

Nellsar attend the CQC Compliance for Nutrition and Hydration Conference



Princess Christian Care Home's Head Chef and Catering Manager Adrian Silaghi, Nutrition and Wellness Manager Leni Wood and Nutrition Champion Olivia Toth (*Princess Christian Care Home*) attended the CQC Compliance for Nutrition and Hydration Conference in London on 31 January 2019.

"Effective management of nutrition and hydration standards primarily ensure the good health of residents and care for those that need it. Since care homes differ greatly in the way they operate it is important they receive an understanding of how they can apply this guidance to suit their own setting."

Forum Business Training.

This insightful event gave practical guidance on how to ensure good nutrition and hydration standards within care homes to meet the needs of our residents effectively.

Tim Dallinger was the Chairperson of the event. As Director of Social Care Consultant Ltd, he was also one of speakers and he talked about meeting nutritional and hydration needs as well as person-centred nutrition and monitoring outcomes.

Charlie Jones, Clinical Lead for BKR Care Consultancy, delivered a speech on the legal framework and CQC Inspections, and **Fiona Lawn** (*also from BKR*) spoke about the key components of meals and mealtimes. Finally, **Maggy Howells** from STAR Medication Consultants talked about food safety and medical Conditions.

"I found it all very motivational. Having attended this conference, I feel inspired to further explore the legal CQC framework, new innovations in food moulds, purée diets and information on best practice for meeting nutritional and hydration needs in older people."

Adrian Silaghi, Head Chef and Catering Manager at Princess Christian Care Home.

