

# The Development of Health and Wellbeing Plans to Support Patients Physical Health in High Secure Care.

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# Aim

- Understanding of the outcomes of a consultation led approach to managing physical health within a high secure setting, specifically looking at an individualised ‘Health and Wellbeing Plans’.

# Objectives

- Acknowledge the obeseogenic environment (the Problem!)
- Awareness of TSH approach to managing this
- Learn about our 'Prevention and Reduction' actions
- **Focus on 'Health and Wellbeing Plans' – critique and use of.**

# Workshop tasks

- Reflect/critique the plans
- Practical use of Health and Wellbeing plans
- Feedback.

# Background

- TSH has 83% pts overweight and obese (Scotland male ave. 65%)
- Steadily risen since records in 2003 when levels were 60%
- Weight gain following admission 11-26% of initial body weight within 3 years

# Tackling the problem



- Hospital Board
- Consultation 2015
  - Patients, carers, advocacy, visitors, and staff.
    - Roadshows
    - Questionnaires
- Plan
  - Prevention and reduction

# Prevention

- Awareness – on admission
- Education – pts, staff and carers/visitors
  - Learning module/information
  - Earlier access to physical activity
- Patient centered individual assessment (EI/EI)
- **Health and Wellbeing Plans**
- Activity (outdoor gyms/earlier access)

# Reduction

- Weight management groups
- Cessation external food procurement
- Management of takeaways
- Activity – ward exercise equipment
- Review of hospital shop
  - Healthcare Retail Standard (HRS) implementation
  - Electronic shopping plans
- Calorific value meals on menus
- Support for carers bringing in food gifts.



# Healthcare Retail Standard (HRS)



- The Healthcare Retail Standard (HRS) is a set of criteria developed for retail outlets in all healthcare settings across Scotland. These criteria require the retail outlet to have at least 50% of their products from a healthier range. They also restrict what can be actively promoted in these stores.

# Health and Wellbeing Plans

- ‘Replace’ Nutritional Care plans (FFNC standard 2014)
- Focus on
  - Intake,
  - Nutritional Screening
  - Activity
  - (psychological) health wellbeing
  - Smoking (new admissions)

# Health and Wellbeing Plans



- On Admission, option of 8 generic care plans, based on NST score (TSH tool) and BMI.
- In place approx 8 weeks,
- Review pre admission CPA to tailor
- Implement and review process to be agreed

# Health and Wellbeing Plans



Care Plan 2 BMI normal, NST 0, 1 or 2 2017 [Compatibility Mode] - Microsoft Word

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1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 17 18

Patient Name ..... Date of Birth ..... Hospital Number...  
 CHI Number.....  
 Key Worker ..... Associate worker..... Care Plan Number

Patient is normal weight with a BMI 18.5kg/m<sup>2</sup> to 24.9kg/m<sup>2</sup>. He is at low risk of mal-nutrition with a Nutritional screening Score (NST) of 0, 1 or 2.  
 Maintain weight at a normal range with a nutritional screening tool score of 0, 1 or 2 and increase physical activity to support good psychological wellbeing.

Aspect	Intervention/objectives	Identified Person
Food and drink	Facilitate 3 meals with 1-2 healthy snacks/day.  Swap to diet/no added sugar drinks and use sweetener instead of sugar.  Encourage 5 portions fruit and vegetables per day  If facility time is desired, support this after meal attendance.	Patients and all staff.
NST	Nutritionally rescreen monthly to quarterly	Key worker
Activity	Facilitate 30 minutes of physical activity 3 times a week as soon as possible Admission fitness assessment... Ward/hub activities..... Skye centre activities..... Grounds access (level) usage.... Other (i.e. self directed activity).....	Key worker Clinical team
Healthy body and mind	Support health and wellbeing • Dental care	Key and associate worker

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# Health and Wellbeing Plans



Care Plan 8 BMI obese, NST score over 3.2017. [Compatibility Mode] - Microsoft Word

	Swap to diet/no added sugar drinks and use of sweetener instead of sugar.  If facility time is desired, support this after meal attendance.			
NST	Nutritionally rescreen weekly Aim to reduce risk factors in NST by.....	Key worker		
Activity	Facilitate 30 minutes of physical activity 3 times a week as soon as possible Admission fitness assessment... Ward/hub activities..... Skye centre activities..... Grounds access (level) usage.... Other (i.e. self directed activity).....	Key worker Clinical team		
Healthy body and mind	Support health and wellbeing <ul style="list-style-type: none"> <li>• Dental care</li> <li>• Foot care</li> <li>• Personal hygiene</li> </ul> Psychological assessment <ul style="list-style-type: none"> <li>• Drugs and alcohol</li> <li>• Mood screen (DM)</li> <li>• Other</li> </ul> Supporting adequate sleep pattern..... Consider referral/support from appropriate weight management group.	Key and associate worker		
Smoking cessation	NRT Patches Inhaler Support.....	All staff groups		

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# Workshop

- 2 groups, 10 minutes
  - A) review/critique plans and feedback
  - B) trial use with case studies re ease of use and trouble shooting
  
- Feedback (10-15mins)