

## Immedicare Training Schedule May 2023

Helping to Develop Your Local Care Home Workforce

### Training Features

- Monthly Virtual Training Sessions for all Nursing & Residential Home Staff
- Post training evaluation available for delegates to submit feedback on the sessions.
- Certificate sent to all delegates who complete a session.

### Accessing the training

Click here to access the training or go to <https://involve.moodlecloud.com/>

You must create an account, and once you have an account you can register for the courses you would like to attend.

For any queries relating to training, please contact [acunningham@immedicare.co.uk](mailto:acunningham@immedicare.co.uk)

Immedicare training sessions are free of charge to staff working in care homes with the Immedicare service in place.

### Additional Information

- Wherever possible, please have your resident in private area for the consultation to maintain their privacy and dignity.
- Please see below an example of good practice that was shared in one of the Moodle Nutrition and Hydration sessions from Sarah McCaffrey at Butterfly Lodge in Plymouth:

Butterfly Lodge is a dementia specialist nursing home in Plymouth, I have been here since 2019 and began as a health care assistant eventually working up to my current role as a deputy manager. due to our residents all living with dementia our staff have come up against some challenges, maintaining a healthy weight can be a challenge for many people with dementia. Difficulties eating and drinking are more noticeable as dementia progresses. Due to this, residents at risk were referred to dietitians and often had various supplements prescribed. When monitoring the effectiveness of the supplements it was noticed that supplements were not always accepted by the residents and they often feedback to staff that they didn't like them.

Due to this we researched and implemented a food first approach with staff, we discussed this in staff meetings and daily stand-ups as well as snap shot training sessions to fully embed this within the team, there was a noticeable improvement when auditing weights at the end of the month. Our next step was to approach our community dietitian for alternatives for the prescribed supplements. We created our own nutritional pathway flow chart to identify those at risk and what actions would need to be taken.

### Training Timetable (all sessions 2pm - 3pm)

Date	Session topic
May 2nd	Falls
May 3rd	EOL
May 4th	Diabetes
May 9th	Behavioural and Psychological Symptoms of Dementia
May 10th	Catheter Care
May 11 <sup>th</sup>	UTIs
May 16th	Leg Ulcers
May 17th	Nutrition & Hydration
May 18th	Restore 2
May 23rd	Controlled & High-Risk Drugs
May 24th	Verification of Expected Death
May 25th	MSK
May 30th	UTIs
May 31st	React to Red

### Notable days/events in May

Date	Event
Whole of May	National Walking Month (links to falls prevention)
May 5th	World Hand Hygiene Day
May 12th	International Nurses Day
May 15th-21th	Mental Health Awareness Week

The community dietitian shared with us recipes for our own homemade milkshakes with the same nutritional value of the supplements. We conducted taste tests with all our residents to get feedback on what they thought. The taste test was a huge success with nearly all our residents preferring the homemade shake over their prescribed supplement. This was then feedback to the dietitian and discussed with our GP practice who were in full support of the transition, we aim to role this out next month and stop all prescribed supplements

To discuss this good practice further with Sarah McCaffrey, please email her at [butterflylodgedeputy@camelotcare.co.uk](mailto:butterflylodgedeputy@camelotcare.co.uk)