How to keep your weight down this Christmas

Merry Christmas

We wish you a Happy and Healthy 2020

Stay well THIS WINTER

HAVE YOU GOT

Mince Pie Eyes?

How to keep your weight down this Christmas

Stay well THIS WINTER
Welcome to this special joint publication from George Eliot Hospital NHS Trust, South Warwickshire NHS Foundation Trust and Wye Valley NHS Trust. Together we form a ‘Foundation Group’ – working together to address common issues, learning from each other and joining forces to work more efficiently for our patients.

The NHS is changing. We have to work together with our health and care partners in each of our communities of North and South Warwickshire and Herefordshire to join up services to serve people better. We also have to follow the national drive to try and keep people healthy and prevent them having to come to hospital in the first place. As hospitals we need to look outside our walls and support people in the community to stay healthy and well – and that’s what this publication is about.

Around £130bn is spent every year in the NHS and £20bn of this is on conditions linked to lifestyle choices, for example smoking. If we can tackle a small amount of this, we can live healthier more enjoyable lives.

You’ll read about some of the things that we are doing to help people stay well and avoid a trip to the hospital. You’ll also see some tips on how to keep you and your family healthy.

Enjoy the magazine – and stay well over the winter!

Glen Burley
Chief Executive

The science of Public Health is about helping people to stay healthy and also protecting them from threats to their health.

A huge number of factors in people’s lives influence how likely they are to rely on the care that the NHS provides.

A baby boy born today in Warwickshire would be expected to live to around 80 years and a baby girl to 84 years old. While this is better than most of Britain, life expectancy has not greatly improved compared to ten years ago. There also are big inequalities in health - a baby from one of the more deprived areas of Warwickshire will typically be in poor health 12 years younger than in the most affluent area.

A healthy population depends on things happening outside of the NHS too. Good jobs and financial security prevent issues like fuel poverty; or the way that houses and neighbourhoods are designed can have significant impacts on the health of people of all ages.

There are also health behaviours that can cause harm:

- Just under two thirds of adults are overweight and obese.
- Around one in five adults get less than 30 minutes of physical activity every week despite the large health benefits from even this small amount of exercise.
- There are still 64,000 smokers in Warwickshire

We have a unique window into peoples’ lives and the opportunity to reflect on the issues which make people unhealthy in the first place and make them more likely to return for additional care.

Behind the numbers there is a story of people who have been helped to stay healthy and those who have slipped through the net, perhaps because they did not see a GP or a hospital, or they did not understand they needed the care at all. Within our own communities are examples of what can be achieved and how people can make a difference to the health of those around them.

Across the trust there are some great examples of where we’ve used that window to improve health - whether through ideas similar to “social prescribing”, where people are signposted to support, or by identifying and talking to patients about how to stay healthy based on their situation.

We are collating case studies across the organisation to find out more about what is happening. This information will impact the health of local people by helping us manage future demand on our services.

If you’d like to share your story or experience of prevention in the health service, contact:
Duncan.Vernon@swft.nhs.uk

Duncan Vernon is Consultant in Public Health at South Warwickshire NHS Foundation Trust.

A healthy population depends on things happening outside of the NHS too. Good jobs and financial security prevent issues like fuel poverty; or the way that houses and neighbourhoods are designed can have significant impacts on the health of people of all ages.

Herefordshire Council’s priority is to enable residents to live safe, healthy and independent lives.

We believe that public health is everyone’s business. We work in partnership to improve health and wellbeing and overcome challenges which affect health such as cold homes, obesity, preventable tooth decay and enable communities to become more resilient. Working with the NHS we aim to give everyone the same chance to lead a healthy life, irrespective of where they live or their personal circumstances.

Tackling isolation and loneliness is really important if we want people to stay happy, healthy and independent. We encourage people to reach out to the more vulnerable members of their community, particularly during times of severe weather.

Herefordshire is a resourceful county and is blessed with numerous valuable community assets. Building on this, we are implementing services where people are empowered to create networks based on the strength of their own communities.

In 2020 we will be introducing ‘Talk Community’ hubs across the county to connect residents with services that can provide support and advice.

To find out more about our local offer visit Herefordshire’s WISH website www.wisherefordshire.org

Karen Wright, Director of Public Health for Herefordshire.
Preventing weight gain at Christmas

We’ve all been there. One minute you’re successfully managing your diet and then Christmas comes and suddenly you’re reaching for yet another mince pie.

With the average mince pie requiring 21 minutes of running to burn off its 245 calories, any extra fat gained over Christmas is not magically going to melt away like seasonal snow. If you’re fed up with starting a new year feeling bad about your festive blow out, think about monitoring your weight gain.

