

Healthier Together



Improving health and care in Bristol,
North Somerset and South Gloucestershire

Hydration Innovation

Engaging people in the spring of technology

LGA Digital Showcase - 4.11.19





Care homes



VCS



Partnership

Investment



Social Care



Health Care



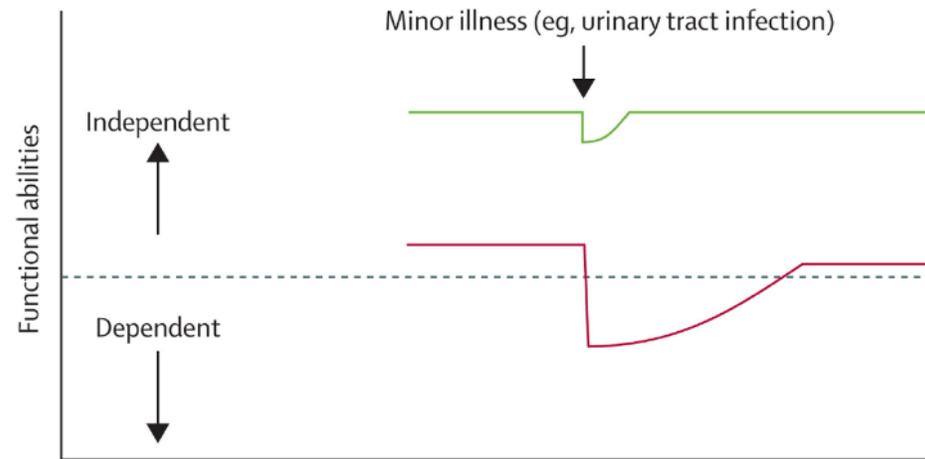
Dehydration in Care Homes: A National Issue

"Good hydration is a core element of care and plays a role in the prevention of avoidable harm associated with other known patient safety issues." - Caroline Lecko, NHS England Patient Safety Lead, July 2013

2015 cross-sectional study of >20,000 inpatient records: people admitted to hospital from care homes are **5 times more likely** to be dehydrated than those admitted from home

Response to an adverse event in a non- frail vs frail older person

(Clegg et al, Lancet 2013)





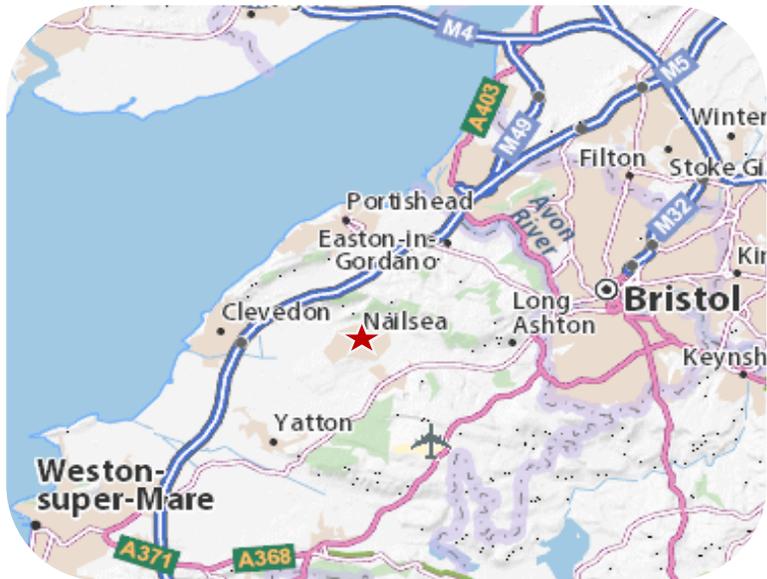
Discovery Phase
*Working together with
residents and staff*



Welcome to Sycamore Lodge



x 78
Nursing
Dementia
Residential
Respite
Day Care



Caroline Carter
Registered Manager



How can we help people drink enough?

1. Mission hydration innovation
What, How and When are people actually drinking?
2. Don't reinvent the water wheel?
What is out there already?
3. 'Spring' into action!
What do we need to learn?

