

HEALTHY WEIGHT CQUIN NEWSLETTER 2



Date of next meeting
05 December 2019
Masterclass 11—1
CQUIN meeting 1.30—3.30

The masterclass for the Healthy Weight CQUIN was put on so that we have plenty of time to look at national initiatives as well as looking at sharing good practice from around the Yorkshire and Humber services at the afternoon CQUIN workshop as usual.

It came as feedback from yourselves that CQUIN meetings can be rushed and deserve more time to share ideas and for discussion/networking.

At the first masterclass we were lucky to have Ian Callaghan from the Recovery and Outcomes group who is working with the national task and finish group for managing a healthy weight, to get together some guidelines for services to improve outcomes for service users in secure services. The four work streams that these guidelines are broken down into are food and nutrition, physical activity, treatment interventions and workforce.

Thanks to everyone for all your hard work and contributions!

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Healthy Weight AGENDA	
MASTERCLASS 	Welcome — Introductions
Sandal RUFC Thursday 5th September 11-12.30 	Presentation - Developing the Guidelines Ian Callaghan
Refreshments Provided 	Group Work - Your chance to influence & What Works Well For You Now
	Group Work - Finding Solutions To How You Will Meet the Guidelines
	Voting - Your Priorities For Action
	Something Fun! Healthy Swaps Quiz
	Lunch, Networking & The Sticky Wall!

Contact Holly or Jo for more information
holly.cade@nhs.net jo.harris9@nhs.net Yorkshire and Humber Involvement Network

Presentation - Developing the Guidelines - Ian Callaghan



Managing a Healthy Weight – Developing the Guidelines

Masterclass – 5th September 2019



What did we do?

Over the past year, we've been working with **NHS England** (our commissioners), together with **staff, service users and carers** – including me and Jo

We've been looking at **four areas**:

- Food and nutrition
- Physical activity
- Treatment interventions
- Workforce

We've developed some 'Guidance' and have collected some **examples of what works well** in secure services

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A bit of background...

A lot of us have challenges in managing our weight – I do!

In **2016** a report was published by **Public Health England** that looked at this in secure services

In **2017** we asked people at the **Recovery and Outcomes Groups** all over the country what they thought about this

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What did people say?

People told us they would like:

- More information in how to stay healthy
- More support to improve healthy eating
- More activities that helped them stay healthy
- More support from all staff
- Staff and service user Champions to help them
- Examples of 'what works well' from different services so they could share ideas

We produced a report called '**Managing Weight in Secure Services**'






You can look at a copy today or we can send you one

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Group Work: Finding Your Solutions

- What potential barriers are there to meeting the guidance?
- What will help you the most when applying the guidance to your service?
- What are your priorities?

Group Work - What Potential Barriers are there to Meeting the Guidance?

Motivation – Staff and Service users		
Getting staff to buy into it	Making it appealing	
Encouraging service users to take part – Low self-esteem, confidence and embarrassment		
Feels like taking more away from service users, although it's beneficial		
Different opinions/ views in staff and patients	More pressure on staff - no reward	
Activities on evenings and weekends	Stage in recovery	
Always delivering choice, freedom to make a poor decision		
Not all looking at patient holistically – only looking at mental health		
Education/background	Understanding of guidelines –	
Too wordy	Practicalities – Not enough staff to support service users	
Restricted activity for those with no leave – Penalty shoot out		
Budgets – Patients own money/lack of	Information - Trust support	
Additional costs		
Less staff throughout the service		Staffing levels
Pressure on budgets and cost improvement pressures		Least restrictive practise
Section 17 , MOJ approval – Needs an easier process		Funding/ staffing/ resources
Food		
Catering department serves a large patient group and food is high calorie		
Cost of fresh produce	Lack of choice	
Volume of waste leads to impact on choice Cook – Chill is 'Rubbish', mushed up, not fresh		
Personal preference on taste will always override what might be best for us		
Advertise water, flavoured and fizzy, sugar free and natural water		
Lack of healthy snacks and puddings – fruit salad and too many biscuits		
Physical issues		
Physical injuries – Physio assessments	Smoking – replace smoking with eating	
Risk of inducing additional illnesses, previous eating disorders		
Medications – side effects - some can drive cravings		
		

Group Work - What will help you the most when applying the guidance to your service?

