

Care at home: Malnutrition training webinar

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REPORT

May 2023



The Health and Social Care Improvement Team hosted a webinar with Food Train and NHS Tayside on 14 February 2023. The aim of the webinar was to promote recently developed training videos for the prevention of malnutrition. The training videos have been designed for care at home staff. They aim to raise awareness of malnutrition and to support staff to recognise and respond to the signs and symptoms.

The webinar included:

- an overview of malnutrition and the importance of training and screening
- the rationale for developing videos
- current work and best practice for preventing malnutrition in the community.

At the beginning of the webinar, we used polls to ask attendees about their existing knowledge and experience of malnutrition:

- 35% of respondents had previously received malnutrition training
- 44% of respondents said that they could confidently recognise the signs and symptoms of malnutrition
- 52% of respondents said that they could confidently provide simple support and advice to people at risk of malnutrition.

The majority of respondents had not received malnutrition training before. This emphasised the importance of making malnutrition training available to the care at home sector.

Have you received any training on malnutrition/undernutrition before?

Yes	35% (33)
No	64% (61)

[Click here to watch the webinar](#)

[Click here to access Care at home: Malnutrition training](#)

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Attendees were given the opportunity to complete an evaluation form at the end of the webinar. Their comments included:

“Very informative on malnutrition and how to identify. Will definitely be looking at videos and links to gather as much information as possible to be able to implement this into my practice.”

“Guest speakers were very knowledgeable. Links to training guides very useful. Have printed some of these off and will cascade to my team.”

“Ease of access to workbooks and training videos.”

“Thought speakers and information was excellent, have lots of ideas how we best implement this into training, induction, team meetings as suggested or lunch and learn sessions.”

“Looking forward to checking out all the mentioned video links and workbook etc. and sharing with team members here. Thank you.”

“The session generated productive conversation amongst staff group about importance of baselines, areas of concern and ideas for improvements; e.g. ideas for menus, fortification, finger foods etc.”

499 people registered for the webinar



189 people attended the webinar



64 evaluation forms were completed



98% of respondents agreed or strongly agreed that the webinar would help to improve care in their practice, service or organisation