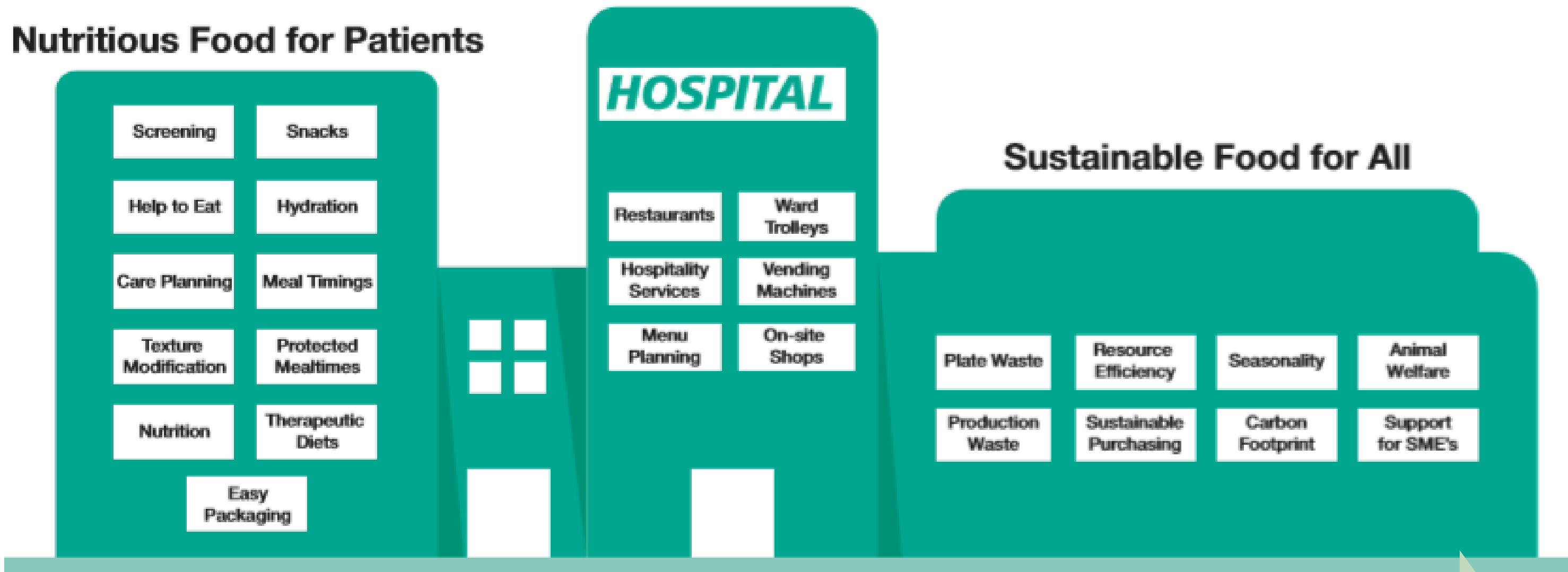


# A Full Plate:

## Food and Drink Strategy Implementation

Elizabeth Waters, Macmillan Dietitian

Can you find the CHIPS?



*"Nothing shall be done on a ward whilst patients are having their meal"*  
Florence Nightingale (1859)

