

EAT DRINK DRESS MOVE >>

DID YOU KNOW...

Around 1 in 3 older people are already malnourished upon admission to hospital



Good nutrition:

- Reduces risk of a hospital admission
- Reduces complications and mortality associated with surgery
- Supports quicker recovery from illness/infections.
- Builds muscle and bone strength, essential for rehabilitation
- Boosts mood and morale

45% of inpatients become dehydrated



Hydration:

- Improves cognitive functions such as memory and focus
- Helps prevent and heal pressure ulcers
- Can decrease risk of falls
- Reduces the risk of gastrointestinal issues related to medication and other common side effects, such as dry mouth
- Reduces risk of developing a urine infection or acute kidney infection

60% of our patients are unsure whether a hospital gown is a medical necessity



Getting dressed in their own clothes:

- Supports patients to maintain their own personal identity
- Reduces patients' sense of vulnerability and embarrassment
- Gives patients back their sense of a 'healthy' personal identity
- Respects culture and individuality
- Impacts well-being and recovery

Up to 40% of muscle strength can be lost within the first week of bed-rest



Movement:

- Maintains bone mineral density
- Maintains structure and function of tendons, ligaments and cartilage
- Reduces patients' risk of falls, pressure ulcers, confusion and blood pressure issues.
- Reduces risk of re-admission.
- Reduces recovery time and length of stay

HELPFUL HINTS

EAT

- Encourage patients to brush their teeth twice a day
- Boost nutritional intake with milky drinks, puddings and high calorie options from the main menu
- Prevent the overnight fast period by also offering an evening milky drink and snack after 7.30pm
- Ask visitors to bring in familiar snacks from home
- Discuss food likes and dislikes with patients and encourage them to choose their own meals.

DRINK

- Look out for the water jugs with the red lid to know which patients need more help to drink and hydrate.
- Offer sugar-free fruit squash where available if the patient prefers it to plain water
- Chill prescribed snacks and supplements in the fridge to increase appeal!
- Any staff member can serve a night drink (200ml) to boost hydration

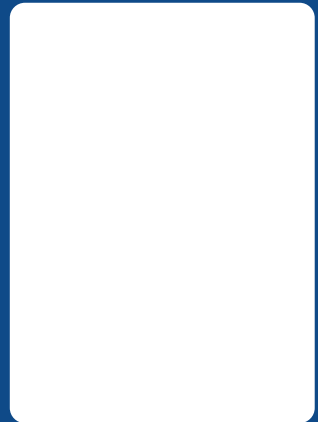
DRESS

- Compliment patients on wearing their own clothes!
- Replicate their home wash and dress routine as closely as possible
- Ask visitors to bring in patients' own day clothes and supportive footwear

MOVE

- Encourage movement at every episode of care
- Encourage patients who are able to visit the meals trolley and self-service drinks trolleys
- Make use of day rooms to promote a change of scene and gentle movement
- Ask visitors to bring in supportive footwear and any mobility aids.

MY PLEDGE...




Helpful EDDM Conversations

TOPIC: The EDDM activity is specific to each patient - stay focused!

GOAL: Find out the patient's own health goals.

REALITY: Explore what helps (and what doesn't).

OPTIONS: Consider options with, not for, the patient.

WILL: What's next?



**Quick guide
for staff**