

AIT Medihelp

"medicines training you can trust"

October 2022



October!!

A big hello to Autumn and to all our new customers! We've had a wonderful month meeting lots of new teams of incredible carers, social workers and nurses and look forward to new customers and delivering some refresher training to teams we've already had the pleasure of training.

As the year is closing in we'd like to remind you that there are limited space left before 2022 is finished, so if you need to book in give us a call today!!

As ever, we are always one email, phone call or message away.

Please get in contact today to see **how, when and where we can help you!**



@aitmedihelp

hello@aitmedihelp.co.uk

Dyslexia

Awareness Week

During the month of October, The British Dyslexia Association campaigns to reflect on the barriers that those living with dyslexia often face, while also focusing on how individuals, organisations and the education system have continued to succeed and break through these obstacles

As a training and education company we ensure we are always ready with tools and knowledge to help any of our students who are studying with dyslexia

We will be attending a seminar this month to ensure we keep up with any new tips or tricks to further extend our knowledge as to how we can assist those in our classrooms with dyslexia.

British Dyslexia
Association

Malnutrition in care homes

Malnutrition is common across nursing, care and residential home settings. Without **continued staff training** and resident screening using Malnutrition Universal Screening Tool (MUST), malnutrition would have been unrecognised and untreated. Its common that residents may **forget to eat/drink**, have difficulty recognising food items or **experience changes in appetite or taste**.

Not eating/drinking **increases the risks of dehydration**, weight loss, urine infections & constipation, increasing confusion/delirium & worsening symptoms of diseases like Dementia.

Advice:

- Foods of different colour, texture, smell & taste can be offered to encourage eating.
- Plain coloured cup/plates can showcase food portions better.
- A social, well-lit, not noisy dining space and no rush to mealtimes can encourage compliance.
- Speech & Language teams (SALT) on eating with swallowing difficulties
- Pharmacists (like our wonderful team at AIT) can advise on alternative forms of medication available to help
- Dietitians for nutrition information including how to fortify foods to increase calorie intake.