A 2018 study by the Universities of Birmingham and Loughborough suggests that simple steps to curb overeating and drinking and regularly weighing yourself can prevent Christmas weight increases. Senior author Professor Amanda Daley said.

“Weight gained during holiday periods often is not subsequently lost and, although these gains are small, over 10 years they would lead to a significant increase in body weight”.

Remember Christmas is only one day. Don’t be a Scrooge but think about what you are eating and drinking. Are you enjoying every mouthful or are you eating things because they are there?

Many people eat huge meals over the season and remember feeling bloated and over full rather than enjoying the food and drink. Instead, eat slowly; savour each mouthful for the taste and texture and stop eating when you feel full.

Keep hydrated, aim to drink at least six glasses of water a day.

Don’t buy your chocolates, mince pies, alcohol, nuts and crisps until the week before Christmas. If you buy them early you are more likely to eat them (and then have to buy more). Some people hide them around the house out of sight until Christmas Day.

On the day itself, eat your usual breakfast. Don’t skip it or munch on a chocolate selection box “just because it’s Christmas”. Try a high protein meal like scrambled eggs with a slice of wholemeal toast to fill you up.

Don’t watch television with treats on your lap.

If you do gain weight, don’t despair, stay positive and focus on getting it off again in the New Year.

South Warwickshire NHS Foundation Trust Dietician Ruth Breese offers her Christmas tips

It’s been estimated that the average person consumes over 6,000 calories on Christmas Day but the extras we treat ourselves to in the period leading up to Christmas and the New Year all add up.

Winning as they lose

Maintaining a healthy weight can be difficult, even for busy nurses. During the summer, five Health Visitors from North Solihull created a “BIGGEST LOSER” challenge to improve their self-esteem and feel better in their holiday clothes.

“We wanted to feel healthier and created our own ‘BIGGEST LOSER’ challenge, each paying £1.50 per week to weigh in. At the end of the 12 weeks, the team member who lost the highest amount won the kitty”, explains Health Visitor Katie Cleghorne.

Katie added: “The challenge built comaradery within the team and, despite being in competition, we found ourselves supporting one another. Even staff who weren’t dieting cheered us on, which was really lovely. They also reminded us we were doing the challenge when we attempted to smuggle high calorie food in”.

At the end of the 12 weeks, the challenge was won by Katie and her colleague Emma Hamilton, losing nine pounds each. The five-strong team lost a combined amount of 28lbs (two stone).

“Our top tip for staying motivated would be everything in moderation; there is no such thing as ‘bad’ or ‘good’ food. It’s important to find a balance and enjoy what you’re eating”, says Katie.
Falls are NOT an inevitable part of ageing. Most can be prevented without having to stay indoors or cut back on usual activities.

Here’s some advice from NHS England/Saga’s Get Up and Go guide for you to follow or to help older people you know.

**Do it today**
- Make a GP appointment to review medication (if it hasn’t been done for 12 months) or to talk about dizziness or unsteadiness
- Make an eye-test appointment
- Put a torch by the bed, keep landing/hall lights on at night
- Replace worn-out slippers and shoes that have lost their grip
- Remove/tape down frayed carpet and clear clutter, particularly in hallways, bedrooms, bathrooms and near doorways

**Do it today and every day**
- Keep mobile phones charged, switched on and on your person
- Increase exercise levels; get up and walk/stretch every 20 minutes while sitting
- Aim for 2-3 servings of calcium rich food a day for stronger bones
- Ask pharmacist about vitamin D supplements and get 10 minutes in the sun from May-September

**Investigate now, and aim to complete this month**
- Get properly fitting shoes
- Get a bell and/or bright collar for cats and dogs
- See the GP about any urinary incontinence problems, or self refer to the continence clinic
- Find a podiatrist and book an appointment if necessary
- Locate a strength and balance, yoga or T’ai Chi class nearby
- Make a fall plan, putting water, cushions and blankets in a location you could crawl to

SWFT has a number of initiatives to help reduce the risk of our patients falling.

In recent years, there has been a year-on-year decrease in adult inpatient injuries from falls. Currently, the number of falls with injuries per 1,000 bed days is 1.19, compared to 1.24 in the previous year.

