

HEALTHY WEIGHT CQUIN NEWSLETTER 3



Date of next meeting
5 March 2020
Masterclass 11—1
CQUIN meeting 1.30—3.30

Welcome to the Newsletter for the Healthy Weight CQUIN Masterclass and CQUIN meeting. We started the meeting with the Masterclass where we did some group work to develop a welcome pack. We then had a presentation from Cheswold Park about Takeaways and Fakeaways.

We then had some group work to look at how to support each other to meet the CQUIN guidance. We had a question and answer session on the guidance to make sure that everyone understood it all.

We finished with some gentle exercise to work up an appetite before lunch led by the team at Cheswold Park.

Thanks to everyone for all your hard work and contributions!

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Healthy Weight AGENDA

MASTERCLASS		Welcome — Introductions
		Group Work – Developing a Welcome Pack
Sandal RUFC Tuesday 7th January 2020 11-12.30		Presentation – Takeaways and Fakeaways Cheswold Park
Refreshments Provided		Group Work – Support to Meet the Guidelines
		Discussion— Questions and Answers
		Working up an appetite!
		Lunch & Music!

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

Group Work - Developing a Welcome Pack

The Welcome Pack should encourage service users to think about and take action to support their physical health needs, and include information about:

- What the service is doing to support people to be a healthy weight
- Be aware of the restrictions of a forensic service
- Physical activities and exercise opportunities provided by the service
- Examples of non-food or healthier items to put in care packages for friends & family
- Nutritional screening tool
- Lifestyle advice/support available
- The daily routine i.e. meal times
- Cooking facilities available
- Healthier choices available
- Expectations of having healthier choices with consideration on portion control
- Any limitations around purchases from shops
- Take-aways
- Advice for carers, family and friends in regard to bringing in food during visits.

What should it contain?

Education and information. Physical health, diet, exercise. Why it is important.

Sign posting. Stats. Pictures of different AHPs and what areas they cover.

What treatment plans are available.

How they cater for different religious needs, what options are available.

Activities, sports, learning, IT etc.

Pre-admission information, including meal times, gym.

activities, departments, daily planner of activities/therapy.

Menu examples, eg ordering procedures.

Restricted items.

Should be transparent.. Show concrete opportunities as you move through pathway.

Before and after photos - success stories.

Diabetes information.

Factual based information as opposed to cultural influences, fad diets, etc.

Medication information.

Points of contact, who to speak to.

Guidance to make informed decisions.

Patient involvement, and collaboration of professionals.

Gym access times - how you get gym access, when you can go, where the gym is.

Role of healthy living advisor and physio, who they are, photos, how you arrange to see them.

Why and how you may gain weight. How this may impact physically and psychologically.

Wellbeing - benefits of physical activity.

What we can do.

Information about gym and other facilities, eg OT activities, nutrition information.

Information about the service and what the service can offer.

Information about takeaways, unit shop - what days, and any limits.

What should it not contain

Jargon

Not be too long

Not a 'you must' - advice only

Welcome Pack

What should/shouldn't it contain,
How it should be produced/by who?
What should be included?
What the pack could look like? (e.g. video)
When would be a good time to receive it?

- To produce materials together, outlining benefits of maintaining a healthy weight and any risks associated with not being. It should promote opportunities within the services to become active.
- It should include information about physical activity, food and nutrition, and treatment interventions across the whole pathway.
- Materials may need to be specific to different parts of the pathway and/or given out at different points someone is at - e.g. sending some information out prior to admission.
- Information should be provided in a range of formats to ensure they are accessible to all.

What should be included?

Meal times - healthy options, smiley face next to these choices

Ways to access fresh air

Groups running to promote healthy living

Receive it one week in

Smoking cessation - people don't know you cannot smoke in hospital, very stressful.

Vaping, nicotine replacement. Information.

Who's who (who can help/contacts)

Should include pictures

Suggestions/comments box

When would be a good time to receive it?

Introduced on admission, more in-depth once settled.

Include it into existing welcome pack for services who already have one

Prior to admission, during assessment.

What format should it take?

Offer video format

Written and easy read versions with pictures

Should be colourful/bright and online

Two different (separate) packs, one for when you arrive, and then one when you are on the ward.

Actual pictures reflecting on what we are doing/achieving

Options for different formats - DVD, Audio, Booklet, Pictures - lead onto a personalised

Simple, user friendly

Easy read - audio, video, patient statements

How should it be produced/by who?

