initiative to improve the lives of over 590 million people worldwide living with dysphagia

IDDSI have recently released some new and updated resources. The updated IDDSI flow test card, testing reference card and large all "at a glance" posters have been uploaded in the Resources section of the website as well as the testing videos on their website:

[Resources](#) [Video](#)

## CALLING ALL:



**Article writers**



**Award winners**



**Resource hunters**



**Event attendees**

A day in the life?  
Research updates?  
New tools?

If you have something to share with the OPSG community - we would love to hear from you.



### Older People Nutrition Myth #1

**MYTH**

A low fat diet should always be followed.

**LOW FAT**

**FACT**

A high calorie high protein diet may be needed for those who are malnourished.

**Dietitians Week 1-5 June 2020** **BDA Older People Specialist Group** [@bda\\_olderpeople](#) [@BDA\\_olderpeople](#) [@BDA\\_Older\\_Peoples\\_Group](#)

### Older People Nutrition Myth #5

**MYTH**

Taking vitamin and mineral supplements can prevent dementia.

**FACT**

The research findings linking these substances to the prevention of dementia are inconclusive.

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### Older People Nutrition Myth #2

**MYTH**

Losing weight is a normal part of ageing.

**FACT**

Unintentional weight loss in older age can be a sign of malnutrition or other serious conditions.

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### Older People Nutrition Myth #3

**MYTH**

Drinking less fluid is a good way to prevent toilet visits.

**FACT**

Restriction of overall fluid intake does not reduce urinary incontinence frequency or severity.

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### Older People Nutrition Myth #4

**MYTH**

Older people don't need to worry about becoming overweight or obese.

**FACT**

Older obese people with decreased muscle mass are at risk of adverse health outcomes.

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## Free Webinar for Care Home Staff

A new webinar from Marianne Williams and Lesley Harper (RDs), designed to support care home staff with malnutrition has been released on Youtube. It is free and available to use. The link is <https://youtu.be/cZKnD-1berE>



## Keeping in touch!

Check out some of the many ways you can keep in touch with the OPSG:



**Send us an email:**

[olderpeople@bda.uk.com](mailto:olderpeople@bda.uk.com)



**Follow us on Twitter:**

[@BDA\\_olderpeople](#)



**Follow us on Instagram:**

[BDA\\_olderpeople](#)

**Don't forget to check out the BDA website too for up and coming events.**

Did you know we have a discussion forum? It's a great place to post all your queries, questions and comments as well as allowing our OPSG members to share knowledge through your answers and responses

Edited by Simone Roberts