

# Newham Weight Gain Project; Reducing mean weight gain by 30% on Acute Wards (warts an' all!)

Project lead(s): Steve Yarnold & [Simon Tulloch](#)

Project team: Clinical staff from each ward plus dieticians, psychologists, physical health specialists, service users, etc.

Project sponsor: Dr Zelpha Kittler & [Edwin Ndlovu](#)

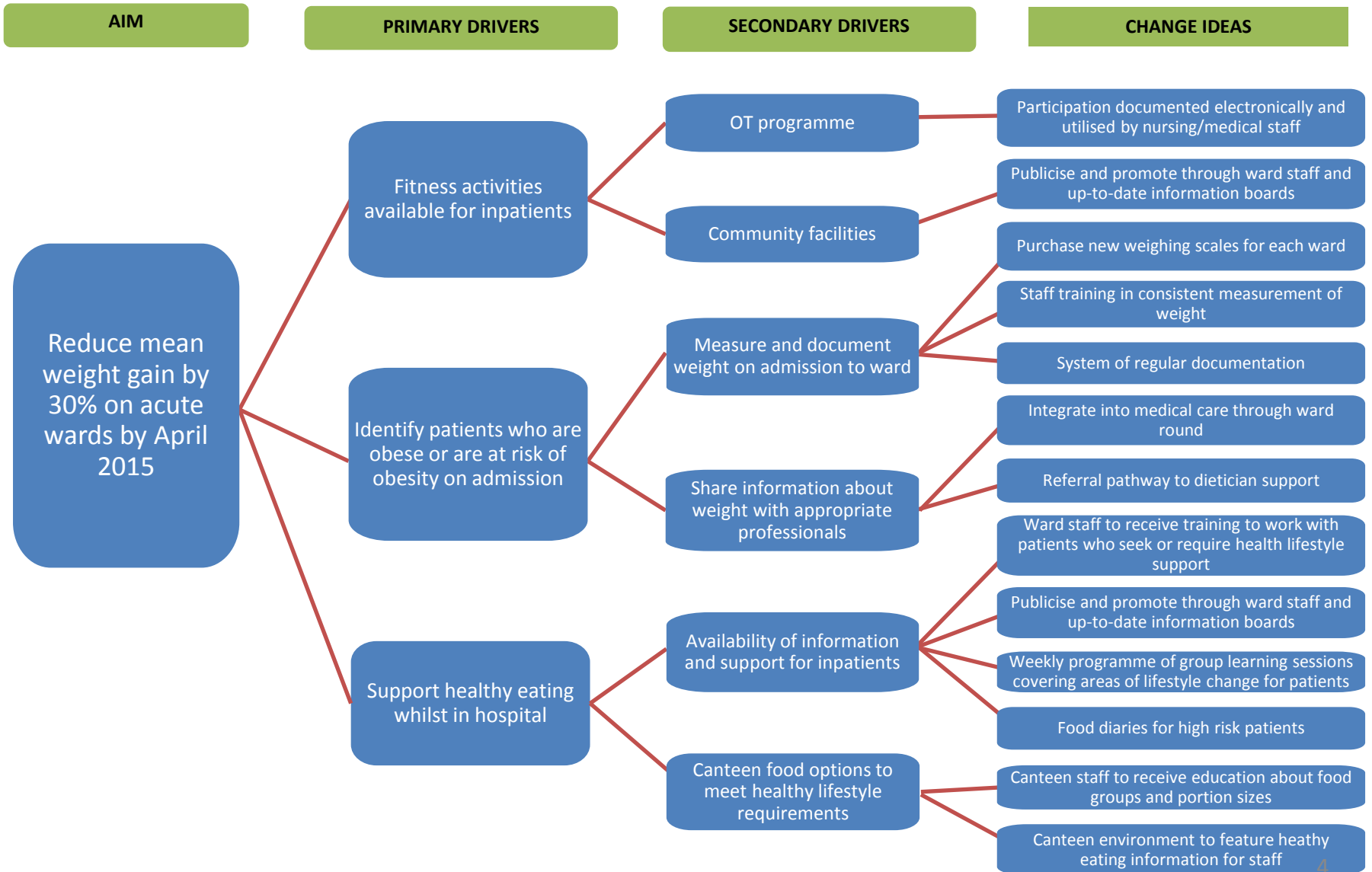
# Background

- Why you chose this project...
  - SY: Opal Ward Nursing Team introduced a Breakfast Club in April 2014 which offered advice on healthy eating.
  - ST: The project chose me!
- What was the problem?
  - National driver regarding physical health in MH patients
  - The large proportion of patients with high BMI
  - A history of negative feedback re: the quality & availability of food/activities/physical health care
- Project aim:
  - Reduce mean weight gain by 30% on acute wards by April 2015

