**Care Homes**

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The Nunthorpe Oaks residential care home offers a 13-week dietetic placement. Nunthorpe Oaks provides accommodation for those needing nursing and personal care, including those living with dementia. As well as residential care, this care home supports people needing a carer’s break, with long and short stay respite care options.

The student dietitians while on placement

* Reviewed 11 patient cases using the BDA process for nutrition and dietetic practice
* For Nutrition & Hydration week, the student dietitians presented the following project ideas to the management, staff and catering teams and ran 3 events
  + Use of fruit skewers to increase uptake of fruit rather than biscuits and cakes at snack time. The student dietitians noticed that the fruit sat in a bowl on the bottom shelf of the trolley and was rarely used.
  + Afternoon tea for residents as a way of encouraging socialisation and food intake. During the student dietitians preliminary work to identify nutritional need, the students realised many residents had a MUST malnutrition risk score of 1.
  + Use of fruit smoothies to boost calorie intake in nutritionally vulnerable residents. This time the student dietitians identified a way of boosting calories by making up fruit smoothies using oral nutritional supplements to be offered to named residents when the ice-cream van called weekly over the sunny Summer afternoons at the care home.
* Ran staff education sessions covering various topics such as completion of food charts, support with completion of MUST malnutrition screening tool and myth busting for diabetes, for example people with diabetes should not eat fruit.

The Lead Practice Educators were the care home manager and deputy manager and the team lead for MUST screening. Dietetic supervision was long arm.