



# OLDER PEOPLE SPECIALIST GROUP

November 2020



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## THE HIGHLIGHTS



This newsletter means only one thing, that the festive season is nearly upon us! The OPSG committee have been having fun and planning lots of exciting content for you and all those who work with older people. Keep your eyes peeled on our social media @BDA\_Olderpeople, throughout December and help us spread these important messages.

Covid-19 has resulted in a lonely year for many older people whether they have remained at home, required a hospital admission or live in a care home. As we approach the festive period, feelings of isolation may continue with restrictions likely to stay in place and relatives worrying about visiting loved ones for fear of infection. We already know this time of year is especially lonely for many older people and the impact this can have on their physical, mental, social and nutritional wellbeing. We hope our suggestions are helpful to you to support those in your community to be safe and well.

I want to take this opportunity to thank our speakers Dr Natalie Cox and Ruth Hammond, RD on their excellent webinars earlier this month, 'Obesity and Diabetes: Not Clear Cut?' This was free to OPSG members and the videos are available to you on our BDA Webpage. I also want to thank the OPSG committee for volunteering their time and putting together an excellent Webinar and AGM. An extra special thanks to Simone Roberts for her technical skills and abilities which allowed the session to run without a glitch.

Finally on behalf of the committee I want to wish you and your loved ones a Happy Hanukkah, Merry Christmas and Happy New Year. We appreciate you and everything you do for older people. Stay safe and keep going.

*Vittoria*

# IMPACTING CHANGE FOR OLDER PEOPLE

The BDA have asked relevant specialist groups for their insights on the appropriate prescribing of oral nutritional supplements. The committee have been preparing and finalising their response which will be presented to the BDA Board of Directors meeting early next year. We will keep you informed on any progress made in this area of practice.

The independent review of NHS Hospital food was recently published and makes a number of key recommendations including: investment in hospital food, importance of dietitians in hospital catering and keeping hospital food safe. The report can be found [here](#).

We recently wrote a blog for the BDA on Care Homes and visiting rights in response to the National Care Forum's Call to Action. We fully support the need to enable care homes to manage visiting in a way that meets their resident's needs, whilst carefully balancing safety concerns. Read our blog in full [here](#) and show your support on social media platforms #VisitingCountdown.



# #STOPTHEPRESSURE



November 19th 2020, was international stop pressure ulcers day. The 'Stop the Pressure' campaign was originally launched by NHS Midlands and East as part of their ambition to make life better for patients. The campaign is now managed by NHS England and NHS Improvement. The "N" in the slogan "are you aSSKINg the right questions?" stands for nutrition and hydration and exists to highlight the importance of nutrition in wound healing. Older people are at particular risk of developing pressure ulcers, due to reduced mobility and skin becoming thin, dry or weak due to ageing.

Nutrition is important to the healing process but most important is maintaining a healthy weight and balanced diet. Individuals who are underweight have less padding, meaning bony areas such as elbows and sacrum are areas of risk. Similarly, in obese adults, mobility may be reduced and increased load on weight bearing areas, such as the heels, may result in the development of pressure ulcers.

NICE CG179 (2014) recommends adults with a pressure ulcer should undergo a nutritional assessment and receive appropriate dietary support. Individualised nutritional guidance including increased protein intake, proper hydration and a diet rich in micronutrients may all be required to support healing. Current PENG guidelines recommend 1.25 - 1.5g/kg/day of protein to support the healing of pressure ulcers in adults. Although no clear evidence is available for the use of "mixed nutritional supplements", protein intake can be supported through dairy or non-dairy home made supplements.

More information on nutrition and pressure ulcers can be found on the [BDA website](#).



# INSPIRED BY DIWALI

Diwali is the five-day Festival of Lights, celebrated by millions of Hindus, Sikhs and Jains across the world. Traditionally Diwali is a time to have fun with friends and family, to exchange gifts and sweets, enjoy delicious feasts and watch firework displays. Just like other celebrations this year, Diwali was interrupted by the restrictions in place to prevent the spread of Covid-19. As part of our celebration for Diwali, we worked with our Hindu colleagues to create some home made supplements that represent the diversity of the older people that we support. Roof Afza, is a rose syrup base used in many recipes and desserts in Asia. The flavours are derived from rose petals and kewra, the white flowers found on a pandanus (screw pine), another staple in asian cooking. Chikoo which is also known as sapota or sapodilla is a fruit, which contains 5g of fibre per 100g of fruit. The fruit has been described as having a sweet, malty flavor with a mild pear-like undertone.

The PDF versions of the recipes will shortly be posted under our resources section on the BDA website.



## IN CASE YOU MISSED IT

The links to the webinars from November can be found below or on the OPSG resources page on the BDA website.

**Diabetes and Malnutrition presented by Ruth Hammond, RD**

**The Obesity Paradox and Anorexia of Ageing, presented by Dr Natalie Cox**



**You  
Tube**

If you have resources to share or suggestions for future events please get in touch. Contact us via our email address or following us on social media @bda\_olderpeople.

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