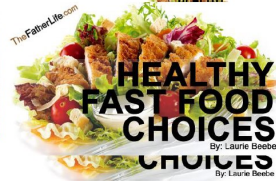
Should be co-produced - service users (who are there at the time), staff, experts.

Produced by all - patients, all departments, family

What the service offers ie gym, kitchen/cooking facilities, timetables of activities offered, success stories, confidentiality/golden rules, reward/certificate and incentives

Presentation - Takeaways and Fakeaways - Cheswold Park

Takeaways and Fakeaways – Presentation by Cheswold Park



Guess the Calories



Big Mac Meal 1060 calories



Zinger Meal 1200 calories



Swaps



Chicken Legend Meal 540 calories



McChicken Meal 540 calories



Zinger Rice Box 480 calories

Swaps

Chicken korma and pilau rice: 1,100 calories, 60g fat

Tandoori chicken with half a naan or half portion of boiled rice (380 calories, 10g fat)

Battered sweet and sour pork with special fried rice: 1,100 calories, 37g fat

Beef (without batter) with green pepper and black bean sauce: 420kcal Or Chicken Chowmein 590kcal

Half a large stuffed-crust, meat feast pizza 1,600 calories, 70g fat

Ham and pineapple pizza: 772 calories, 26g fat (the thinner the base the better if you're watching your weight)

Fake-Away

- Occupational therapy led
- Recovery college course to commence soon

Example: Homemade Pizza

Ingredients:

- 4 mini tortillas
- 20g (2-4oz) tomato paste
- 2 x 125g packs mozzarella, drained and sliced
- 200g (8-14oz) olive tomatoes, sliced into rounds
- 20g (2-4oz) pine nuts
- 1 x 30g pack basil, stalks discarded
- 1 garlic clove, crushed
- 20ml olive oil
- 20g (2-4oz) Italian hard cheese, finely grated

241 calories per pizza



What is your current policy with take-aways?



One a week and on birthdays

Once a week

3 take-aways per month

One healthy ward cook

One a week - decided at community meeting

Patients allowed to spend as much as they want but only one main meal, one side, one starter or dessert, once per week.

Once a week take-away, one a week fake-away

Twice a week

Not a policy, more a rule

One to two a week, agreed in community meetings

Presentation - Takeaways and Fakeaways - Cheswold Park

What has worked well?

Having the policy

Spending limit (one meal per person)

Pre-approved take-away list (eg 5 stars)

Swapping 2nd take-away to fake-away on male ward , people happy as saving money

More options available from the menu such as salad boxes

Fake-away group - life style

Education and success making own food

Chilli off - ward v ward

Tuesday lunch time café

Recovery College session on healthy swaps

Breakfast club

Community meals

Monthly meal themes



What could you do better?

Encouraging/providing an alternative

Cooking sessions on take-away nights

More access to healthy cooking groups - already do fake-away group but if able to do more than weekly.

Healthy chat group

Information on the ward about how to eat a healthier take-away and incentives for eating healthier

Have more healthy cooks

Dietitian advice

S17 leave - have access to take-aways and Amazon

Staff to be aware and be able to advise on limits to how much people are ordering

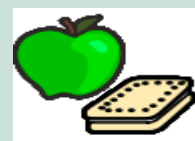
Introduce fake-aways

Patients help out more on group meals, not just do the washing up.

Not link every trip out with a 'treat'!

Dietitian appointment before starting self catering

Simplifying policies across the hospital



Group Work – Support to Meet the Guidelines

Support to Meet the (Draft) Guidelines



- How services can be supported to implement the guidance

	General	Food & Nutrition	Physical Activity	Treatment Intervention
Pre-admission				
Admission, care & treatment				
Discharge & Transition				

Throughout the whole pathway



- Accessible information is provided about environments that can cause obesity
- Everyone has a 'Physical Health Passport' so that goals are set to chart your progress
- Staff have awareness of the impact of food and nutrition and have training to support this
- Hospitals are to have policies around food and nutrition which everyone works towards

Pre-Admission - Examples



- Everyone will have a physical health assessment before admission and get some information about how to have good physical health.
- There is an assessment tool which will help you to think more about food and nutrition.
- This tool will measure your physical activity as soon as you're referred and during your assessment
- Information about your physical health will be collected before your admission
- All information that is collected will follow your progress throughout your admission and during your transition elsewhere/discharge

Admission, Care & Treatment Examples



- You will be given a Welcome Pack and given the opportunity to discuss the information on admission.
- A physical health induction will be completed soon after your admission
- You will be supported to want to make healthier choices while on leave.
- Your physical health will be discussed at each of your CPA meetings
- Everyone will have a good understanding about what a healthy balanced diet looks like, including portion sizes, and how food choices can impact on your health.
- Think about takeaways and any alternatives to make an informed choice about what we eat
- Meals are to be more appealing and exciting for service users.