Staff Challenges & Solutions

Communication from staff – Physical health champions	Protected allocated staff
Structure and routine	Support and educational workshops/events
Actual standards	Standardised training throughout network
All being involved encouraging patient/family/carer involvement	Evidence based
Sharing good practise	Staffing levels
Good communication	Realistic
Easy read guidelines for sharing	Achievable
Clear goals – Staff involvement	Money

Service User Challenges & Solutions

Medication reviews more frequently	More external activities – Walks
Focus on wellness more than weight – Healthy body, healthy life	
Ensure there is a motivation i.e. – Community links, health risks, self esteem	
Some sort of ‘Slimming world’ groups	More physical activity sessions
Realistic and achievable	Encourage ‘Fun’ exercise
Problem solve - Service user facilitate exercise i.e.- DUDS Training for Service users	
Clear lines of communication – Service users, carers, staff	Not doing too much too soon
Anything we do links in with wider community	Prioritise – With realistic goals, weight loss plans
Options remain post discharge and practised – Cost, choice, access.	



Group Work - What are your priorities?

Food & Nutrition

Nutritional information on all food	Flavoured water available in machines
Shop	Nutritional information – ie: carbs, calorie contents in food

Treatment Interventions

Medication choices	Collaborative consultation with doctor regarding medication
Medication to be taken into consideration	

Workforce & Service User Needs

Commitment from staff to support us	Work out our priorities	Money to support the initiative
Ensure everyone trained with best evidence	Clear communication between everyone to motivate	
More family involvement with patients (Patient view)	Easy read guideline - Accessible	
Getting all staff involved	Staff training	Culture – ‘Funding? £££
Increase in education for service users	Clear goals – staff involvement	
Realistic	Achievable	Prioritise – with realistic goals – weight loss plans

Physical Activity

Encourage routine – Exercise	Affordable – Accessible once in community	Healthier appearance
Encourage routine	Increase activity	Becoming daily routine
Increasing activity, rather than focus on ‘Weight loss’	Positive body image – all individual	Enjoyable and fun
Making enjoyable - affordable and realistic	Become part of everyday life – walk, rather than gym	



Networking & sticky wall!

Amber Lodge

Good commitment from patients wanting to make changes. Good team working together with patients.

Humber Centre

Underpinned by adopting primary care model. Dietician/diabetic ward education to be delivered (joint service users and staff) Commencing 3 day RN & HCA physical health training. HIP - Service user, physio, podiatry, dietitian, nurse, OT and GP make up HIP review team.

Newsam Centre

Healthy eating groups - dietetic/ take away. Daily exercise options/groups. Options to self-cater. Links with community activities. Healthy living information boards. Ward based equipment. Physio and healthy living advisors

New OT. Increase activity coordinators time x2 sessions. New housekeeper with very open mind - making small changes every week to menu. Excellent gym facility. Food hygiene courses for service users so they can cook together. Dietician and assistant involved in

Newton Lodge

Walking group. Men's health group
Fun activities for exercise, e.g. foot golf
Testing fake-aways. Swimming group
Healthy options in unit shop - fruit, sugar-free - not just chocolate. New daily ordering system means more patient centred and better choice. Light meals at lunchtime

Different physical activities. Walking groups
Football team - matches and training.
Volley ball. Gym sessions

Clifton House

Go on bike rides. Go on health walks every Tuesday!
Self-catering sugar-free baking. Breakfast club

Gym sessions - individual and group. Walking groups - up to 20 mile walks. Healthy living groups - meal swaps, menu adjustments, alternative cook methods. 8 week exercise courses. Cycling group. Badminton and basketball. Soup & sandwiches - less puddings

BDCFT

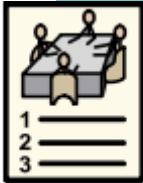
Good communication between food services - dietitian - service users and carers. Cycling group. Swimming group. Ward based Q&As. Service user members of Trust menu planning and development group. Standard agenda item at community meetings on the wards. Agenda item at carers forum. Full time physical health OTA. Nutrition group. Health options group. Rolling gym inductions. Walking group. Good communication sharing information and advice from above 3 meetings.

