

NEWS

London Regional Team

Keeping you informed on the latest news and upcoming events

Think Pressure

The European Pressure ulcer Advisory Panel (EPUAP) describes a pressure ulcer as 'a localised injury to the skin and/or underlying tissue, usually over a bony prominence, as a result of pressure or pressure in combination with shear. The forces of pressure can be further exacerbated by moisture and other factors relating to the individual's physical condition, such as poor nutritional status, reduced mobility and underlying medical conditions.

The estimated cost to the NHS for treatment of pressure ulcers and related conditions is up to £1.4million a day, with the most severe cases ranging from £11,000 to £40,000 per person (NHS Improvement 2018). Besides the financial cost, pressure ulcers can have a detrimental effect on a resident's quality of life, causing significant pain and distress, increased risk of infections contributing to other complications.

Protecting residents from pressure damage is a fundamental requirement of nursing and is at times a measure of the quality of care we provide for our residents. Although not all pressure ulcers can be prevented, the majority of pressure ulcers are avoidable if simple best practice is followed.

At Excelcare we are committed to ensuring that all residents get the highest quality of care and where we can avoid or minimise the development of pressure ulcers all necessary steps are followed. In the next few weeks you will hear these 2 phrases 'React to red' and 'SSKIN'. These are simple strategies being used within the organisation to minimise the occurrence of pressure ulcers.

SSKIN: 5 simple steps

The SSKIN acronym shows five actionable steps that greatly assist the prevention of pressure ulcers. The five letters stand for:

Skin inspection:

- Early inspection enables early detection which is when the ulcer is easiest to treat. **If there is evidence of redness or**

deterioration then the frequency of checks should be increased. Particular attention should be given to bony areas such as elbows, hips, bottom, back of head, ears, heels, ankles.

Surface:

- Ensure the surfaces supporting the resident offers sufficient pressure relief.

Keep your residents moving:

- Regular body movement assists blood flow and redistributes pressure.

Incontinence/moisture:

- A clean and dry resident is less likely to develop pressure ulcers.

Nutrition/hydration:

- The right diet and plenty of fluids keep the resident's skin healthy.

If you and your teams need further education please get in touch with the London Regional Team.

Remember when you see red REACT. ●

Think.....



LIMETREE

In August the Limetree team decided to throw an end of summer carnival themed party to bring the famous Notting Hill Carnival vibes to our residents here at Limetree. As the weather was expected to be all sunny skies the team steamed ahead with planning as every detail had to be perfect. The residents, the staff, relatives and all our friends were welcomed to a completely carnival themed garden that was decorated with bright bold colours. There was a DJ, BBQ, face painting, open bar, steel band and garden games for everyone to enjoy. With the drinks, food and music flowing all guest got involved in dancing and singing along to some old classic Caribbean carnival tunes that our residents clearly connected to. It was an afternoon to remember with smiles and laughter all around. We chose to organise the themed BBQ because it was coming towards the end of summer and as Notting Hill Carnival is such a big part of the London summer. We thought our residents would really appreciate the music and fun! We can't wait for next year's Summer event. ●



WESTPORT

Intergenerational Project at Westport Care Home.

3 people who live at Westport Care Home took part in a project with year 6 pupils at Blue Gate Fields Junior School. They met 90 children and spoke to them about –

- Childhood memories of school
- Friends, toys and favourite songs and poems.
- Food that they ate as children.
- Hobbies
- Post war life and their jobs.
- Memories from a different country or homeland.



The children took away all the information and residents were invited back 2 weeks later so that the children could present their life stories on stage. The Commissioner of Tower Hamlets and the Monitoring Officer attended with us to watch the performances. We were treated to high tea and the children presented our 3 people with flowers as a thank you. This was a trip that was so enjoyed and the interaction between “young and old” was amazing as barriers were down and everyone was so relaxed and enjoyed the event.

We were unable to take pictures of the children due to data protection but we were told that the school has a web site and it would be on there to watch. <http://www.bluegatefields-jun.towerhamlets.sch.uk/newsletters>

Doris moved into our family home last week and has settled well. Despite being 102 years of age Doris likes to be in charge and spends her days helping out where she can. Doris used to like swimming and dancing and is looking forward to our cocktail party to get up and shake a leg!!!! May our Doris have many more years to go. ●

WINDMILL

Exercise Therapy Wellbeing with Fun

The residents of Windmill Lodge smile with excitement when it is time for exercise therapy with Georgia Brown from G. Fitness. Georgia brings fun ideas with different props and music that encourages the residents to dance and jive in their seats as they stretch and move, they really enjoyed themselves.

"Studies have shown that physical exercise, particularly aerobic slows cognitive decline including memory, executive function, visuospatial skills and processing speed in normal ageing adults. Studies suggests that even shorter term aerobic exercise can facilitate neuroplasticity to reduce negative cognitive consequences and promote brain health in older adults".

