

# **Learning and Development for Adult Social Care in the West Midlands Appendix 5: Nutrition and Hydration**

### Adult social care paid workforce (web search)

Topic	Aim	Format	Resources/organisations identified	Link
<b>Importance of nutrition and hydration</b>	To raise awareness of changing nutritional and hydration needs of older people, understand risks and effects of dehydration and malnutrition	Web page Face to face Booklet eLearning	HEE West Midlands Learning Portal	<a href="#">Click Here</a>
			e-Learning for Healthcare	<a href="#">Click Here</a>
			Nutrition and Hydration Week	<a href="#">Click Here</a>
			SCIE	<a href="#">Click Here</a>
			Care Certificate	<a href="#">Click Here</a>
<b>Early warning signs of deterioration</b>	To spot early on the signs of deterioration in people receiving care and support. Can be based on MEWS (Modified Early Warning Score).	Booklet Face to face learning eLearning	HEE West Midlands Learning Portal	<a href="#">Click Here</a>
			e-Learning for Healthcare	<a href="#">Click Here</a>
<b>Reducing risk of malnutrition and dehydration</b>	Focus on how to reduce risks and respond if individual suffering from malnutrition or dehydration.	Elearning Video based learning	e-Learning for Healthcare	<a href="#">Click Here</a>
			Me Learning	<a href="#">Click Here</a>
<b>Supporting access to fluids and nutrition</b>	The aim is to skill staff up to understand how to fully support access to nutrition and fluids in accordance with any care plans	Web based booklet Elearning	e-Learning for Healthcare	<a href="#">Click Here</a>
			Care Certificate	<a href="#">Click Here</a>
			Skills for Health (Skills Platform)	<a href="#">Click Here</a>
<b>Food safety</b>	To develop understanding of importance of food safety and how to maintain	Elearning Video based learning	Me Learning	<a href="#">Click Here</a>
			Level 2 and Level 3 Diploma	<a href="#">Click Here</a>
<b>Promoting independence and eating well at home</b>	Importance of encouraging people to eat well and stay hydrated.	Video based learning	SCIE	<a href="#">Click Here</a>

### Unpaid/informal carers (web search)

There were no specific resources identified for family and unpaid carers.

### Local and national level frameworks and guidance

Title	Overview	Link
<b><i>SCIE - Hydration and older people in the UK: Addressing the Problem, Understanding the Solutions</i></b>	Paper on behalf of the Parliamentary Hydration Forum (2014) outlines the challenges and recommendations for hydration in particular, focusing on standardisation of language and measures, call for research to understand more about the cost and impact of dehydration and the need for public awareness.	<a href="#">Click Here</a>
<b><i>Skills for Care - Ongoing learning and development in adult social care</i></b>	Newly published framework (2016) outlining how effective learning and development can lead to a skilled workforce, minimum recommended learning and development areas care workers should be competent in, how and when to refresh learning, statutory requirements and how to support care and non-care worker learning and development. Includes a section on fluids and nutrition.	<a href="#">Click Here</a>

## Adult social care workforce - Options from West Midlands Endorsed Training Providers

All Skills for Care Endorsed Learning Providers can be found on our website [www.skillsforcare.org.uk/learning-development](http://www.skillsforcare.org.uk/learning-development)

Local provider (from Endorsed Training Provider Framework)	Topic	Training Formats available	Resources used (detail from interviews)	More information
Dudley Council - DACHS Learning and Development	Nutrition and Hydration - Healthier Food and Special Diets CIEH Level 2 Award	Work-based Learning	<i>Not interviewed</i>	<i>No longer a Endorsed Provider</i>
Hoople Limited	Deliver Nutrition and Hydration unit as part of QCF accredited course in Health and social Care	Work-based Learning	QCF materials are standard with any course Skills for Care Skills for Health Local relevant information (MUST Toolkit)	<a href="#">Click Here</a>
JS Consultants	Nutrition and Hydration –  Nutritional - Short Courses  Nutrition and Hydration Awareness Course	Face to face training Work-based Learning	The National Institute of Health and Care Excellence Skills for Care Skills for Health Royal College of Nursing Nursing and Midwifery Council UK Home Care Association Social Care Institute of Excellence Skills for Care guide to Learning and Development CQC Website ACTAN website	<a href="#">Click Here</a>
Quality Care Training Consultancy Ltd	Nutrition and Hydration - Awareness (3 hours) Nutrition and Hydration including the malnutrition  Universal Screen Tool (MUST)  Nutrition and Hydration Caring for Clients with Nasogastric and percutaneous endoscopic gastronomy tubes (3 hours)	Face to face training	<i>Not interviewed</i>	<a href="#">Click Here</a>

Local provider (from Endorsed Training Provider Framework)	Topic	Training Formats available	Resources used (detail from interviews)	More information
Shropshire Partners in Care	Nutrition and Hydration (1 to 3 hour awareness course)	Face to face learning	Skills for Care Skills for Health SCIE Local stakeholders – Clinical Commissioning Groups, Local Authorities, Health, Charities, Hospices Dementia UK	<a href="#">Click Here</a>
South and City College Birmingham	Nutrition and Hydration units which form part of the health and social care diploma (QCF Accredited)	Work-based Learning	Internal Virtual Learning Environment (Moodle) SCIE NICE Guidelines	<a href="#">Click Here</a>
ACCTV - Age Care Channel	Nutrition and Hydration (Range of topics available)	TV Programmes Work-booklets	The National Institute of Health and Care Excellence Skills for Care Royal College of Nursing Nursing and Midwifery Council UK Home Care Association Social Care Institute of Excellence	<a href="#">Click Here</a>
HC-ONE	Nutrition and Hydration (Range of topics available – only available to HC-ONE staff)	Face to face learning Work based learning	<i>Not interviewed</i>	<a href="#">Click Here</a>

## Local academic institutions

There are a number of academic units available locally which are highly specialised ranging from Level 4-6 certificates through to MSc level qualifications. Other courses available locally focused on nutrition as part of sport sciences or nutrition and catering rather than linked to social care provision.

Course	Institution	Link
Level 4-6 qualification	City & Guilds	<a href="#">Click Here</a>
European Certificate in Essential Palliative Care	Princess Alice Hospice	<a href="#">Click Here</a>

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