



# Nutrition and hydration patient codesign

## Project Aim

To codesign malnutrition out of the system and identify what matters to patients, families and carer in looking after their hospital nutritional needs.

## Timeline for delivery

From: Sep 2022 To: Sep 2023



## Project team

- Ann Nutt - Patient
- Jane Mason - Carer
- Sue McIntyre RN – Nutrition lead nurse
- Dr Rosemary Philips – Consultant Gastroenterologist
- Shahid Sardar – Patient experience lead
- Ben White – Quality improvement lead

## Measures:

- ✓ Identification of patient and carer ideas
- ✓ Engagement of patients and carers
- ✓ Engagement of clinicians
- x Reduced objective malnutrition e.g. MUST

## Tests for change

- Created a Clinical Nutrition Team
- Started an active monthly Nutrition and Hydration Steering Group
- Held a series of workshops
- Had our PAHT2030 Clinical Nutrition Strategy signed off

## Results

- ✓ Six ideas generated and adopted by the Trust. (Patient led clinical education, a patient kitchen 24 hour access to fresh and *healthy* food, access to food in urgent care, a patient held food passport and information booklet.)
- ✓ Six Labs run and one public conference delivered.
- ✓ Clinicians and services engaged.
- ✓ Tests of change implemented: <https://www.youtube.com/watch?v=DCWjVazV80s>
- x Many still to be completed.

## Learning and next steps

To make it business as usual – drop the ideas into our day to day process. The ideas have currency in the organisation and we are designing new tests of the change.

