

## Oakdene Care Home – Lincolnshire

### Using LPZ to improve nutrition and hydration at Oakdene Care Home

#### Background

Following a Care Quality Commission (CQC) inspection where improvements were required, morale at Oakdene Care Home was low. However, at that time the home also received a flyer introducing them to the LPZ Safety in Care Home project. As a team they discussed this and were keen to be involved as they saw this as an opportunity to support quality improvement.

#### What did Oakdene do?

Following results of the 2016 LPZ audit, Oakdene decided to focus on nutrition and hydration as these were areas identified for improvement.

Collaborative working across Academic Health Science Network provided a number of different resources that had been developed around nutrition and hydration and Oakdene were keen to use the tools from Wessex Academic Health Science Network to support them with their improvements.

#### What Oakdene Implemented?

- Used the Hydrate toolkit to raise awareness amongst staff
- Introduced a range of different ways to increase fluid intake amongst residents such as smoothies, ice lollies, fruit kebabs, flavoured water and teas
- Introduced water stations in the communal areas to increase fluid intake for residents, visitors and staff
- Amended food diary charts to improve documentation



#### Feedback

*“LPZ is a great indicator of where we are and areas we need to improve in and provides us with a benchmark. Our journey is a work in progress but we want to improve further and there is nothing out there quite like LPZ to help us”* **Helen Reilly, Manager**

#### How has this helped?

- Increased fluid intake for residents
- Improvement in the accurate completion of food diaries and documentation
- Improved knowledge of staff

#### Contact

For more information please contact 01529 415253 or [contact@oakdenecarehome.co.uk](mailto:contact@oakdenecarehome.co.uk)

