

<b>Reference Number:</b> UHB 221	<b>Date of Next Review:</b> 15 <sup>th</sup> Sep 2020
<b>Version Number:</b> 3.1	<b>Previous Trust Reference Number:</b> T259
<b>Nutrition and Catering Policy for Inpatients</b>	
<b>Policy Statement</b>  <p>To ensure the Health Board delivers its aims, objectives, responsibilities and legal requirements transparently and consistently, this policy will ensure that the nutrition and hydration standards set out in the procedure are the focus for all staff involved in the provision of food, fluid or nutrition services, ensuring the Health Board meets the diverse nutrition, hydration and dietary needs of all hospital inpatients.</p>	
<b>Policy Commitment</b>  <p>The policy will ensure that the diverse nutrition and hydration needs of its inpatients will be assessed, addressed and met.</p>	
<b>Supporting Procedures and Written Control Documents</b>  <p>This Policy and the supporting documents describe how the Health Board can meet the diverse nutrition and hydration needs of its inpatients.</p> <p><b>Other supporting documents are:</b></p> <ul style="list-style-type: none"> <li>• Cardiff and Vale Nutrition and Catering Procedure for Inpatients</li> <li>• Insertion of a Nasogastric Tube, Confirmation of Correct Position and Ongoing Care in Adults, Children and Infants and Neonates Procedure (UHB 114)</li> <li>• Insertion, management and removal of the nasal bridle fixation device for naso-enteral tubes in adults procedure (UHB 067)</li> <li>• All Wales Nutrition and Catering Standards for Food and Fluid Provision for Hospital Inpatients <a href="http://www.hospitalcaterers.org/media/1158/wales-food-fluid.pdf">http://www.hospitalcaterers.org/media/1158/wales-food-fluid.pdf</a></li> <li>• Health and Care Standard 2.5 Nutrition and Hydration <a href="http://www.wales.nhs.uk/governance-emanual/standard-2-5-nutrition-and-hydration">http://www.wales.nhs.uk/governance-emanual/standard-2-5-nutrition-and-hydration</a></li> <li>• Protected mealtime tool kit <a href="http://nwww.cardiffandvale.wales.nhs.uk/pls/portal/docs/PAGE/CARDIFF_AND_VALE_INTRANET/TRUST_SERVICES_INDEX/NURSING/POLICY_AND_PRACTICE/PROTECTED%20MEALTIMES%20TOOL%20KIT.PDF">http://nwww.cardiffandvale.wales.nhs.uk/pls/portal/docs/PAGE/CARDIFF_AND_VALE_INTRANET/TRUST_SERVICES_INDEX/NURSING/POLICY_AND_PRACTICE/PROTECTED%20MEALTIMES%20TOOL%20KIT.PDF</a></li> <li>• Hydration tool kit <a href="http://nwww.cardiffandvale.wales.nhs.uk/pls/portal/docs/PAGE/CARDIFF_AND_VALE_INTRANET/TRUST_SERVICES_INDEX/NURSING/POLICY_AND_PRACTICE/HYDRATION%20TOOLKIT%20-%20WATER%20FOR%20HEALTH.PDF">http://nwww.cardiffandvale.wales.nhs.uk/pls/portal/docs/PAGE/CARDIFF_AND_VALE_INTRANET/TRUST_SERVICES_INDEX/NURSING/POLICY_AND_PRACTICE/HYDRATION%20TOOLKIT%20-%20WATER%20FOR%20HEALTH.PDF</a></li> </ul>	
<b>Scope</b> <p>This policy applies to all of our staff in all locations including those with honorary contracts.</p>	

Document Title: Nutrition and Catering Policy for Inpatients	2 of 27	Approval Date: 15 May.2018
Reference Number: UHB 221		Next Review Date: 01. Sep 2020
Version Number: 3.1		Date of Publication: 15 May 2018
Approved By: QSE Committee & Director of Therapies		