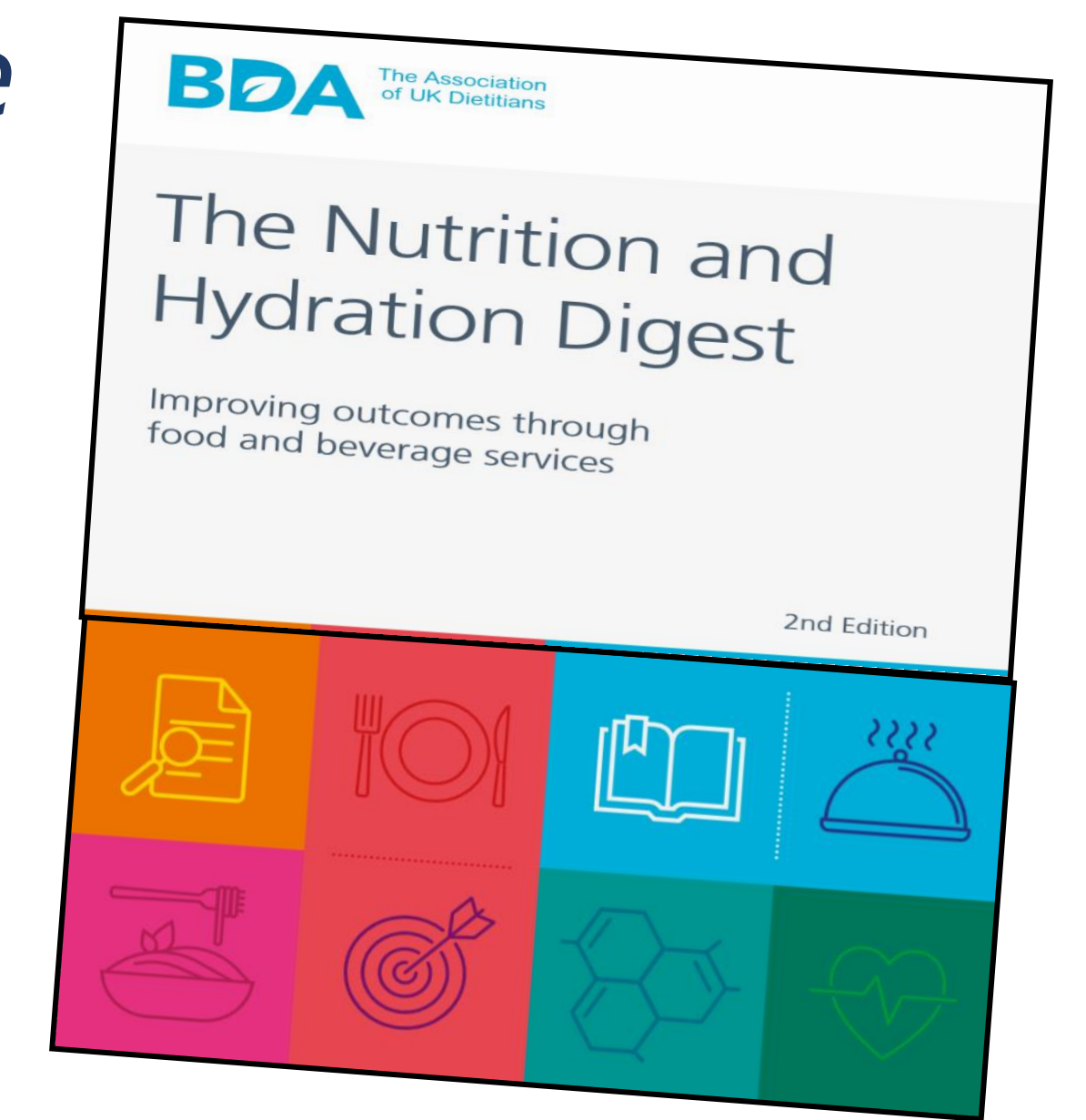


Figure 1: Depiction of aspects to be included in a Food and Drink Strategy



Patient-led assessments of the care environment (PLACE)

Regulation 14: Meeting nutritional and hydration needs

Categories: Organisations we regulate

Health and Social Care Act 2008 (Regulated Activities) Regulations 2014: Regulation 14

**Introduction**

Since 2014 all NHS hospitals should have and maintain a food and drink strategy, encompassing all the aspects of care provided by hospitals - Figure 1.

An initial focus has been to review in-patient food. The items on offer for staff and visitors has also been reviewed. Compliance with regulations and guidance has been strived for ✓