Bike rides – Healthy walk every Tuesday – Gym availability – Dog walking every Thursday – Tai Chi – Healthy baking - sugar free cakes – Healthy bingo prizes - toiletries instead of food – Home cooked foods around the world – Thursday themed meal

Stockton Hall

Changes to the menu - dietitian involved - healthier options
Annual summer BBQ - prepared healthier foods and salads, well received by patients and staff. OTs to run healthy eating groups. Shop stocking less high sugar/fat items. Lots of healthier drinks/snack items, less food items. Patients encouraged to cook healthier meals in cooking sessions. Restaurant nights - healthier options. Fake-aways. Health and well being course. Boot camp 3x a week in the morning and we have a healthy breakfast after. Walking groups in the courtyard. Walking group in community. Community football team. Bikes and rowing on ward. Yoga class, tai chi. Spinning groups and on ward dietician.

Welcome Back!



The CQUIN workshop is to share thoughts and ideas about what works well in our services, as well as what we would like to improve and how we might do this. So this is what we worked on in this section of the day.

We voted on our priority areas from the morning.

We had a presentation from Amber lodge, sharing what they had been working on so far. We also had a presentation from Cheswold Park explaining what some of their challenges had been so far and how they were addressing these.

Then we had some group work about the vision we want to achieve throughout this CQUIN and where we are going to focus our efforts. We thought about this particularly around addressing motivation, engagement and service user focussed initiatives in services.

We had another presentation from a service user from Cheswold Park which was inspirational and full of great ideas that people could replicate in their service. We then looked at how we are going to make our plans a reality. So what we will be doing differently and how we will know when we have got there.

Finally we watched the body positivity song from York Mind which inspired us to write our own personal goal to achieve before the next time we all meet on the 5th December and what motivational song we choose to help us in meeting our achievements.



Healthy Weight CQUIN Agenda

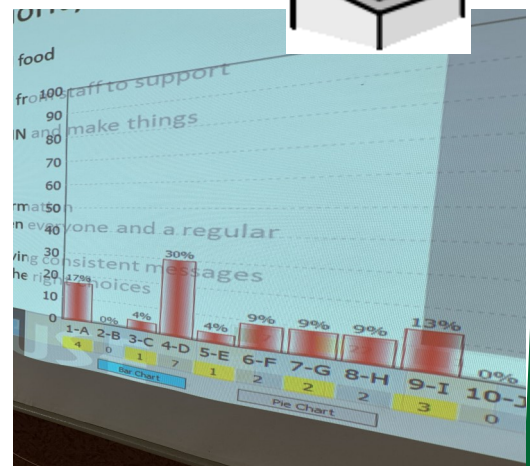
<p>Sandal RUFC Thursday 5th September 1.30 — 3.30</p> 	<p>Refreshments Provided</p> 	<p>Next meetings 5th December 5th March</p> 	<p>Welcome — Introductions</p>
			<p>Presentation – A Brief Update</p>
			<p>Presentation – The Journey Ahead</p>
			<p>Group Work – Your Vision for Motivation & Engagement</p>
			<p>Presentation – My experience</p>
			<p>Group Work – Challenges & Solutions</p>
<p>Contact Holly or Jo for more information holly.cade@nhs.net jo.harris9@nhs.net</p>			<p>Making Plans With a song!</p>

Yorksire and Humber Involvement Network
Collaboration. Hope. Encouragement. Empowerment. Respect. Support. Fun

Voting - your priorities for action



1. Nutritional information on all food
2. Medication choices
3. Commitment and motivation from staff to support everyone
- 4. Money – to support the CQUIN and make things affordable and sustainable**
5. Encouraging routine
6. Enjoyable and fun
7. Easy read and accessible information
8. Clear communication between everyone and a regular forum to discuss
9. Staff properly trained and giving consistent messages
10. Flavoured water – access to the right choices



Presentation - A Brief Update—Cheswold Park

What has gone well? 