We have seen a noticeable improvement in movement in some of the residents that take part in the exercise therapy. ●



QUEENS OAK

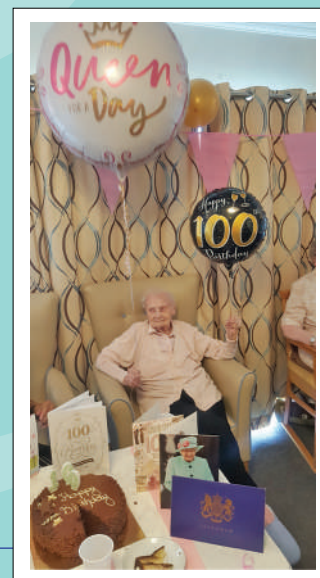
The 100th Birthday of one of our residents at Queens Oak Care Home

Mrs Peggy Macfarlane was born on 20th August 1919, she was the only child of Jark Askew a sailor and her mother Elsie. Peggy was born and brought up in Battersea, London. Peggy met her late husband William, a Scot at a dance during the war years. Peggy had a long and happy marriage and they had one daughter Jean

who has been of great support to Peggy. Peggy also has two grandchildren Alex 22 and Tansin 18 years old. Peggy moved to Queens Oak Care Home in April 2012 and is very happy.

Peggy received a telegram from Amber Rudd MP and a 100th birthday celebration card from the Queen to mark her centenary and the staff at Queens Oak organised a birthday party. The manager Seye joined the celebrations, gave a speech and presented Peggy with the telegram and card from the Queen, Peggy's eyes lit up when she received the card with the Queen's picture.

At the end of the party Peggy retreated to relax in her room, her daughter Jane, an old neighbour and a friend accompanied her and they all agreed it was a fantastic day ●



CASTLEBAR

Hawaiian Theme Summer Party

Castlebar celebrated it's yearly summer Hawaiian theme party in August. The Lifestyle Coordinator and residents helped to decorate the Home in preparation for the big day with bright colours filling the ceilings, walls and mantelpiece. We received some wonderful comments from families about how nice the home looked.

As the big day arrived staff and residents were excited to celebrate their summer party in full Hawaiian costumes, some families attended dressed for the occasion, staff and residents wore grass shirts headbands with multi-coloured garlands. Entertainment was DJ James who played songs that helped to create a lively atmosphere similar to a beach party. There was a great buzz of excitement around the Home as everyone mingled sharing stories, laughing and of course dancing along to the music.

Our kitchen team served a buffet lunch with a range of different Hawaiian foods and exotic fruits, it really felt like Hawaii had landed on Castlebar, giving residents the opportunity to reminisce about past holidays.

We also had a raffle with some amazing prizes donated by families, friends of the home, local community shops and the butchers in Lordship Lane. Prizes included chocolates, bottles of wine and a very nice meat hamper. As the numbers were called out there were hands waving in the air and smiles all around, one of our residents won a fruit hamper containing a selection of exotic items.



This event was enjoyed by everyone that attended and we had some excellent comments. Castlebar would like to thank everyone who came along and made the day a great success – we look forward to seeing you all again at our annual Fireworks display on 8th November at 5pm. ●



CAREHOMES IN YOUR REGION

**Castlebar
Care Home**
0208 299 6384

**Limetree
Care Home**
0208 674 3437

**Park Avenue
Care Home**
0208 466 5267

**Peartree
Care Home**
0208 488 9000

**Queens Oak
Care Home**
0207 277 9283

**Westport
Care Home**
0207 790 1222

**Windmill
Care Home**
0208 674 4940

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PEARTREE



Iris Arnott Iris was born in London in 1924 and she used to be a Manager at a Metal Company for many years, she was a resident at Peartree Care home for over two years. Iris loved listening to Music and having conversations with people. During Iris's stay at Peartree she took part in many outdoor activities such as Seaside Trips and Pub Trips, her daughter Kim stated that it was 'the best 2 and a half years of her life' since she came to live in the Home, Iris sadly passed away in August this year and because Iris did not like flowers, at the funeral the family collected £350 which they will be using to host a party for Peartree residents in 'celebration of Iris' life' and will also be buying some gifts for other residents who were friends with Iris whilst she was in Peartree Care Home. Iris' daughter Kim has been a great support to Peartree Care Home over the last two years and has said she will continue to visit us for our events. A big thank you to Iris' Family and Kim for their kindness and generosity! ●



PARK AVENUE



Tai Chi Taster

On Friday 6th September the residents at Park Avenue enjoyed a 20 minute's Tai Chi taster session led by Juliet a qualified Tai Chi instructor. On this day we were also delighted to be joined by Simone Head of Lifestyle Innovation for Excelcare. Tai Chi is about deep breathing and relaxation movements, as the Lifestyle Coordinator I strongly believe that promoting wellbeing for our residents is a high priority. Feedback from residents has been very positive, they felt very different, more relaxed, the atmosphere was different and they enjoyed the social aspect of it. Following the success of the session, Tai Chi will now form part of how Park Avenue works towards wellbeing and will meet fortnightly.



A Day out to Poll Hill

At 10.45am we set off excitedly to our destination. The weather wasn't great, but we didn't allow that to spoil our fun! Our first stop was for scrumptious tea & cake, followed by a lovely walk and browse around the garden centre. Everyone had a wonderful day! ●

