

Learning and Development opportunity / Weblink	Brief Description	Type / Mode	Aimed at
REPORTS/GUIDANCE/ DOCUMENTS Domain D 4.3 Risk assessment, prevention and management of malnutrition and dehydration			
https://www.bgs.org.uk/resources/end-of-life-care-in-frailty-dysphagia	This resource looks at swallowing difficulties during the final phase of life	Clinical Guideline	H&S care staff
https://www.bgs.org.uk/resources/end-of-life-care-in-frailty-nutrition	This resource addresses nutritional needs at the end of life	Clinical Guideline	H&S care staff
https://www.bma.org.uk/advice/employment/ethics/mental-capacity/clinically-assisted-nutrition-and-hydration	British Medical Association Guidance: Clinically assisted nutrition and hydration	Guidance	HCP
https://www.careinspectorate.com/images/documents/6292/Supporting%20better%20oral%20care%20in%20care%20homes%202021%20-%20final.pdf	Care Inspectorate Guidance: Supporting Better Oral Care in Care Homes: What quality looks like	Guidance	ALL
http://www.cqc.org.uk/content/regulation-14-meeting-nutritional-and-hydration-needs	Care Quality Commission (CQC): Regulation 14: Meeting Hydration and Nutritional Needs. Intended is to make sure that people who use services have adequate nutrition and hydration to sustain life and good health and reduce the risks of malnutrition and dehydration while they receive care and treatment	Regulation	ALL
http://www.cqc.org.uk/content/national-report-dignity-and-nutrition-review-published	Care Quality Commission (CQC) Report: National Review Dignity and Nutrition (2011). This review was a targeted inspection programme of NHS hospitals. It looked at whether older people are treated with respect and whether they get food and drink that meets their needs	Report	ALL
https://www.nice.org.uk/guidance/cg32/evidence	National Institute Clinical Excellence (NICE) Guidance: Nutrition support for adults: oral nutrition	Guidance	ALL

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	support, enteral tube feeding and parenteral nutrition		
https://www.nice.org.uk/guidance/ng48/chapter/Recommendations	National Institute of Clinical Excellence (NICE) – Recommendations on Oral Health for Older Residents in Care Homes	Guidance	ALL
https://www.rcn.org.uk/clinical-topics/nutrition-and-hydration/sensitive-decisions-in-nutrition-and-hydration	Royal College of Nursing Guidance: Sensitive Decision Making in Nutrition and Hydration Care	Guidance	HCP
https://www.rcplondon.ac.uk/projects/outputs/supporting-people-who-have-eating-and-drinking-difficulties	Royal College of Physicians Guidance: Supporting People who have Eating and Drinking Difficulties. A guide to practical care and clinical assistance. Its particular focus is on the complexities that can arise around nutrition and hydration towards the end of life	Guidance	HCP
https://www.rcslt.org/wp-content/uploads/2021/09/EDAR-multidisciplinary-guidance-2021.pdf	Royal College of Speech & Language Therapists (2021) Guidance: Eating and drinking with acknowledged risks: Multidisciplinary team guidance for the shared decision-making process (adults)	Guidance	HCP
https://www.scie.org.uk/dementia/living-with-dementia/eating-well/	Social Care Institute for Excellence (SCIE) Guidance: Eating well with dementia	Guidance	ALL

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ONLINE LEARNING & DEVELOPMENT RESOURCES			
Malnutrition and Nutritional Care in the UK - BAPEN	British Association for Parenteral and Enteral Nutrition – BAPEN brings together the strengths of its Core Groups to raise awareness and understanding of malnutrition in all settings and provides education, advice, and resources to advance the nutritional care of patients and those at risk from malnutrition in the wider community	Online resources	ALL
https://www.dentalhealth.org/caring-for-the-elderly	Oral Health Foundation providing advice and resources regarding oral health and dental care for older people	Online resources	ALL
https://portal.e-lfh.org.uk/Component/Details/397309	Nutritional care : Aims to develop the knowledge and understanding of the importance of nutrition and malnutrition in delivering patient care and enable you to play a key part in improving the quality of patients'/residents' nutritional care	E-Learning	ALL
https://portal.e-lfh.org.uk/Component/Details/396660	Hydration care: Aims to develop the knowledge and understanding of the importance of hydration as an imperative for reducing harm to patients with examples of application within health care contexts	E-Learning	ALL
https://www.e-lfh.org.uk/programmes/dysphagia/	Dysphasia Guide – a learning resource designed to support knowledge & understanding of the management of swallowing difficulties. Whilst co-developed with care home staff, the content of the	E-Learning	ALL

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	Dysphagia Guide will be of relevance to other health and social care staff, informal carers, and potentially people with dysphagia themselves		
https://focusonundernutrition.co.uk/resources/blog/training-blog/	A Northeast based website dedicated to 'Managing Undernutrition and Dysphagia in the Community' offers a wide range of free online resources including videos, factsheets, recipe sheets, blogs, and published work. Also, information re: access to a range of funded consultancy and training services	Online resources	ALL
http://www.iddsi.org/	Swallowing food and fluids guidance with downloadable handouts, posters and testing guidance as well as access to learning resources and webinars. A global resource designed to improve the lives of millions of people with swallowing difficulties updates about the UK reference group work.	Online resources	ALL
http://www.malnutritionpathway.co.uk/	Malnutrition Pathway Online Resources: Managing Adult Malnutrition. Including a pathway for the appropriate use of oral nutritional supplements (ONS)	Online resources	ALL
factsheet_sarcopenia.pdf (malnutritionpathway.co.uk)	Online Factsheet: Recognition and Management of Sarcopenia in older people	Online resources	HCP
https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/	NHS Guidance & online resources: The Eatwell Guide: Shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet	Online resources	ALL

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https://www.nestlehealthscience.com/health-management/gastro-intestinal/dysphagia/eat-10	Eat-10 swallowing difficulties assessment tool. (N.B. Sponsored by Nestle)	Online resources	ALL
https://www.rcn.org.uk/clinical-topics/nutrition-and-hydration	Royal College of Nursing online guidance and resources: This resource covers nutrition and hydration in relation to the Principles of Nursing Practice and in accordance with the NMC code. It includes good practice examples and resources about nutrition and hydration, in different settings.	Online resources	ALL
http://www.who.int/topics/nutrition/en/	World Health Organisation (WHO) online resources: Nutrition and Health. This fact file explores the risks posed by all forms of malnutrition, starting from the earliest stages of development, and the responses that the health system can give directly and through its influence on other sectors, particularly the food system	Online resources	HCP
RESEARCH ARTICLES			
http://www.alz.co.uk/nutrition-report	Alzheimer's Disease International: Nutrition and Dementia: A Review of Available Research	Research summaries	ALL