- Actively promoting health
- Menu changes
- Shop changes
- Extra physical activity sessions
- Increase in specialised staff
- Working more collaboratively in MDT and with other hospitals

Challenges 

- Unhealthy lifestyle has become a norm and hard to change
- Resistance to change
- Low motivation
- Challenges with the shop
- Encouraging patients to make healthier options

Overcoming Challenges

- Mindfulness and behaviour change group sessions
- Health champions on each ward
- Monthly health awareness events
- Healthy living course for staff and patients
- Increase in physical activities available
- Physical health patient group



Overcoming Challenges 

- No junk food in nurses station (out of sight out of mind)
- Health promotion posters around hospital
- Health added into staff Induction
- Alternative items available in the shop
- Healthier Options increased



Workforce & Treatment Interventions



Workforce & Treatment Interventions

Staff encouragement in change and maintaining staff motivation
 Staff leading by example and consistency SMART Goals
 More Leading by example – Staff and patients to encourage each other
 Appealing to the individual rather than the average Wider choices
 Family and carer involvement Being realistic about change and maintenance
 Staff understanding the needs of the service user and their limitations/expectations
 No weight gaining meds/safer, no price limits, making them less tired/sedation
 Positive encouragement Cost is a factor Break out of 9-5, Mon-Fri
 Motivational speakers – Sharing experiences Sexual health/ tools
 Pharmacists in MDTs, Dietician More information, better resources, staffing levels
 Personal discharge plan/support Budgeting skills Get carers involved
 Stigma Psychology input Positive and fun staff
 Increased availability staff wise Pharmacy weekly drop-ins and MDT
 More education for staff and service users Family, friends and look on them
 Staff promote health – No junk food on ward- contradicting
 Working alongside one another – Staff and Service users become diet buddies
 Frequent talks regarding physical health Reduce the stigma and shame
 Staff encourage, non- judgemental Staff, patients, family involved
 Attend training an hour every day Set realistic goals
 Make healthier choices Staff motivated to help patients who want to be healthy



Food & Nutrition



Food & Nutrition

Providing options for exercise and food substitutions Cooking our own food
 Bring in someone to deliver slimming group Daily routine for exercise and healthy eating
 Prizes for slimmer of the week/ biggest loser
 Healthy eating taster and alternative groups More information leaflets/booklets
 Changes to menu Salad sticks
 Assess to do more own cooking meals Fruity teas on ward
 Food/ healthy living education e.g. Bread making Slimming world – OTs
 Healthy takeaways – Patients cooking food skills, social Not to offer food
 Less unhealthy options, improved dining experience Less fizzy drinks
 Chicken, tuna low calorie lunch but healthy carbs as well Prepare my own breakfast
 Dieticians to educate Incentives – Coffees, technology, clothes, aftershave
 Reinforcements Variety in food Own meal times Different cultural food
 Helping to buy ingredients – Milk from farm etc. , learning where it's from



Presentation - My Experience

MY VIEW AND EXPERIENCES ON LEADING AN HEALTHIER LIFESTYLE AT CPH

Aiden - Sport & Exercise Assistant at Cheswold Park Hospital

Bootcamp & Breakfast:



Menu's



CPH Shop:



My experiences & what is important to me:

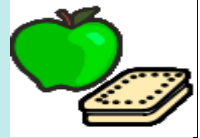


The love of a **FAMILY** is life's greatest blessing.

Group Work - Challenges & Solutions

What will I be doing differently to find my healthy weight?

Drinking more water *Eating slower* *Eating healthily* *Trying sugar free*
Eating more healthily – Fish, salad *Allowing yourself treats*
Understanding that some unhealthy options are needed within moderation



Regular weigh ins and adjust diet if gone up *Visual aids of body fat*
Planning for future by buying clothes *Working alongside others – Sharing, supporting*
Accepting 'Slips', 'Falling off the wagon' *New day, new start*
Maintaining good routine *Feel better in myself* *My confidence increases*
Listen to your body *Remembering it's not all about weight loss – Gain*
Self-esteem and well being *Progression – Building up* *Moving targets*
Trying something new, not always something obvious *Being weighed*



More confident *Improving self-esteem and mood* *Energised*
Exercising more often and want to do it *Feeling positive and confident*
Other people noticing a difference *Feeling happy in your own skin*
Size 0 isn't always healthier *Having will power – Sticking to plans*

Exercising *Sports* *More Cardio exercise – Swimming, hiking*
Martial arts exercise – Tai Chi *Yoga/breathing*
Feel fitter *Stronger*
Not struggling with exercise anymore *Social activities*

Dietician

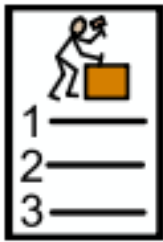
Quitting smoking



How will I know I helped someone find their healthy weight?

