Nutrition and hydration in a hospice -
Developing and sustaining good practice

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Background
Following the Francis report, which highlighted that nutrition and hydration are vitally important to patient wellbeing and comfort, St Catherine’s Hospice embarked on a journey to ensure optimal nutritional care for patients.

The Help the Hospice audit and CQC (Care Quality Commission) also outline the need for optimal nutritional care.

Aims
- To provide optimal nutritional care
- Enhancing the quality of life of our patients
- Reducing harm to patients from malnutrition and dehydration.

What We Did
- Established link nurses
- Set up study days for colleagues
- Taught colleagues key practices
- Established a support network with nutritional specialists
- Audited nutritional care on the Inpatient Unit
- Instituted protected meal times.

Results
- Good feedback from colleagues on learning opportunities
- Increased colleagues’ knowledge around nutrition
- Improved communications between departments, particularly between Day Hospice and the Catering Team
- Patients and families were aware that they could access food around the clock.

Moving Forward
- Continue to support colleagues to understand the need for better documentation.

What We Did Well
Audit results of the Inpatient Unit showed 100% compliance in the following areas:
- Nutritional screening was undertaken on admission
- Data on dietary intolerance was collected
- Nutritional care plans were in place
- Care plan advice was followed and regularly reviewed.