Observation and insight

Lead agency: *Voluntary Action North Somerset*

Expert interviews

Lead agency: *Project team*

Data

Lead agency: *Shaw healthcare*

I like a nice cup of tea in the morning
For to start the day you see
And at half past eleven
Well my idea of heaven
Is a nice cup of tea
I like a nice cup of tea with me dinner
And a nice cup of tea with me tea
And when it's time for bed
There's a lot to be said
For a nice cup of tea



Insight Activities

Hydrations party – Building and using a hydration party trolley

Reminiscence - Music and pictures to prompt memories



Insights

Different
flavours and
colours

Drinking vessel
is key

Offer a range of
drinks

Can the
environment
encourage
drinking

Good general
understanding
of hydration

Information
about individual
needs is key

Individualised
support

Staff need to be
made aware of
hydration risk

Reliable
monitoring
difficult to
establish

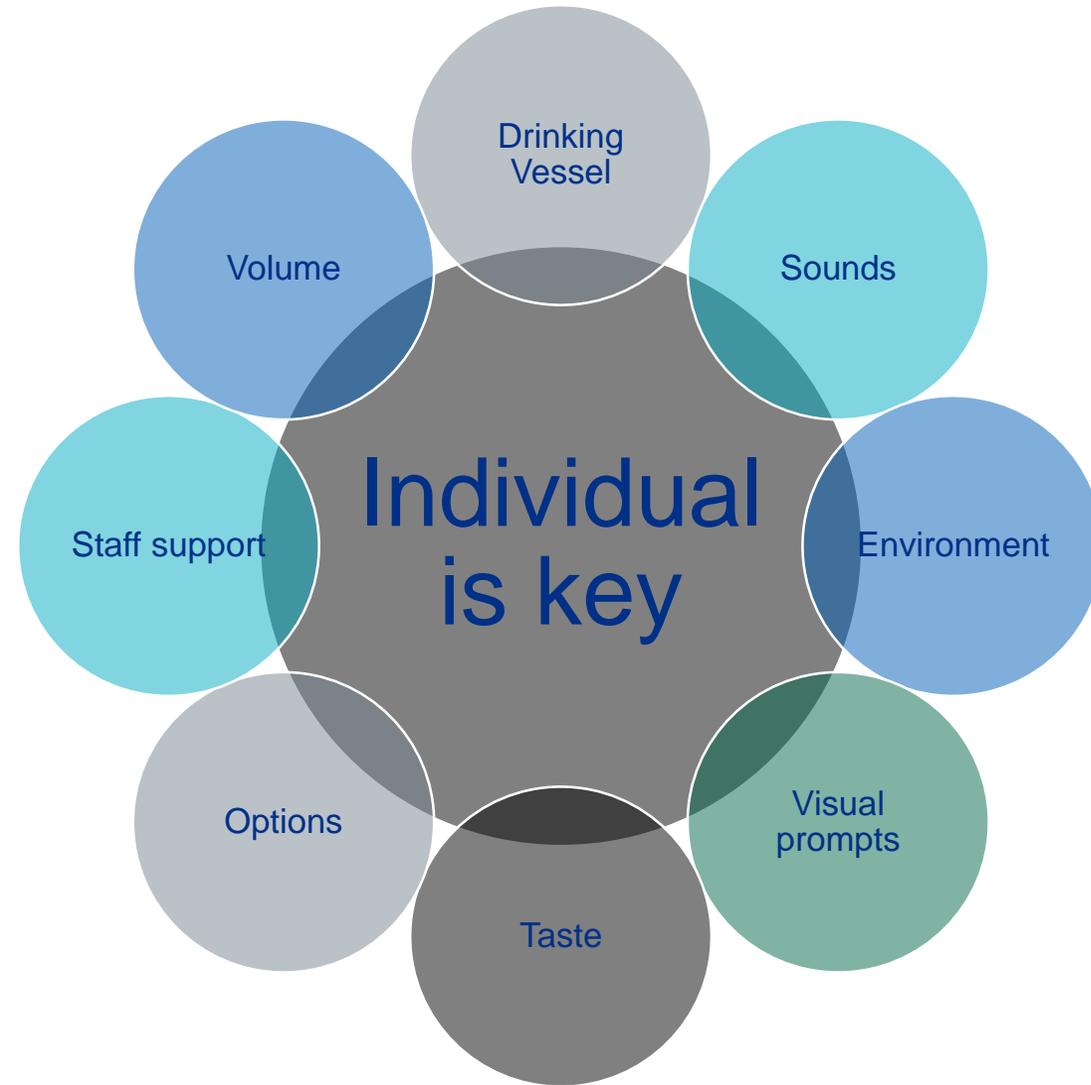




Outcomes we would like to achieve:

- Reduced fractured neck of femur
- Reduced falls
- Reduced hospital admissions
- Shared best practice
- Increased staff satisfaction

**All leading to
increased Health
and Wellbeing**





Eureka, then step back.....what is the hypothesis?



We believe.....

- providing a choice to people will result in better hydration as they will be stimulated by a variety of flavours
- having subtle clues round the home will result in better hydration because of nudge theory
- that if staff are aware of the link between condition and hydration need this will result in better hydration because staff will have the knowledge to meet the need.