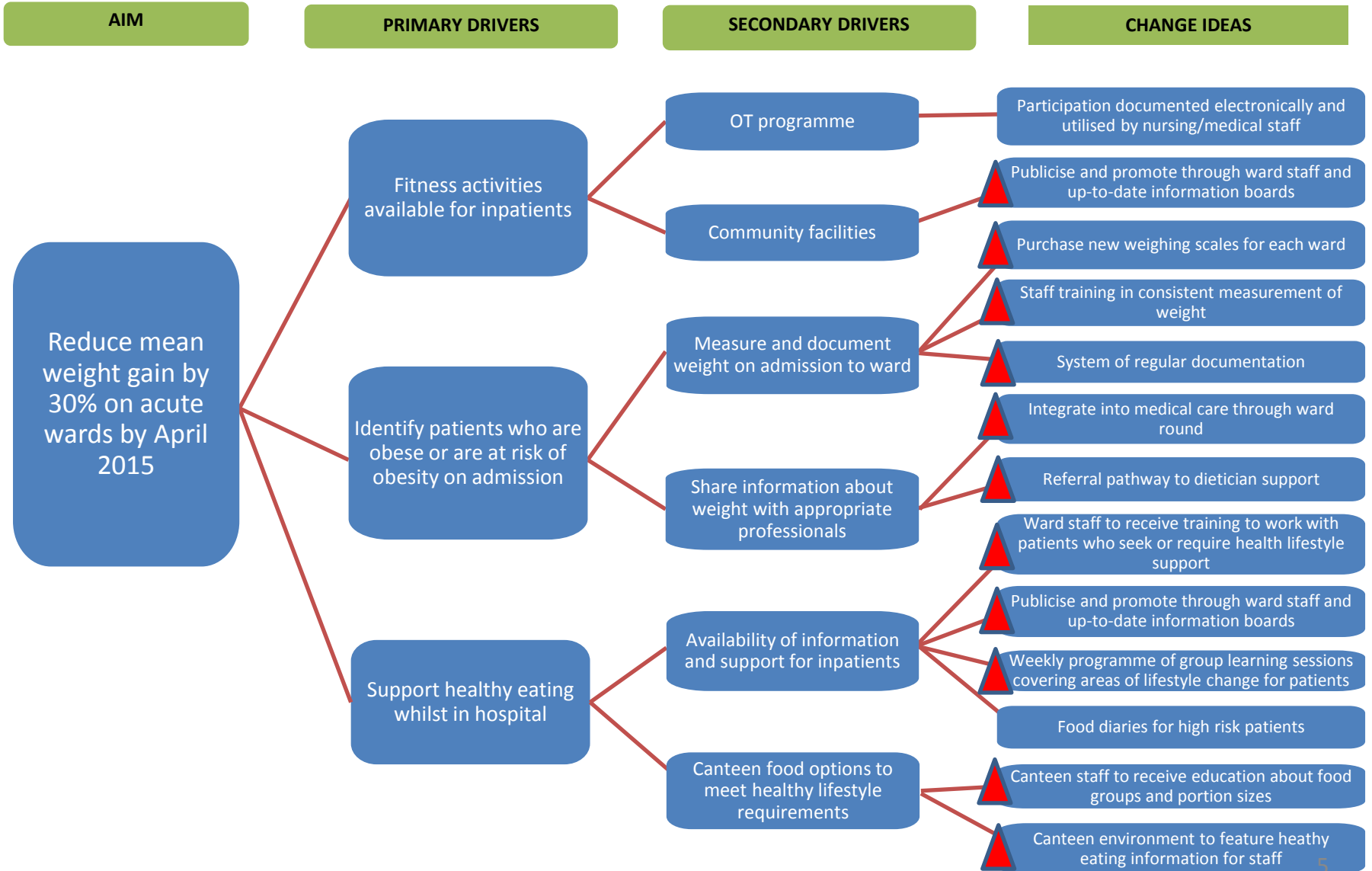
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