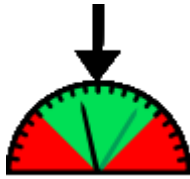
<i>Clothes fit</i>	<i>Positive outlook</i>	<i>Motivation</i>
<i>Weigh less</i>	<i>Increased well-being</i>	<i>BMI</i>
<i>Physical changes/shape</i>	<i>Emotional changes</i>	<i>Feel good/confidence</i>
<i>Help self – Help others</i>	<i>Talking about it/communication</i>	<i>Positive reinforcements</i>
<i>Behavioral changes/patterns</i>	<i>Fitness levels – Bus stop, stairs</i>	<i>Appearance</i>
<i>Help people find their talent</i>	<i>Feeling confident</i>	<i>Loose fitting clothes</i>
<i>Feeling more positive</i>	<i>Others comments and praise</i>	<i>Mood improved</i>
<i>Better sleep pattern</i>	<i>More stamina/energy</i>	<i>Increased independence</i>
<i>Feeling less stigmatized.</i>	<i>Less criticism</i>	<i>People know themselves</i>
<i>Supporting people</i>	<i>Complimenting people</i>	<i>Praising their achievements</i>
<i>Asking if your support helped</i>	<i>Exercise together</i>	<i>Increased confidence</i>
<i>Changes to routine – Feeling tired due to exercise, but healthier / energized</i>	<i>Through communication – positive engagement</i>	
<i>Physical activity</i>		
<i>Seeing physical changes and happier in myself</i>		

Making Plans - with a song!!



Making My Plan (with a song)

- Let's listen to the body positivity song
<https://www.youtube.com/watch?v=IFKg90qM5xQ>
- *"By December 5th I will have"*



Reached my target weight and become a gym instructor.
Carried on completing 15,000 steps a day! Ran a 5k without stopping.
Become healthier. Lost one stone and increased my exercise routine.
Learnt all the words to the body positivity song, and couch to 5k.
Lost over a stone in weight. Visited the gym at least 18 times a month.
Started to eat more fruit and will enjoy smoothies. Lost 2kg.
Joined a walking group, waking with Leslie, bike riding, eaten healthy, exercise bike, gym, swimming. Done couch to 5k. Lost a stone.
Finished my Christmas shopping. A clear understanding of my future pathway.
A date for moving on. Lost half a stone. Lost one stone.
Lost half a stone x2. Grown a baby to full term and be on maternity leave!
Moved on into the community. Decided what to do with my hair!
Stopped putting on weight and at least have a plan for how to maintain it.
Lost 5 kgs. Lost a stone. Learnt how to do a six mile run.
Established a healthy routine to balance my university, work and fitness priorities.
Increased my self-love and body positivity. Love my cellulite and all.
Completed walking with Leslie, changed my mind set, started jogging/bike riding.



Motivational Songs



Flying without wings

Body positivity by Holly

Lizzo – fitness

Magnificent – Elbow

One day like this – Elbow

Eye of the tiger!

I will walk there, I will run there, I will be happy to live there.

Coconut – Harry Nilsson

Gangnam Style - PSY

Keep on running

Don't worry, be happy

Body positivity song by Holly

Mr Brightside – The Killers

American Pie

YMCA – Village People

Levels – Avicii

Last breath – Future

Relax – Frankie goes to Hollywood.

Hideaway – Keizo



Healthy weight CQUIN

Sandal Rugby Club Wakefield

11am – 3.30pm Lunch and refreshments



Role Description for attending the Yorkshire and Humber meetings:

Represent your service and share experiences and ideas

Celebrate achievements and share learning

Find out what is happening in other services

Give your perspective

Meet staff and service users from other services

Take back and share what you have learnt with people in your service

Collaboration. Hope. Encouragement. Empowerment. Respect. Support. Fun

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