Admission, Care & Treatmentcontinued



- Food and drink provision comply with food standards
- Everyone is supported to make healthier choices and reduce the amount of take-aways
- There is good communication with catering staff
- People will be able to access physical activities and exercise interventions without a delay
- Every service user has access to 150 minutes of moderate intensity planned exercise per week
- Low intensity activity is part of the daily routine and people are encouraged to be active throughout the day
- It is acknowledged that some medications can cause people to put on weight and extra support will be given at these times

Discharge & Transition - Examples



- When links are made with your new service there will be a handover which will include all your physical health information
- You will all be supported to make healthier choices and know how to access support if you need it

Support meeting the guidelines

Physical passport – call it “whole health passport”

For staff – language not accessible

Is it guidance or standards? What if didn't want to do it?

Admission – how long? Lots to do in that time.

Pathway – is this all relevant? If we do a booklet is it useful? Need to create a healthy culture of wellness.

Future proof – can it link to an app? Technology, ownership, mobile phone, passport needs to be digital – Health App 150 minutes of activity for everyone – concern – equipment, staffing levels, is this feasible? Might be difficult.

Needs to be standards not guidance – cannot be ignored.

Motivation – can offer 150 minutes but people not motivated – novelty of water bottles, step counters, etc wears off.

Passport needs to be meaningful – not just another care plan on a screen, or a paper in a file.

Targets need to be achievable – baby steps, but need to see achievements to be motivated.

Concerns about staffing – gym access, etc.

Ownership – who has this?



Working up an appetite!

Working up an Appetite!
Cheswold Park



gentle
exercise

Chair Based Exercises

Easy way to do some activity with little or no equipment and suitable for everyone. Ideal for people who aren't used to doing a lot of activity/exercise. A great way to introduce activity into your daily routine (also great for individuals who spend a lot of time sat at a desk).

Warm Up

(increase heart rate, warm/prepare muscles for exercise)

- ◆ Start with some toe tapping followed by some heel tapping.
- ◆ Shoulder shrugs- up and down followed by shoulder circles- forwards and backwards.
- ◆ Neck rotations- left and right followed by a hold and slight over-pressure (stretch)
 - ◆ Neck side flexion with slight overpressure (stretch).



Main Session

- ◆ Sit to stand
- ◆ Hip marching
- ◆ Upper body twists (arms folded/raised)
 - ◆ Seated thoracic extension
- ◆ Bicep curls (with or without light weight)
- ◆ Shoulder press (with or without light weight)



Cool Down

- ◆ Toe taps/heel taps
- ◆ Shoulder shrugs/circles
- ◆ Chest/thoracic stretch- hands clasped behind head- pull elbows outwards, squeeze shoulder blades together
- ◆ Reach up both hands, stretch and bring hands down to your side



Welcome Back!



Healthy Weight CQUIN Agenda

<p>Sandal RUFU Tuesday 7th January 2020 1.00 — 3pm</p> <p>Refreshments Provided</p> <p>Next meeting: 5th March</p>	 Welcome — Introductions  Group work — Role of Psychology  Round Robin — Being Creative  Discussion — Keeping Motivated!  Group Work — Training needed to help support others to meet their goals  Group work — Developing your Passport
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Collaboration. Hope. Encouragement. Empowerment. Respect. Support. Fun


This part of the Newsletter is for the Healthy Weight CQUIN meeting. We started the CQUIN meeting with a round robin to look at services sharing their ways of being creative with the CQUIN and with supporting services users to achieve a healthy weight. We had a discussion about how best to keep ourselves and others motivated. We finished the meeting with some group work to look at what training is needed to support others to meet their goals. The final bit of group work was focussed on developing a passport for healthy weight. This is an exciting opportunity that Yorkshire and Humber are able to development this passport that will be rolled out nationally once completed – there will be some further consultation within the Y&H services and then the draft passport based on the feedback from these events will be brought back to this meeting to finalise it at the March meeting prior to it being rolled out after April.