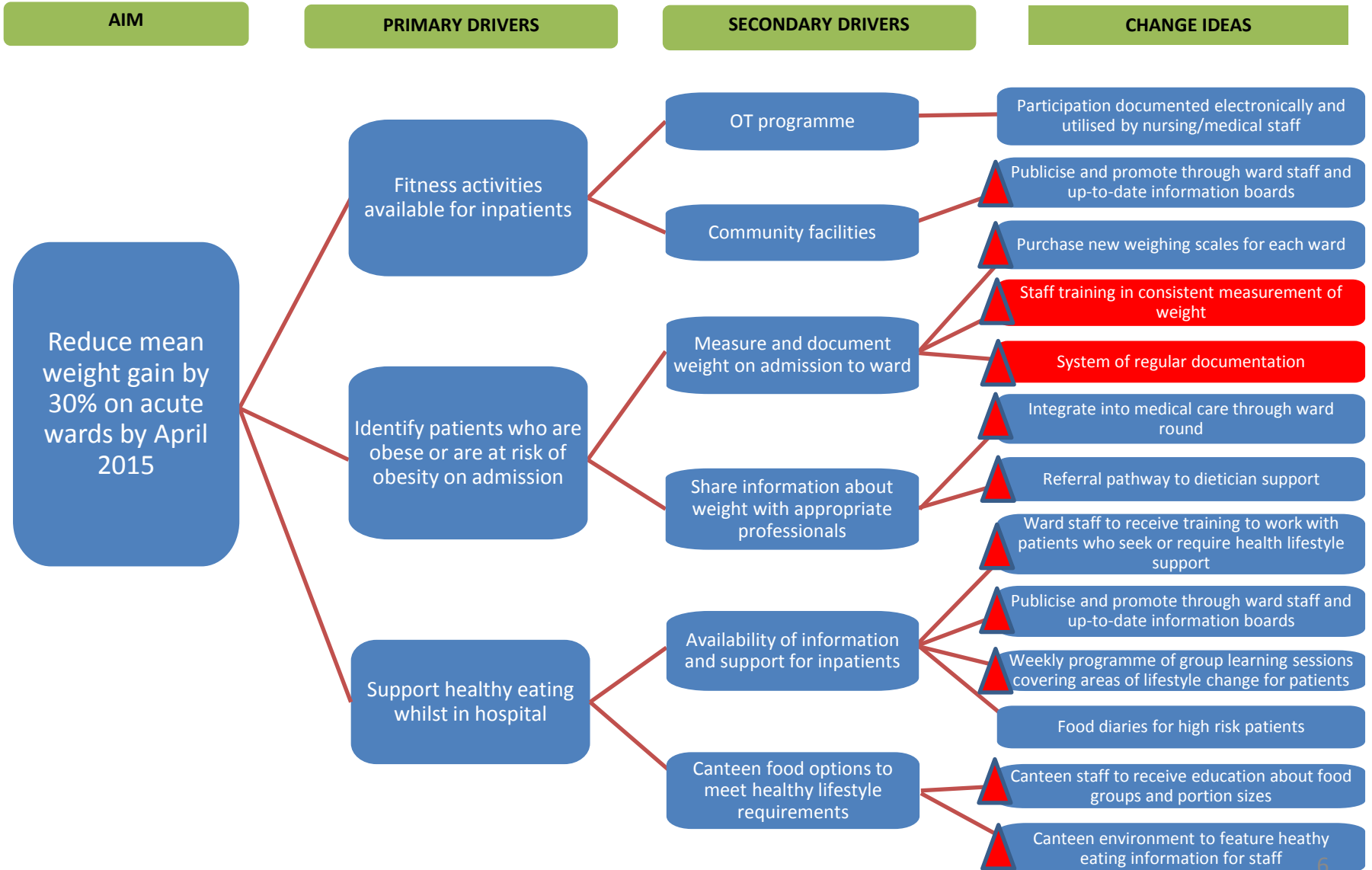
# Driver diagram



