

Nutrition and hydration

Education session outline

Topic area	Key messages	Timing	Learning strategy
Introduction/learning objectives	Objectives of the session are: <ul style="list-style-type: none"> To develop an understanding of why nutrition and hydration are important for older people in hospital To promote practical strategies to support nutrition and hydration 	2 minutes	
Nutrition and hydration	Show video: <i>Nutrition and hydration</i>	6 minutes	
What are we doing well on our ward to support patient's nutrition and hydration needs?	Staff identify what is currently working well on their ward	4 minutes	Facilitated group discussion
What can we improve?	Staff identify areas that could be improved	3 minutes	Facilitated group discussion
Where to from here?	To support improvement initiatives a Quality Improvement Toolkit is available on the CEC website or contact LHD Quality Improvement Leads	2 minutes	Facilitated group discussion
Questions and resources	CEC Website	3 minutes	
Link to video and PowerPoint Presentation			