

Focus on Undernutrition - County Durham

Focus on Undernutrition in County Durham is a community based project that raises awareness of malnutrition and helps to prevent, identify and manage people at risk of malnutrition in their own home, care homes and community hospitals.

The Project

The training programme for all health and social care staff introduces simple tools for accurate assessment of malnutrition. The training provides a consistent message that identifying and treating undernutrition should be embedded into everyday practice, using a food first approach followed by appropriate prescribing and monitoring of oral nutritional supplements. Care home caterers are also trained to develop various food solutions.

The Benefits

Focus on Undernutrition has been implemented in more than 80 local care homes in the region. 90 per cent of care staff in community hospitals in South Durham and 90 per cent of community nursing staff in the County Durham and Darlington Foundation Trust are now trained. Care homes are now commissioned based on their agreement to implement Focus on Undernutrition. The prevalence of undernutrition has reduced from 44 per cent to 31.2 per cent in local care homes.

For further information please contact:

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Or visit: www.focusonundernutrition.co.uk