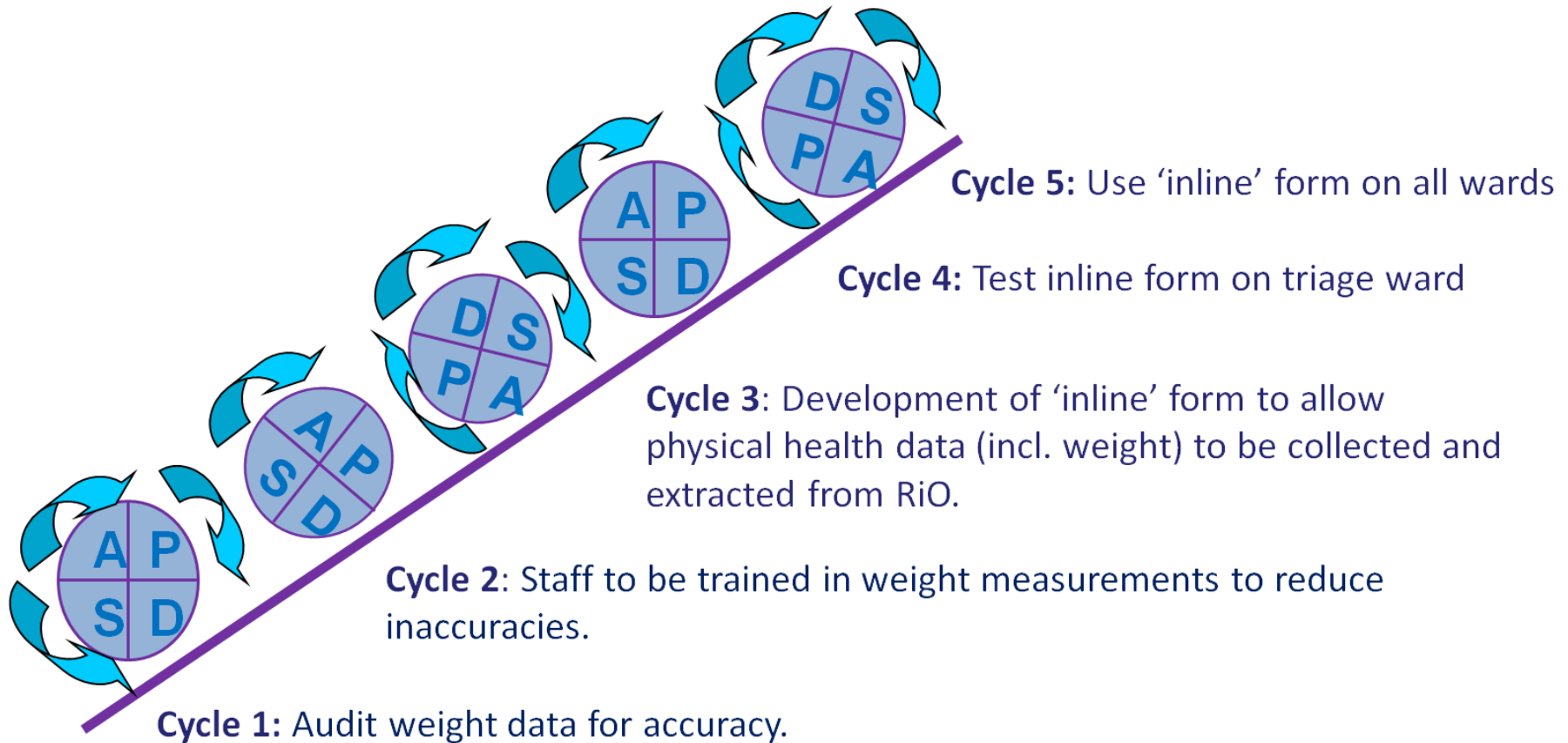
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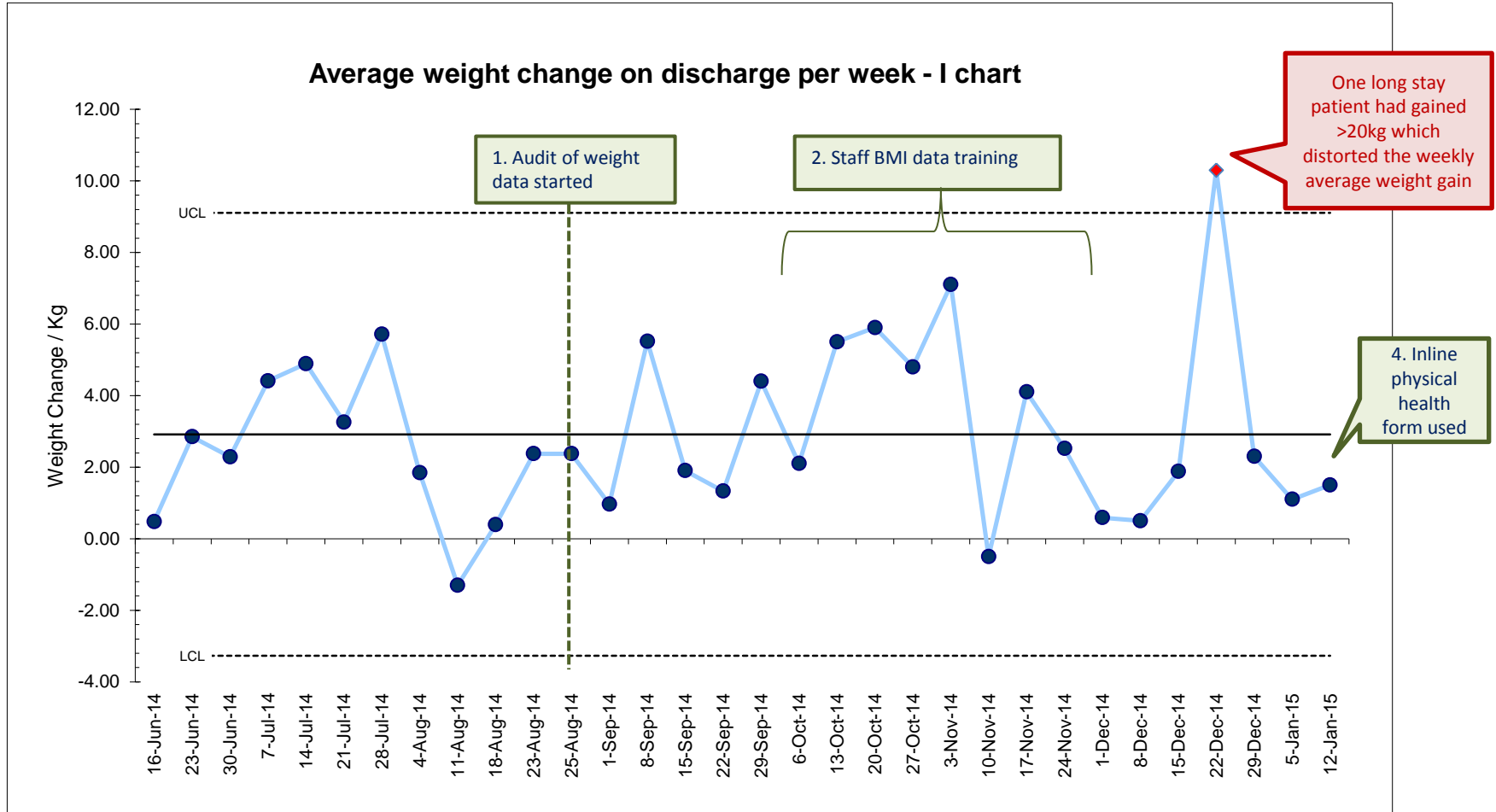
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# Measure & document weight on admission to ward