Prototyping Activities



Matching game



Music bingo



Personalised
cup holders



Droplet



Ulla



Smart Cup



Hydration
bottles



Hydration app



Using innovative technology to prompt hydration

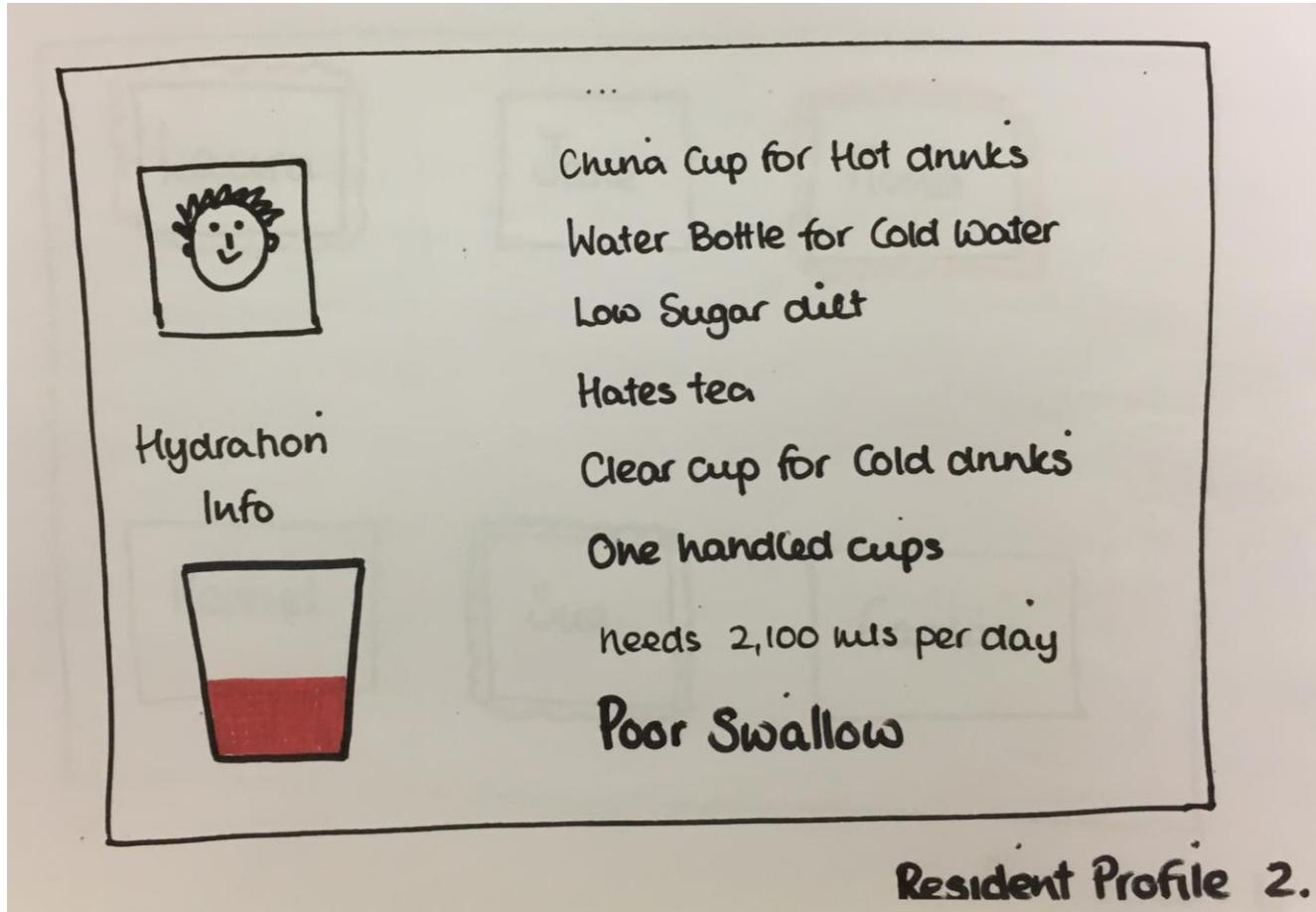
Sycamore Lodge

Hydration Initiative

 @shawhealthcare  shawhealthcare



Prototyping with staff



“Great Idea”

“Really useful, particularly for agency staff”

“There should be one mobile device per unit”

“Residents could look at their own profile with staff”

“The app would free up time”

“If the app could monitor it could be used in handover so that staff would know immediately if a resident had drunk enough”