<b>Equality and Health Impact Assessment</b>	An Equality and Health Impact Assessment (EHIA) has been completed and is found to have a positive impact. Key actions have been identified and these can be found within this supporting EHIA document.
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<b>Policy Approved by</b>	Quality Safety and Experience Committee on the 12 <sup>th</sup> September 2017
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<b>Group with authority to approve procedures written to explain how this policy will be implemented</b>	UHB Nutrition and Catering Steering Committee
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<b>Accountable Executive or Clinical Board Director</b>	Executive Director of Therapies and Health Sciences
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<p style="text-align: center;"><b><u>Disclaimer</u></b></p> <p style="text-align: center;"><b>If the review date of this document has passed please ensure that the version you are using is the most up to date either by contacting the document author or the Governance Directorate.</b></p>	
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<b>Summary of reviews/amendments</b>			
<b>Version Number</b>	<b>Date Review Approved</b>	<b>Date Published</b>	<b>Summary of Amendments</b>
1	01/03/2014	24/04/2014	New document to replace policy of Health Board. Policy revised in line with new Welsh Government Policy Guidance 2011 and National and Professional documents
2	01/09/2016		Updated and reviewed policy in line with University Health Board changes, Welsh Government and Professional standards
3	12/09/2017	3/11/17	Updated to reflect new practice and to split the existing policy and procedure into two separate documents
3.1	15/5/2018	15/5/18	Governance Department administrative update. No changes following update of NG Tube procedure (UHB 114) other than a change in the title of that supporting procedure and electronic links inserted into associated documents. Action agreed by Director of Therapies and Health Sciences.

## Equality & Health Impact Assessment for

### Cardiff and Vale UHB Nutrition and Catering Policy and Procedure for Inpatients

1.	For service change, provide the title of the Project Outline Document or Business Case and Reference Number	Cardiff and Vale UHB Nutrition and Catering Policy for Inpatients UHB 221 and Supporting Procedure UHB 367
2.	Name of Clinical Board / Corporate Directorate and title of lead member of staff, including contact details	Nutrition and Catering Steering Group chaired by the Executive Lead of Therapies and Health Sciences
3.	Objectives of strategy/ policy/ plan/ procedure/ service	Implementation of this policy will ensure that the nutrition and hydration standards are the focus of all staff involved in the provision of food, fluid or nutritional services, and the diverse needs of all hospital patients are met.
4.	<p>Evidence and background information considered. For example</p> <ul style="list-style-type: none"> <li>• population data</li> <li>• staff and service users data, as applicable</li> <li>• needs assessment</li> <li>• engagement and involvement findings</li> <li>• research</li> <li>• good practice guidelines</li> <li>• participant knowledge</li> <li>• list of stakeholders and how stakeholders have engaged in the development stages</li> <li>• comments from those involved in the designing and development stages</li> </ul> <p>Population pyramids are available from Public</p>	<p>The population of Cardiff and Vale is growing and diversifying rapidly, higher than the average seen across Wales, with a consequence of higher demand for health and wellbeing services.</p> <p>People are living longer, with the over 65 years forming approximately 25% of the inpatient population. Over half of these will have one or more chronic conditions.</p> <p>The population of Cardiff and Vale is predicted to increase rapidly over the next 10 years, with the 85 years and over growing faster than any other part of the population. These over 85's are likely to become increasingly frailer with multiple co morbidities, cognition issues (inc dementia), with complex physical and social care needs, and subsequent increasing LOS (lengths of hospital stay)</p> <p>The ethnic diversity of Cardiff and Vale is also growing, with over 94 different languages spoken, inc English, Welsh, Arabic, Polish, Chinese and Bengali, all with diverse religious and cultural dietary needs and preferences.</p>

	<p>Health Wales Observatory<sup>1</sup> and the UHB's 'Shaping Our Future Wellbeing' Strategy provides an overview of health need<sup>2</sup>.</p>	<p>1 in 10 people in Wales report long term health problems or disabilities, and with life expectancies increasing due to ongoing advances in medical science, it poses a greater challenge for the Health Board to meet patient's nutritional and dietary needs.</p> <p>In Wales the prevalence of malnutrition in hospitals in 1 in 4 adults (26%) Wales having the greater prevalence than England. The Risk of malnutrition increases significantly with age and patients have a 3 fold greater risk of complications following surgery, require more medications and a higher risk of mortality compared to the well nourished.</p> <p>Challenges are also faced by unhealthy life styles such as respiratory disorders from smoking, obesity and diabetes, alongside alcohol and drug, and social and economic deprivation.</p> <p>The public have been made aware that the care of older patients within care settings, have been suboptimal, through the Francis and Andrews reports, where the most basic elements of care was neglected such as nutrition and hydration, the Health Board has a duty of care to ensure the needs of all patients within Cardiff and Vale receive the best nutrition and hydration care that meets their specific needs.</p> <p>The policy document is an overarching document which must be considered in meeting the standards specified in the 'All Wales Nutrition and Catering Standards for Food and Fluid provision for Hospital Inpatients', the All Wales Nutritional Care Pathway and Health and Care standards 2.5 Nutrition and Hydration.</p> <p>The policy has been written with assistance and involvement from the above staff groups via the Nutrition and Catering Steering Group and/or work streams as appropriate.</p> <p>Patient feedback is sought via '2 minutes of your time', regular All Wales Patient Mealtime surveys, annual Health and Care monitoring, monthly MDT meal time service audits, Welsh Audit Office surveys, Community Health Council surveys and patient stories.</p> <p>Patient representatives from the community Health Council form part of the nutrition and catering working groups.</p>
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<sup>1</sup> <http://nww2.nphs.wales.nhs.uk:8080/PubHObservatoryProjDocs.nsf>