**Method**

Collaborative working – Figure 2: Power of three

Observational audit

Staff training

Working towards compliance with The Nutrition and Hydration Digest

Nutritional analysis

Design of bedside information

Promotion of local and national initiatives

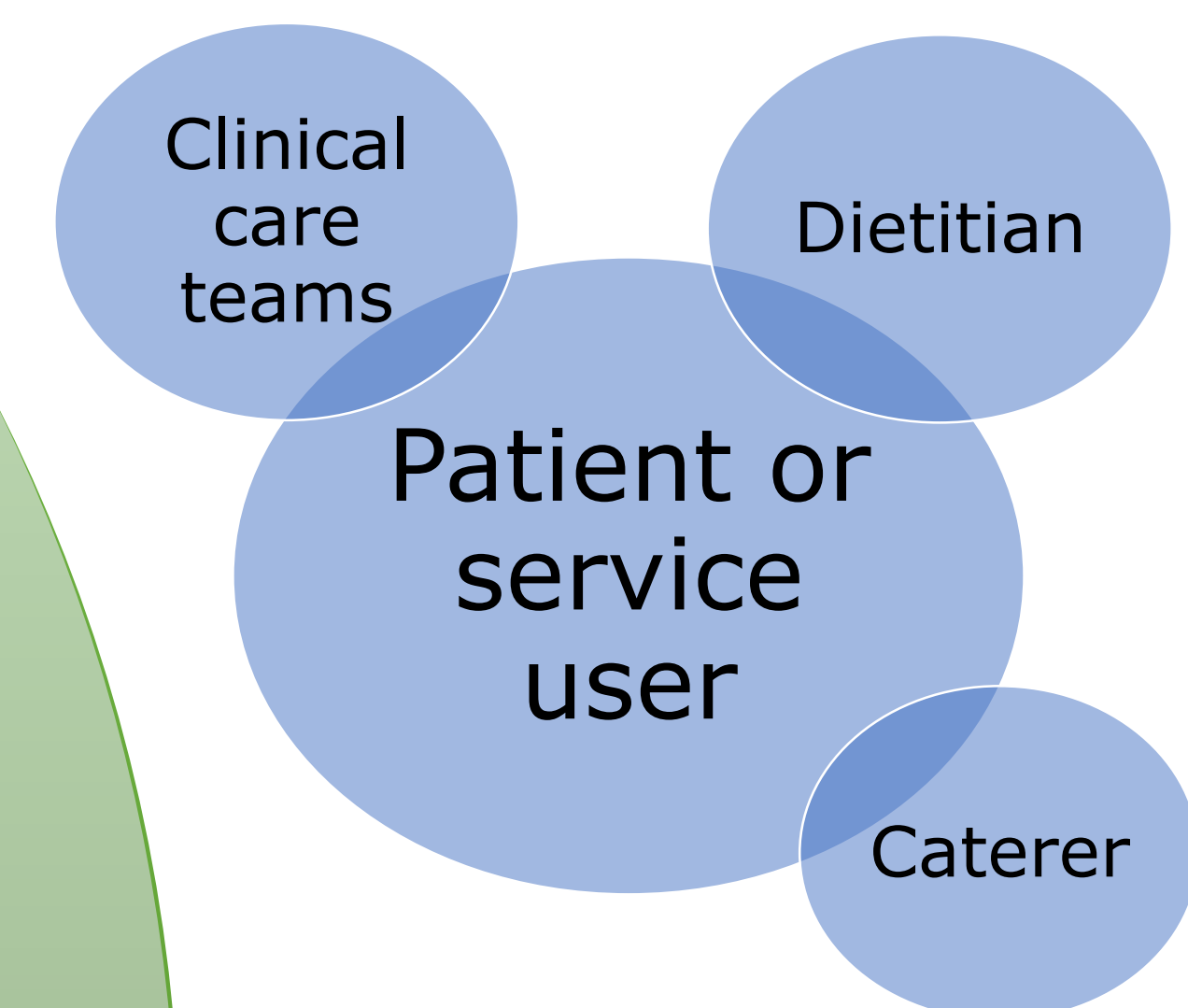


Figure 2: Power of 3

**Results: Staff and visitors**

New vending machines in place  
Figure 3 - responses & comments

Wider choice – hot and cold drinks, snacks and confectionary, plus fresh food on offer

Easier payment methods

Compliance with the reduction in sugar sweetened beverages ✓

**Results: In-patients**

New menu for in-patients, allowing for cultural and ethnic preferences

Bedside information

Compliance with International Diet Dysphagia Standardisation Initiative (IDDSI) ✓