Round Robin – Being Creative 



Round Robin - Being Creative

Walking groups - different locations
 Bike riding - different activities, swimming
 Planned sessions ~~~ Gym instructor ~~~
 Dog walking
 Work placement - cleaning racecourse, farming, 'walk with purpose', ~~~ allotments. ~~~
 Fundraising ~~~ Certificates Working as a group. 
 Caters for a diverse clientele which isn't always suitable ~  
 ~ Hot puddings daily ~~~
 Dependent on staffing levels - limited resources ~~~ Incidents ~~~
 Not the equipment ~~~ Regular weigh-ins ~~~ visual step tracker ~~~ 
 Poor portions leading to bingeing and eating rubbish ~~~
 Healthy competition/between wards ~~~ Step counting - competition
 Fitbits being provided ~~~ Tracking systems - goal setting to motivate, graphs (visual) ~~~
 weekly 'healthy lifestyle' sessions ~~~ Healthy swaps - healthy changes ~~~
 Dieticians ~~~ Charitable funding to purchase ward-based exercise activity tools ~~~
 Activity sessions and accessible on ward, eg table-tennis ~~~ Rewards as incentives ~~~
 Would like more access to gym equipment - purpose built for secure settings (funding for these needed)

Friendly competition - Come dine with me, penalty shoot out. 

Purposeful - using ward bikes instead of vehicle, internet opportunities to internet banking, etc, feeling in control - getting your house in order, charity work. 


Discussion - Keeping Motivated!

The role of motivation

What motivates you?

Look after and feel better
 Healthy mind, healthy body
 Social aspect
 Challenges, competition
 Lose weight for yourself
 Staff motivates us - posters, information and encouragement.
 Self - wanting to lose weight and feel healthier

Results



Feeling better 
 Enjoy doing it (ie weight lifting)
 Praise/encouragement/support
 Realistic goals - achievable
 Incentives
 More healthy options
 Fresh ideas
 Small goals



Keeping Motivated!! The role of motivation

- What motivates you?
- What support would you like to stay motivated?
- Who do you want to motivate you?
- Are there any specific interventions you can think of which could help you?

Who do you want to motivate you?

Yourself, need to motivate yourself. 
 Peers lose the weight and get healthy together 
 Family, parents.
 Routine - time structure.
 Other people - shared goals, don't want to let people down if exercising together
 Doing things together
 Staff and service users together - training buddy

What support would you like to stay motivated?

Gym staff

General staff to motivate you

Support by peers

Consistency of support

Team work!

Supportive staff, accessible resources

Consistency and competent

Feeling valued

Respect

No snacks in ward shop or limited

Gym equipment in communal area

Creativity and variety - eg walking group Ingleton Falls, crazy golf

Incentives

Lands end to John O'Groates - big display. External sports person or trainer.

Team goals eg cycling

Come dine with me - Healthy competition

Acceptance of your starting point

Supportive environment eg junk food free zone

Balance between relaxation and work

Education - when informed makes you want to change

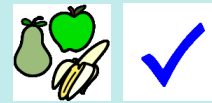
Chairobics booklet in Recovery College (photos with consent)

Art/walk to make a collage - photos of what motivates us

Charity links

Happy to be out of comfort zone

Recognition



Are there any specific interventions which could help you?

Boot camp in a morning 2 days a week with free breakfast incentive.

Regular leave off the ward.

A weight watching/weight loss group.

Posters, information, facts

Further patient input, patient co-production, patient led groups

Education - when informed makes you want to change

Role models - leading by example (snowball effect)

Setting upper and lower limits

Resources

In house - gym, pilates, yoga, tai chi, garden, penalty shoot outs, photographs.

Community - walking groups, community football teams, dog walking, photography, bike rides.

Further away - day walks, photography



Group Work - training needs to help support others to meet their goals

Training to Support a Healthy Weight

What training staff should have to better support someone (especially if they're struggling); including support with gentle exercise

- Support to recognise the importance of healthy eating and life style choices and achieve good physical health themselves.
- Staff are supported and encouraged to engage in physical health activities with service users.
- Staff feel confident and comfortable talking with service users about their physical healthcare and weight.
- Staff are aware of the physical health risks associated with a person's cultural background.

Staff training

Resources – do we need to reinvent the wheel, eg slimming world, journals – adapt

Trustwide teams already available – just need to get in touch

Website: physical activity training funded for NHS services

Without background in activity – do not know how to help people

Health trainers: weight management group by NHS, aim is for a 5% body loss in 12 weeks. For service users and staff, everyone entitled to access it, need to know how.

Staff also have option to take on exercise/groups – not a priority yet, culture change.

Physical health monitoring – weekly, staff knowledge to do or external source

'Community' training for everyone (not just staff), interest and engagement through Recovery College

How much encouragement/motivation do I need

Ethnicity age gender need to be taken into account, eg women needs different to men.