**Initiatives include:**
- Development of a Falls Prevention Lead role (Jo Copeman)
- New Frailty Unit, which aims to return patients who have fallen at home to go back home within 24 hours, when safe to do so
- Purchase of eight falls prevention alarm beds for wards with a high rate of falls
- Increased falls training opportunities for healthcare assistants (HCAs), trainee nurse associates (TNAs), multi-disciplinary teams (MDTs), nurses and doctors
- Improved information, including a staff intranet video, bedside checklists and patient care information charts and auditing of falls prevention alarms
- Improved electronic reporting system to support accurate reporting, learning from incidents to reduce risk of further falls
- Recruitment of a team of admiral nurses, who work with dementia patients (who have a high rate of falls)
- Falls prevention pharmacy leads, with specific review of medications for patients who have had falls
- Falls prevention physiotherapy leads, who educate patients on maintaining strength and balance
- Recruiting volunteers to interact with and entertain patients on the wards and to work with the Falls Prevention Lead
- Inclusion of Falls Prevention Checks and Bed Rail Care Plans in main assessment document for patients
- Engaging ward leadership with identifying postural hypotension (sudden increase in blood pressure), including: ward manager local audits, reminders on observation machines, handover sheets and admission documents
- Introduction of a ‘Post Fall Assessment Protocol’ for clinicians
- Falls prevention information for patients
- Access to non-slip socks for all patients
- ‘Get up, get dressed and keep moving’ campaigns to educate patients on the importance of maintaining mobility, movement and activity

**SWFT**
Looking after yourself this winter

With NHS resources stretched, there’s lots of simple things you can do to make sure you stay healthy and out of hospital. Rachel McCollm, Emergency Department Consultant at Wye Valley NHS Trust, writes...

While cold weather can be bad for your health, by taking some simple precautions it’s easy to look after yourself, your family and those who live nearby this winter.

The first thing is prevention - and the big ticket item here is making sure you’ve had your flu jab. If you’re pregnant, aged over 65 or have long-term conditions, you are eligible for the free flu vaccine. This is the single best thing you can do to protect yourself against the flu virus. Talk to your local GP surgery or a pharmacist about receiving your vaccination as soon as possible.

Pharmacies are also great places to get expert advice for many minor ailments. Hospitals can be busy with people needing urgent/emergency care - this can mean a long wait if you’re there with a non-urgent condition - so if you, or a member of your family starts to feel poorly, a pharmacist could provide expert advice over the counter.

Don’t forget that if you have an urgent medical problem and you’re not sure what to do, the NHS 111 service is available 24 hours a day, seven days a week. This will give you immediate access to expert advice over the phone.

Depending on your particular situation, you will:

- Find out what local services can help you
- Be connected to a nurse, emergency dentist, pharmacist or GP
- Get a face-to-face appointment if you need one
- Be told how to get any medicine you need
- Get self-care advice

CALL 111 when it’s less urgent than 999

I’m dreaming of a green Christmas

A few tips to improve your family’s ‘green’ credentials over the festive period:

- Lots of wrapping paper has a plastic coating on it to make it shiny. Choose wrapping that is just paper or try decorating brown paper to make your own individual wrapping paper
- Choose gifts made of wood, china, glass or cloth and not packaged in plastic. Try looking for locally-sourced items from local craftspeople
- Use your normal plates and cutlery for gatherings with friends and family. If you don’t have enough, ask a friend to bring some over instead of buying disposable plastic or paper ones
- Avoid cling film by placing leftover food in a bowl and cover with a plate or use a reusable tub
- If you want new decorations, look for natural ones made from wood, paper or glass. Pine cones, leaves, mistletoe for example can all make beautiful natural decorations
- Avoid glitter which is made of tiny bits of plastic
- Recycle your Christmas tree at your nearest recycling centre

Goodwill to all

During cold weather remember to keep an eye out for any neighbours who may need your help, particularly people who may have a long-term illness, as this can make them particularly vulnerable during winter.

If we experience some particularly cold weather, pop round with the following advice:

- Homes should be heated to at least 18 degrees, especially if you have a heart or lung condition
- They should be eating at least one hot meal a day and plenty of hot drinks
- They should keep as active as they can
- They should have enough prescribed medications
- They could stock up on cold and flu remedies

The Food Standards Agency advises:

- When Christmas food shopping, take enough bags so you can separate out raw and ready-to-eat foods to avoid cross-contamination
- Check the guidance on your turkey to ensure you have enough time to fully defrost it – it could take as many as four days
- Don’t wash raw turkey – it spreads germs further by splashing them onto your hands, clothes, utensils and worktops
- To work out the cooking time for your bird, read the instructions on the packaging. Check the meat is steaming hot throughout
- There should be no pink meat visible when you cut into the thickest part and meat juices run clear
- Whether you cooked your turkey from frozen or fresh, your turkey leftovers can be used to make a new meal (such as a turkey curry). This new meal can then be frozen, but make sure you only reheat it once

We shouldn’t need an excuse to visit a neighbour, but as Christmas can be a lonely time for many people, why not pop round to bring a little festive cheer on Christmas Day? If they can’t cook for themselves, why not take them a Christmas dinner.

