



ENGINEERING THE FUTURE
HCA NATIONAL CONFERENCE
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My Story

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The Nutrition and Hydration Digest: Improving Outcomes through Food and Beverage Services

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Labelling and Product Specs (3)



“I have also found the Digest useful in looking for guidance on labelling requirements ahead of the implementation of the EU labelling guidance in December”

“A lot of food companies are using the Digest as a reference for product specs etc”

“It is useful for a concise overview of FIR Regs and labelling”

Students (3)



“A very important use I make of the Digest is with student dietitians. I take them for the Food Journey task and I have developed a quiz which we use to help them navigate and become familiar with it”

“I advise students to get a copy”

“Also a good teaching tool for our students”

Strategic/National Standards (3)



“The Digest is listed as one of the documents being reviewed by the expert panels which feed in to the Hospital Food Standards panel”

“Understanding of standards / guidelines for hospital food”

“I use the Digest alongside our national All Wales standards”

Specific Guidance (4)



“The guidance in it around modified texture and softer choices, helped to give some clarity”

“We used the guidance on soup to improve the soup we provide to patients”

“We developed new nourishing soups”

“We use it for allergen info”

Cost Improvement/Sales Tenders (5)



“The Digest has been invaluable through the market testing process”

“It was used to help write the catering specification”

“We come across it in all new catering tender documents”

“We have used the Digest for our recent catering tender”

“Used as a reference for consideration in matters such as cost improvement”

Menu planning / menu checklist (7)



“Daily nutrient targets and meal targets used for planning patient menus”

“Chapter 7 - menu content also used to develop a more extensive breakfast provision, higher energy dessert target, higher energy snack target etc.”

“Menu planning principles, menu structure”

“I use it mainly to plan menus”

“Used particularly for our menu redesign”

“We used chapter 6 as part of our menu planning project”

“The menu checklist has been very useful - I use a version of it and have directed colleague dietitians in the community to it”

Menu coding, nutritional parameters & special diets (13)



“We have it as a reference for our menu coding and special diets especially”

“We dip into it particularly chapters 9 & 10”

“Used to simplify and standardise the diet codes on our menu”

“Chapter 9 - used to reference special requirements”

“Renal potassium criteria and energy dense/healthy eating information”

“Using it as a reference and to facilitate menu coding changes”

“We used to change the menu coding”

“I have used the diet coding guidelines to change the diet codes at our sites”

“The chapters I particularly used were around the nutritional parameters”

“For coding and special diet provision”

“For dietary coding (very helpful)”

“For coding of potassium in renal meals”

“Used it to simplify our diet codes and as a result I was able to significantly reduce the number of diet codes we used from 11 to just 5!”

Menu capacity/standards/day parts (14)



“Chapter 5 Nutritional Standards; Day Parts Approach is used most”

“Used as the main reference for the Nutritional Capacity Report to check compliance against our targets”

“Day Parts targets used as a performance monitoring tool”

“Chapter 8 ‘Analysing Menu Capacity’ to produce menu nutritional evidence”

“I use it to produce menu capacity analyses”

“Used for our care homes menu analysis”

“The most acceptable method for nutritional analysis of the menu, it is based on much more sound science!”

Menu capacity/standards/day parts continued



“Used the guidance on assessing menu capacity using the day parts approach when we changed our menu at all our sites”

“Used to calculate nutrition capacities to make sure we deliver the best results and meet all patients’ needs and requests”

“To assess if meals meet min/max and generally for adequacy”

“Chapter 5 for nutritional standards was used a lot”

“Sections on analysing menu capacity and guidelines for recipe analysis have been invaluable”

“Used day parts approach to work out energy and protein for individual meals on the menu”

“Menu analysis information”

General Comments



"I am extremely grateful for this reference tool and I have shared it with catering colleagues"

"I use the Digest lots and lots!!"

"The Digest has excellent information and resources / references"

"In all, it is a very useful document"

"I use my Digest at least once a week to check or suggest something"

"The Digest (and its predecessor) are really practical, there's nothing else like it and I use it regularly"

"The Digest has been very useful and fundamental tool in my practice as a Catering Dietitian"

"I like to think I keep a well organised desk; each night I file away all the documents I have been working on but my digest stays out on my desk at all times! Ready to hand!"

"When I got my first interview in this area I prepared for it reading the Digest. I'm fairly sure that I wouldn't have got the job without it. Since then we've been inseparable!"

BBC
ONE



**Weekdays at 9.15am starting
Monday 24th February**

James Martin returns with a new series as his campaign to transform hospital food becomes more ambitious than ever. This time, he's determined to find a way to improve patient meals and bring about change in as many NHS hospitals as possible.



Key Points

- Nutrition and hydration is a vitally important part of a patient's treatment
- Medical outcomes are influenced by the nutritional status of patients
- Although there are no national standards enshrined in law, best practice has evolved over time, is fully documented via the Digest and is used across healthcare
- Most important factor is that patients eat the meals that are prepared for them



Key Considerations

- People tend to want traditional comfort food, not gourmet cuisine or rich, alcohol based sauces
- Favourite foods when you are ill may be different to when you are well
- Nutritionally well vs. nutritionally vulnerable
- Nutritional targets to cover a range of needs – differing calorie and protein targets

**James with
Sian and me**



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My favourite quote!



“Well if Maxine says the recipes are great,
that is a massive leap forward!”



3 Key Messages

1. Good nutrition is vitally important and integral as part of patient treatment.
The food trolley is as important to recovery as the drugs trolley!
2. Medical outcomes are influenced by the nutritional status of patients and for some, their diet may be restricted due to their medical condition
3. Patients are tempted to eat the meals that we prepare for them – there's no nutrition in uneaten food. People simply want food that is comforting, familiar and easily eaten



Favourite questions I was asked!

- Did you have a professional to do your make up?
- Is he really that tall?
- How many new outfits did you buy?
- How many takes did you do?
- Are you actually going to be on BBC1?