

Nourishing Knowledge: Empowering Care Home Staff to Combat Malnutrition

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Introduction



Aberdeen City and Shire Community Dietitians have been providing in person nutrition training to care homes for many years but the need for virtual training became evident due to frequent training requests, high staff turnover, small attendance, frequent rescheduling and lack of dietetic resource.

Methods:

We decided to undertake a test of change to see if online training for MUST and food fortification would be effective and well received. Videos were developed and trialled with one care home; following positive feedback these were developed further. A professional videographer re-recorded and edited the videos and our Learning and Development team created a TURAS webpage and further developed them into four training modules, covering MUST, COVID, food first, weight management and hydration, with quizzes for each.

We launched our training in August 2022 across care homes in Aberdeen City and Shire, and we promoted this to other dietetic departments, health boards and national groups.



Results

430 people completed the training



86% have passed



78% rated it **4-5 stars**

We also received positive comments such as:

“ I found this very useful and will definitely get all my team to carry out this training. ”

Conclusion

Although it was a lot a work, we enjoyed learning a new skill and creating this training. There are some benefits of using an established online platform like TURAS including: technical support, easy to collate data and platform is already familiar to our target audience. In addition, staff can do this in their own time and as often as they like. Of course there are some limitations, such as: you cannot choose the feedback structure, usual limitation faced in online training and will take some work to update if dietetic processes or recommendations change.