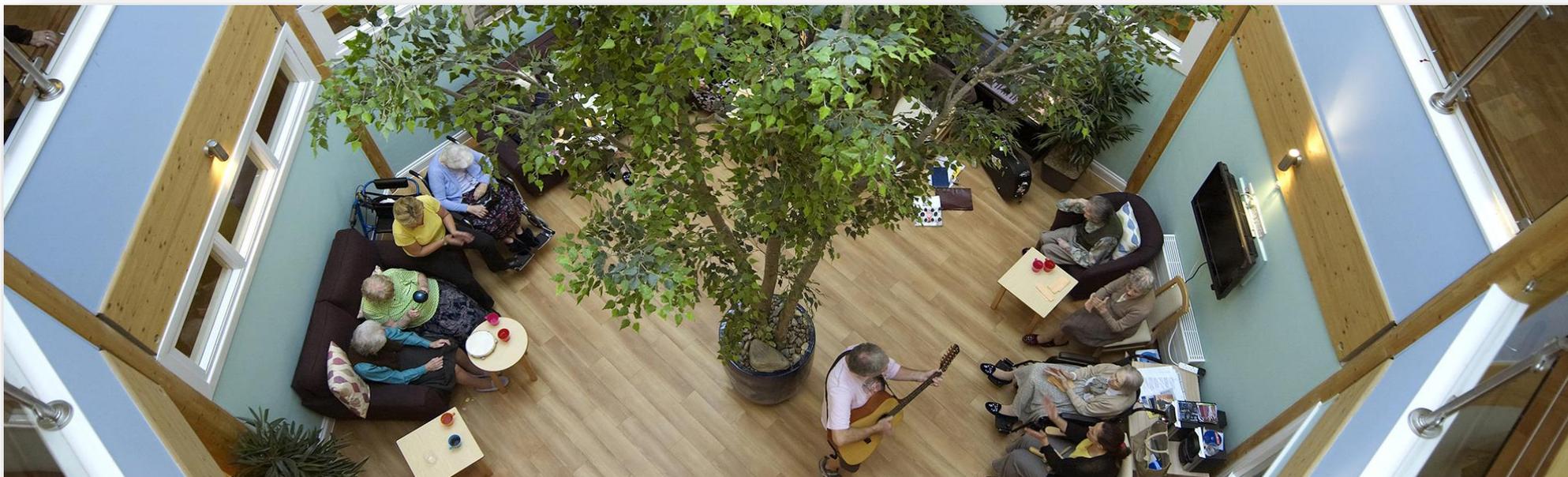
Benefits to Sycamore Lodge

- Working in partnership with North Somerset, LGA, NHS digital and the CCG has proven a benefit to Sycamore Lodge as we have been able to **share knowledge** and be seen as an **equal partner**
- Promoting **positive relationships** between partners in contrast to usual working which is not always positive due to lack of understanding on both parts
- Working to **one goal** and being able to show how care homes can struggle to ensure everyone is hydrated due to service users different needs
- **Better understanding** of everyone's roles in all areas of the partnership
- Staff feeling their opinion is **really valued** by external professionals.



Residents

- The hydration project focused staff over the very hot summer and it meant residents were **well hydrated**
- Residents have **enjoyed** taking part in the activities and had **fun** deciding on the theme and decorating the hydration trolley
- The project has **encouraged** residents to drink more and they have tried **different** drinks.
- We have been able to document a **reduction** in hydration related incidents (UTI, falls, confusion from dehydration)



Sycamore Lodge team

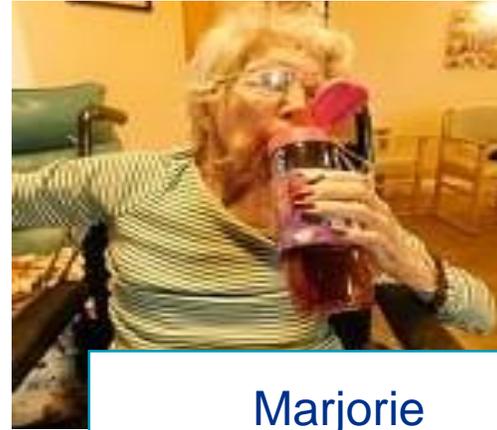
- **Excited** and **enthused** the team to think outside of the box about hydration.
- Been encouraged to **think differently** about people with dementia participating in research.
- The team feel **valued** that their opinions and knowledge have been listened to.
- The team are carrying on with parts of the research which they felt **made a difference** – e.g. the hydration trolley, trying different drinks using games to discuss hydration



Residents and Staff Reflections



Elizabeth



Marjorie



Amazing staff



Success is.....

- ❖ Co design
- ❖ Collaboration
- ❖ Outcomes

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Royal College of
Occupational
Therapists



SNOOK





Final thoughts

- Collaboration and codesign with staff and residents lead to understanding individuals needs
- Proactive assessment is key to dehydration prevention
- Using information from these assessments to form personal profiles within the app supports carers to place the individual at the heart of improving hydration
- There is so much talk about the impact of dehydration across health and social care sectors, let's take action instead