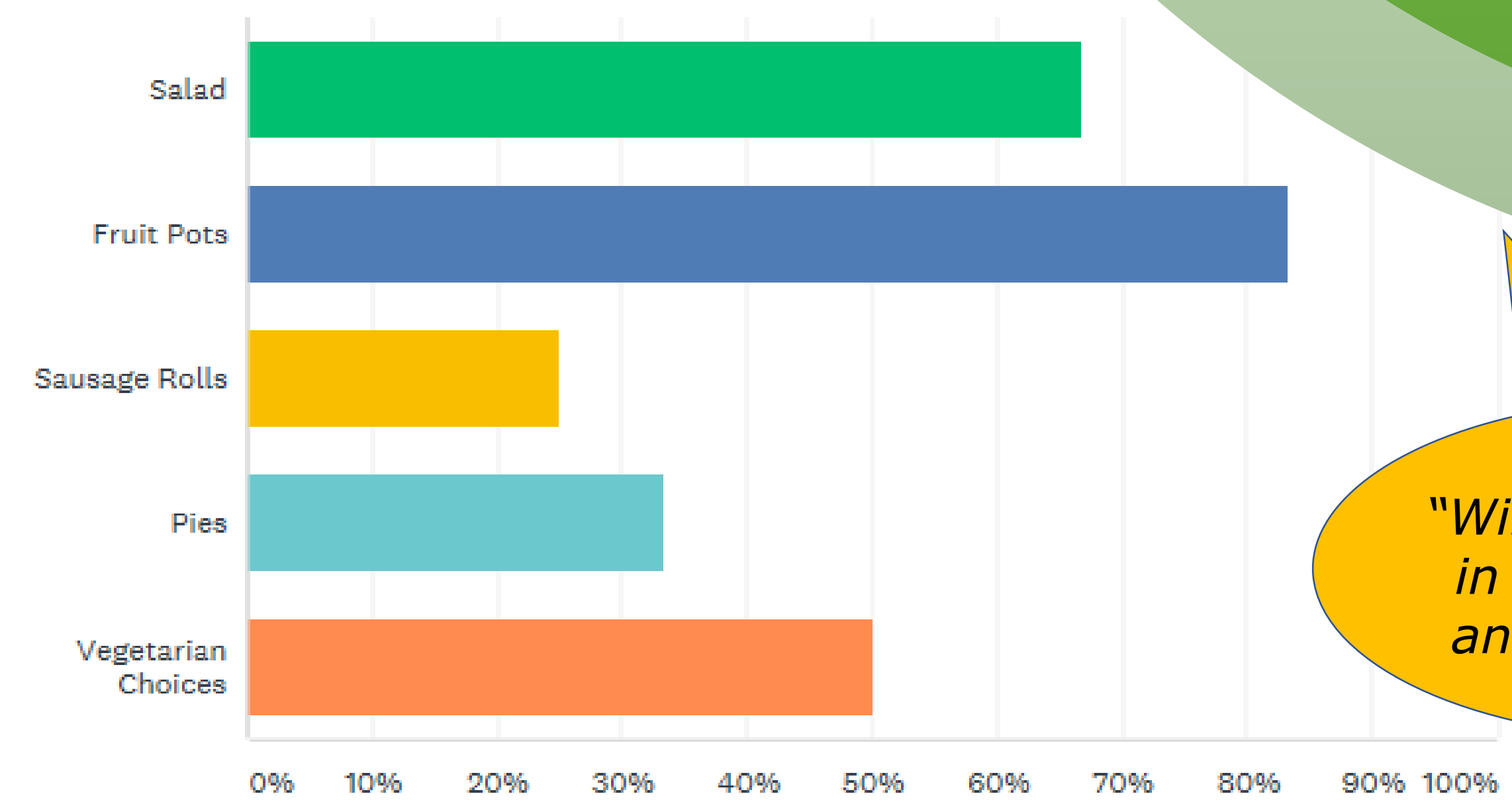
À la carte texture modified menu

New regeneration trolleys



"Love the new machines and the contactless payment"

"Coffee is cheap and tastes good"



"Will they be stocked in the late evening and at weekends?"

Figure 3: Survey responses and comments regarding fresh food choices



- Recommendations:**
- Collaborative working is essential
  - Having a champion is crucial
  - Involve those consuming the product i.e. patients, staff and visitors
  - Provision for all – think of health inequalities, consider religious and cultural differences
  - Sustain the intervention



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