Terrible Turkey

Each year there are around a million cases of food poisoning. These don’t stop over the festive season!

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Under pressure

Pressure ulcers can affect any part of the body that’s put under pressure. They’re most common on bony parts of the body, such as the heels, elbows, hips and base of the spine. They often develop gradually, but can sometimes form in a few hours. They’re most common on bony parts of the body, such as the heels, elbows, hips and base of the spine.

EARLY SYMPTOMS

Early symptoms of a pressure ulcer include:

- Part of the skin becoming discoloured
- Discoloured patches not turning white when pressed
- A patch of skin that feels warm, spongy or hard
- Pain or itchiness in the affected area

A doctor or nurse may call a pressure ulcer at this stage a category one pressure ulcer.

LATER SYMPTOMS

The skin may not be broken at first, but if the pressure ulcer gets worse, it can form:

- An open wound or blister – a category two pressure ulcer
- A deep wound that reaches the deeper layers of the skin – a category three pressure ulcer
- A very deep wound that may reach the muscle and bone – a category four pressure ulcer

WHEN TO GET MEDICAL ADVICE

Get medical advice immediately if there is:

- Red, swollen skin
- Pus coming from the pressure ulcer or wound
- Cold skin and a fast heartbeat
- Severe or worsening pain
- A high temperature (fever) of 38°C (100.4°F) or above

These symptoms could be a sign of a serious infection that needs to be treated as soon as possible.

TREATMENTS FOR PRESSURE ULCERS

Ways to stop pressure ulcers getting worse and help them heal include:

- Applying special dressings that speed up the healing process and may help to relieve pressure
- Moving and regularly changing your position
- Using specially designed static foam mattresses or cushions, or dynamic mattresses and cushions that have a pump to provide a constant flow of air
- Eating a healthy, balanced diet
- A procedure to clean the wound and remove damaged tissue (debridement)
- Surgery to remove damaged tissue and close the wound is sometimes used in the most serious cases.

PREVENTING PRESSURE ULCERS

If you’re in a hospital or care home, your healthcare team should be aware of the risk of developing pressure ulcers. They should carry out a risk assessment, monitor your skin and use preventative measures, such as regular repositioning. If you’re recovering from illness or surgery at home, or are caring for someone confined to bed or a wheelchair, ask your GP for an assessment of the risk of developing pressure ulcers.

It can be difficult to completely prevent pressure ulcers, but there are some things you or your care team can do to reduce the risk.

These include:

- Regularly changing your position – if you’re unable to change position yourself, a relative or carer will need to help you
- Checking your skin every day for early signs and symptoms of pressure ulcers – this will be done by your care team if you’re in a hospital or care home
- Having a healthy, balanced diet that contains enough protein and a good variety of vitamins and minerals – if you’re concerned about your diet or caring for someone whose diet may be poor, ask your GP or healthcare team for a referral to a dietitian
- Stopping smoking - smoking makes you more likely to get pressure ulcers because of the damage caused to blood circulation

Lorraine Thursby, Specialist Nurse and Service Lead at George Eliot Hospital NHS Trust, said:

"We have a brilliant network of link nurses who are sharing training and messages out in the community to reduce the risk of pressure ulcers developing with patients. We want to see more partners from residential and nursing homes join us at our link events to improve care across all areas."

For more information or to attend a link event, email: TissueViability.Mailbox@geh.nhs.uk

Source: www.nhs.uk

Pressure ulcers (also known as bed sores), are dangerous for patients and, at an estimated £3.8million expenditure per day, costly to the NHS. Nurses at George Eliot Hospital NHS Trust are working with the local nursing and care homes to educate staff on how to prevent the people they look after getting pressure sores.

Every three months, the hospital throws open its doors to fellow nurses and care home workers to share advice about reducing risk and avoid unnecessary admissions to hospital. Nurses focus on issues such as how to move patients correctly, using the right seating and advising patients on correct posture. They also suggest treatment options.

Pressure ulcers are a skin injury caused when an area of skin and the tissues below are damaged by being put under pressure strong enough to reduce its blood supply. This causes the skin to die. They can happen to anyone, but usually affect people confined to bed or who sit in a chair or wheelchair for long periods of time. Not only can they be extremely painful, if left untreated, pressure ulcers can also lead to serious health complications.

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