

# Evaluation of 'Nutritional Support within the Care Home' Education

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## Background

Malnutrition is a common problem within care homes with 55% of residents estimated to be at risk (BAPEN 2022). Early identification and management of malnutrition can stop the onset of illness and reverse, stop or delay the progression and impact of a pre-existing condition (Scottish Government 2022.)

The Prescribing Support Dietitians manage nutritional care of all residents within Lothian Care Homes. We aim to promote 'food first' approaches. During the COVID 19 pandemic face to face nutritional support training within care homes was postponed. The team restarted training in January 2023 with the aim to empower care homes to identify and manage residents at risk of malnutrition.

## Aim

To evaluate the effectiveness of face to face dietetic-led nutritional support education for care home staff undertaken from January to August 2023.

## Method

Evaluation forms were provided to all attendees for completion at the end of training session. Attendees were asked to rate level of agreement in 5 questions and asked to include free-text which aspects of the session were most and least useful to them. Evaluation forms were completed anonymously.

## Results

From January 2023 to August 2023 the training programme was delivered in 26 Care homes in Lothian to a total of 254 attendees. As shown in Figure 1, 99% of attendees agreed that the content was relevant to them (97% strongly agreed, 2% agreed a little). Similarly, 100% (92% strongly agreed, 8% agree a little) felt knowledgeable in food fortification methods following training and 98% felt confident to manage their residents nutritional care (88% strongly agreed, 10% agreed a little).

Although still positive, results to the questions on confidence in calculating Malnutrition Universal Screening Tool (MUST) and actions to take dependent on MUST score, were lower with 78% and 85% strongly agreeing.

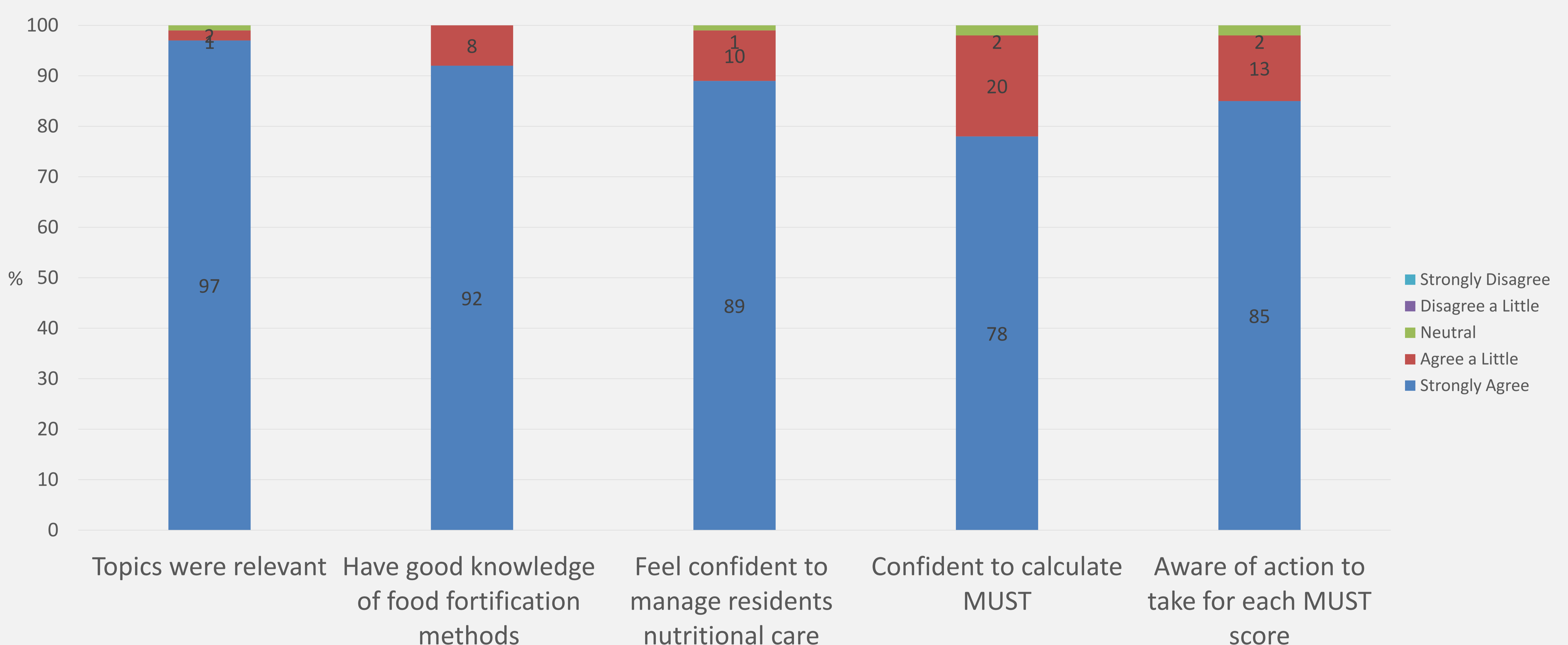


Figure 1. Summary of Evaluation Form Feedback

## Conclusion

The training session has been positively evaluated by care home staff. There may be room for improvement in how education around completion of nutritional screening is delivered, as evidenced by lower rankings in staff confidence in this area. Of note, some staff attend training who are not involved in the completion of nutritional screening, for example catering staff or activities co-ordinators.

## Next Steps

1. Amend education programme to include video of MUST calculation to aid understanding
2. Add Not Applicable option to questions 4 and 5 on evaluation form to exclude staff who do not require to complete MUST screening
3. Repeat analysis of feedback in 2024 to assess impact of changes

### References:

BAPEN., 2022. *Malnutrition and Nutritional Care Survey in Adults, UK Malnutrition Awareness Week, October 2022*. Available from: [bapen.org.uk/pdfs/reports/mag/national-survey-of-malnutrition-and-nutritional-care-2022.pdf](https://bapen.org.uk/pdfs/reports/mag/national-survey-of-malnutrition-and-nutritional-care-2022.pdf)  
SCOTTISH GOVERNMENT., 2022. *My Health, My Care, My Home - healthcare framework for adults living in care homes*. Available from: [3. Prevention - My Health, My Care, My Home - healthcare framework for adults living in care homes - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/my-health-my-care-my-home-2022/pages/3-prevention-my-health-my-care-my-home-healthcare-framework-for-adults-living-in-care-homes.aspx)