# Outcome measure: average weight gain: admission to discharge

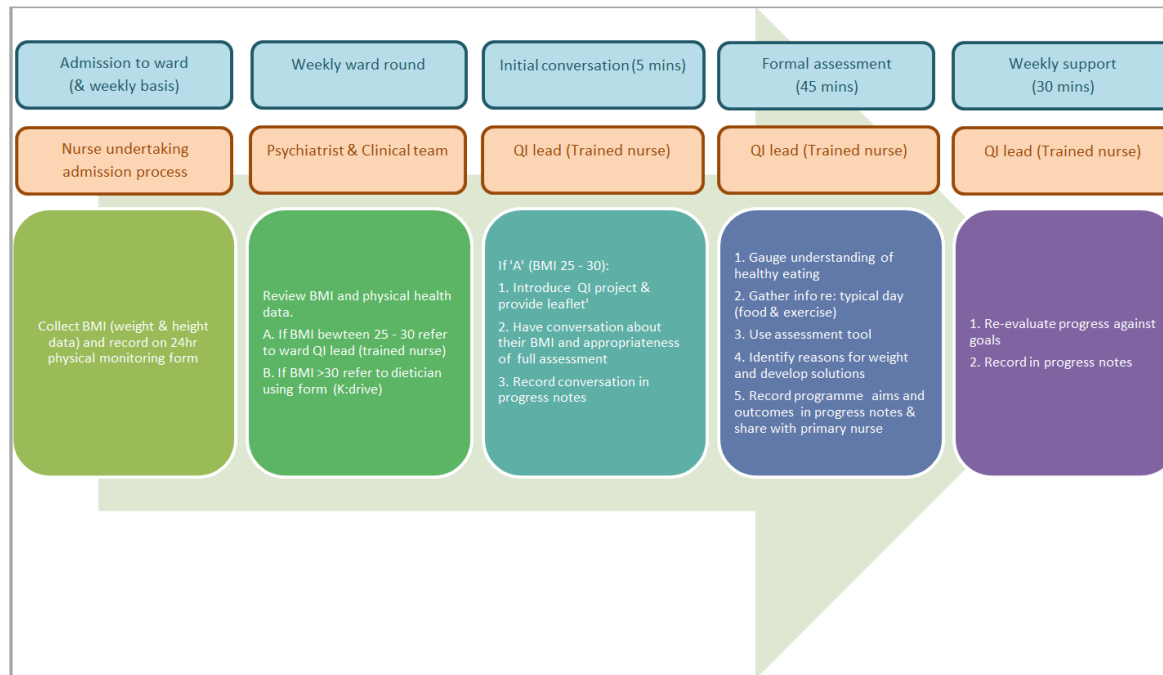




# What did we learn?

## 1. Use of QI Tools, e.g.:

### a. Flow diagram for the physical health Assessment



### b) Force field analysis of activity groups

# Learning

## **2. Structure:**

*a. Project started in August 2014 – lacked structure, regular attendance, focus...*

*b. Changes - New location, time of weekly meeting, involving the right staff*

## **3. Challenges:**

*a. Staff commitment, external forces (Catering/menus), Acuity of patient population, Medication, Skills/knowledge (us and the project team!)*

## **4. New process(es):**

*a. In-line RiO form, menu, ward activities, celebrate successes and...*

# Learning

**...CULTURE!**

# Learning

# ...CULTURE!

*(Yes, we know, not strictly a process, but a crucial component of the QI project)*

# What next?

- What will you be doing in your project next?
  1. Focusing and testing our process measures:
    - a) Staff training and knowledge
    - b) Patient feedback
    - c) Quality of meals
    - d) Weight accuracy
    - e) Education session feedback
    - f) Attendance at education sessions
  2. Team skills development
  3. Local ownership

# What next?

- How will you be applying your improvement skills next?
- *Both becoming QI coaches*
- *Using the tools available more regularly*

# Sponsor perspective?

- Empowerment and the sense of inclusiveness the approach brings for the staff and service users has been refreshing.
- Challenging old ways of doing things in a non-confrontational manner especially with our PFI partners.
- Removal of blockages and sign posting to make things happens.
- Conversations feel different for the right reasons. Less pressure for me because people now talk about solutions rather than ..... “I have a problem”
- Certainly feels and looks right.