



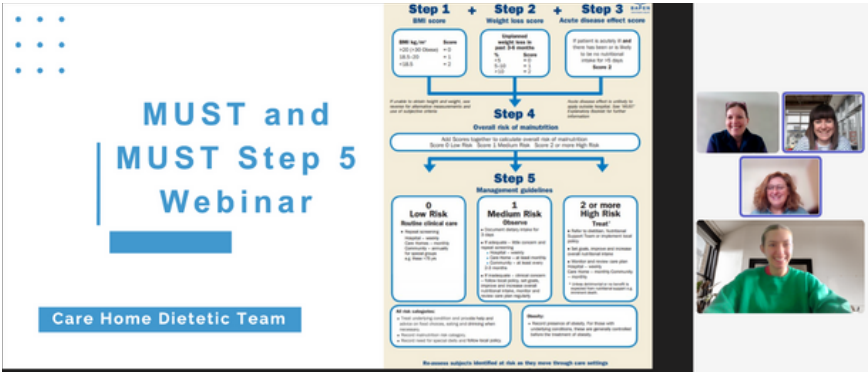
Authors: Gillian Mackay (Advanced Specialist Care Home Dietitian), Carol Marshall (Care Home Dietitian), Rachel Green (Care Home Dietitian) and Vik Hilton (Care Home Dietitian)

Aim: By June 2025, access to digital MUST training across NHS Greater Glasgow and Clyde will have been increased by 50%, in line with the ‘My Health, My Care, My Home - healthcare framework for adults living in care homes’

Introduction

Malnutrition in care homes can affect up to 60% of residents¹, managing this is challenging. Evidence shows that staff training programmes can help reduce malnutrition in care homes².

Digital training has the ability to improve access to specialist support in a timely manner³. Use of digital webinars and online educational resources can offer care staff greater flexibility to watch/ listen to the advice at their own convenience.



Methodology

Initial testing took place with staff in one care home using a series of webinars, to support ‘Malnutrition Universal Screening Tool’ (MUST) training. A focus group then took place to assess the impact of training. Following the success of the focus group, it was agreed to expand webinar training Board wide. The steps to set up can be seen in figure 1.

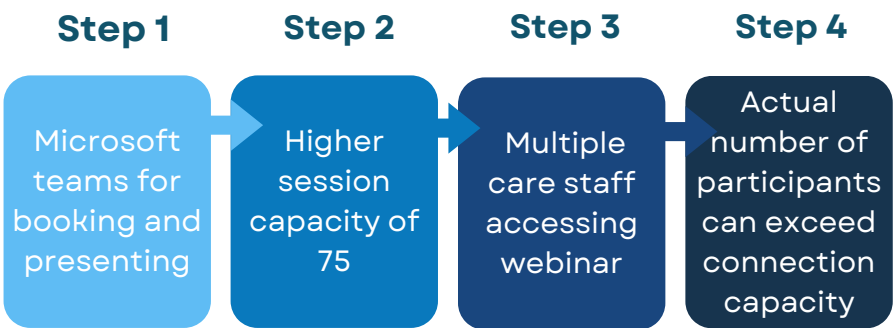


Figure 1: Summary of steps for webinar set up

Results

- Pre webinars, 91 staff within 9 care homes were ‘in person’ trained, over one year.
- Since starting webinars 260 staff from 44 care homes have been trained from 9 months to date.
- This is an increase in engagement from 5% to 25% of care homes within the Board area.
- The percentage increase in staff attendance is 65% which exceeds the initial aim.
- More appropriate referrals to dietetics as a result of webinars leading to residents being seen in a more timely manner.
- See figure 2 for feedback from evaluations.



Figure 2: Wordcloud generated from training evaluations

Conclusion

- In only 9 months, MUST training attendance has tripled.
- Virtual training is more accessible, ensuring more equitable opportunities for training Board wide.
- It negates travel time and cost for trainers and attendees.
- Training more staff improves knowledge of nutritional screening and early identification of malnutrition in residents living in care homes.
- Nutritional intervention is started sooner for residents identified at risk.
- Webinars continue to run 6 weekly, aiming to promote further access.



References

1. British Association for Parenteral and Enteral Nutrition. National survey of malnutrition and nutritional care 2022 [Internet]. 2022. Available from: <https://www.bapen.org.uk/pdfs/reports/mag/national-survey-of-malnutrition-and-nutritional-care-2022.pdf>
2. Bell CL, Lee AS, Tamura BK. CURRENT OPINION Malnutrition in the nursing home. Curr Opin Clin Nutr Metab Care. 2014;17:000-.
3. Scottish Government. Digital health and care strategy [Internet]. Edinburgh: Scottish Government; 2021 [cited 2025 Feb 6]. Available from: <https://www.gov.scot/publications/scotlands-digital-health-care-strategy/>