

E-learning: Nutrition and Hydration in Care Homes

NHS South West London (SWL) have partnered with [PrescQipp](#) to create a high quality e-learning course on the subject of nutrition and hydration in care homes.



This course is aimed at care staff and nursing staff working in a care home setting. It may also be useful for other healthcare professionals who have involvement with care homes such as Medicines Optimisation Teams, Care Home Pharmacists and Technicians, PCN and Practice Pharmacists and GP's.

Course content

- This e-learning course has five modules, two case studies and a final exam with a 70% pass mark.
- The course should take around 2 hours 30 minutes to complete and it is recommended to be taken in stages rather than a single sitting.
- Once the course is passed a certificate of completion will be issued.

MODULE 1

Identification of malnutrition

- Key standards and guidelines relating to nutrition and hydration in care homes
- Why we screen for malnutrition in care homes
- Using the Malnutrition Universal Screening Tool (MUST) effectively to identify residents at risk of malnutrition

MODULE 2

Management of malnutrition

- A food-based approach to managing malnutrition
- Practical ways to use a food-based approach in care homes
- Writing person centred care plans to meet nutrition and hydration needs

MODULE 3

Dementia

- The prevalence of dementia in care homes
- Common nutritional problems in dementia
- Improving food & fluid intake in residents with dementia



MODULE 4

Nutrition in end-of-life care

- Common changes in eating and drinking at end-of-life
- Nutrition interventions in end-of-life care
- The main aim of nutrition and hydration in end-of-life care

MODULE 5

Hydration

- Defining hydration and its importance
- Causes and results of poor hydration
- Practical strategies to reduce risk of poor hydration

Course access

This course is available free of charge for staff who work with care homes in South West London and members of SWL Medicines Optimisation Teams.

How to access the course

- If you do not already have an account, you will need to register on the [PrescQIPP e-learning platform](#). Please ensure you select 'ICS—South West London' as your organisation to ensure you get the correct access. Staff should sign up individually so they are able to receive a personalised certificate.
- Log into the [PrescQIPP e-learning platform](#)
- Find the course and select 'Access course' then enter the access code below or [click here to go straight to the course](#).

Access code: **512f5a5b26c7047904e15000c211fcd**

If you have any questions about the course, please contact elearning@prescqipp.info or vicky.malone@swlondon.nhs.uk

Visit the [PrescQIPP website](#) to find out about other courses available.