Health and wellbeing – not weight loss only

Peer support or buddy system

Motivation

Triggers – individualised

Respiratory clinic – education to help those with asthma engage, physical health understanding needed.

Future investment in health and wellbeing (cost saves in the long run).



Group work - Developing your passport

Health Passports

Guidance covers a wide range of activities and interventions for everyone including:

- The environment and culture
- Relates to food, nutrition and physical activity
- The physical health passport will cover all these things and ensure that they are addressed
- This must be co-produced with service users to allow everyone to set their own goals and chart progress.
- It should be reviewed and updated at your CPA meetings
- It will follow you through your transition and discharge when you're ready to move on and afterwards



Your Passport

• Coproduce a 'passport' that you keep and share with your family if you want, that covers all physical health requirements with sections on:

- *Food & Nutrition*
- *Physical activity goals*
- *Occupational needs*
- *Psychological needs*
- *Motivation to change*
- *Desired outcome(s)*
- *Perception of need.*



GROUP WORK QUESTIONS

1. What does a 'good' passport look like?
2. what should it include?
3. Who will have ownership of the passport?
4. how should it be used and by who?
5. What format should it be in?
6. how often should it be updated?
7. What guidance needs to be included?
8. Developing an accessible version

What would a good passport look like?

Personalised – with photo

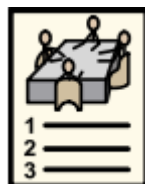
Baseline data – who are you

What I like/do not like

Groups – individual – motivation levels

Could be visual like the Recovery Star

A good passport must reflect the individual subjectively.




Who will have ownership of the passport?

The service users.

Joint ownership with care-cos

Group work - Developing your passport

What should it include?

- A number to ring to access support. 
- Next of kin, allergies.
- Physical activity goals.
- What I want to achieve this week – if electronic it could prompt you to set goals each week or to prompt steps to goal.
- Record of achievement.
- Food/treat log exercise log.
- How often should it be updated depends on goal, individual.
- Smoking
- Daily habits – structure
- Physical activity
- Spirituality
- Sleep
- Eating habits
- Pictures of plates of healthy food
- Psychological needs
- Goals – (SMART) – not always weight based
- Current and past medical history – description of health problems
- Medications
- Immunisations
- Photograph – personalised
- Get a stamp when each destination has been reached.
- Things you need for each destination, eg money, different clothes.
- Map compass with different points, such as food and nutrition and occupational needs
- Things that might get in the way of reaching destinations.
- Useful contacts on the back.
- Links to medical record
- Built in activity tracker
- App links – links to local gyms
- Scan codes
- Psychological needs



Your Passport

- Maintaining your goal once you achieve it.
- Always look for good nutritional foods and drinks.
- Has to be a format that is more accessible to you.
- Rate physical abilities.
- Positive mind-set, consistent all of your life with positive aspects.

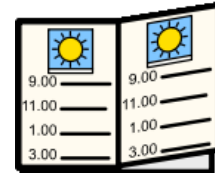
Group work - Developing your passport

How should it be used and by who?

Focus on wellness, not on weight - healthy body.
Provide concrete opportunities as you move through pathway.
Decide which point to concentrate on and write goal relating to this - positive processes

How often should it be updated?

Updated as per the individual - weekly up to annual
5 minutes to fill in daily, can become a way of life.
Renewed/updated monthly



What format should it be in?

A card that can be stamped to bring up electronic health profile

Booklet

Digital and paper version (cover created by each individual).

Tablet for each ward area - individual log in, and watch gifted to each service user to help track steps, HR, ideal weight, goals and stickers and activity prompts (like couch to 5k), which automatically updates.

Journal - physically owned - what's out there already/create own pages

A 'real' (pocket sized?) passport - journey.

What guidance needs to be included?

Plan on how to get to each 'destination' (goal).

A 'map' of how to get there, eg 'see dietician, get education'.

Ideas of having graphs/visual ways to show changes in health/weight/hours of physical exercise/ fruit, healthy eating.

Self-assessment for people to see where they are.

One page per day for

- food diary
- exercise
- activities
- well-being scale - how are you feeling?
- water drunk
- steps
- stamps
- documents journey - reflective
- owned by person (can interact with staff and care plan monthly or at CPA).

Gain certificate



Healthy Weight CQUIN

Sandal Rugby Club Wakefield

11am – 3.00pm 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

Contact Holly, Jo or Charlotte for more information:

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