<sup>2</sup> <http://www.cardiffandvaleuhb.wales.nhs.uk/the-challenges-we-face>

5.	Who will be affected by the strategy/ policy/ plan/ procedure/ service	To ensure the effective delivery of good nutrition and hydration in a hospital setting a team approach is absolutely essential. Procurement, Catering management, Production staff, Ward based catering staff, Dietitians, Medical and Nursing staff and Therapies such as Speech and Language therapy, Occupational Therapy and Physiotherapy all have an important role to play in achieving this policy.
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## 6. EQIA / How will the strategy, policy, plan, procedure and/or service impact on people?

Questions in this section relate to the impact on people on the basis of their 'protected characteristics'. Specific alignment with the 7 goals of the Well-being of Future Generations (Wales) Act 2015 is included against the relevant sections.

<b>How will the strategy, policy, plan, procedure and/or service impact on:-</b>	<b>Potential positive and/or negative impacts</b>	<b>Recommendations for improvement/ mitigation</b>	<b>Action taken by Clinical Board / Corporate Directorate.</b> Make reference to where the mitigation is included in the document, as appropriate
<p><b>6.1 Age</b></p> <p>For most purposes, the main categories are:</p> <ul style="list-style-type: none"> <li>• under 18;</li> <li>• between 18 and 65; and</li> <li>• over 65</li> </ul>	<p>All patients will be nutritional risk screened on admission to hospital, and their needs addressed.</p> <p>Suitable menu items are provided for all client groups from babies to the elderly. Specific or targeted menus include Texture modified menus, Children's menus, maternity menus.</p> <p>We recognize there may be a negative impact for those long stay younger and older patients due to the fact that the menu is largely aimed at the elderly who we know comprise 65% of the inpatient population. Within C &amp; V there are sites specifically for particular age grouped patients e.g. Rookwood Hospital (long stay younger patients), Barry</p>	<p>Work is needed to develop specific menus suitable for the longer stay units and to meet the preferences and needs of these different age groups.</p>	<p>Work is currently being undertaken to develop specific menus suitable for the longer stay units and to meet the preferences and needs of these different age groups.</p>

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate. Make reference to where the mitigation is included in the document, as appropriate
	Hospital, MHSOP wards, HYC.		
<p><b>6.2 Persons with a disability as defined in the Equality Act 2010</b></p> <p>Those with physical impairments, learning disability, sensory loss or impairment, mental health conditions, long-term medical conditions such as diabetes</p>	<p>Menus are designed to meet the needs of patients with specific disabilities such as swallowing problems, diabetes, dexterity issues, and self feeding issues.</p> <p>Targeted menus are available e.g. texture modified menus, finger food buffet menus.</p> <p>There are some areas where social dining is encouraged to support the communication and nutritional needs of vulnerable patients.</p> <p>The Nutrition &amp; Hydration bed plan is available to assist the identification of patients physical needs in relation to eating and drinking.</p> <p>Certain patients, such as patients with mental health</p>	<p>There needs to be consideration given to meeting the needs of the older longer stay patient through special menus, buffet menus, finger food menus etc.</p> <p>Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients.</p>	<p>The health board dietitians are actively involved in the procurement of food items that can be used to increase the range and variety of foods/meals that meet patient's specific needs and meet the food and fluid standards.</p> <p>The health board is currently in the process of purchasing new coloured crockery which will create greater independence to patients with eating.</p> <p>Patients with communication difficulties will need to have their menus in appropriate forms e.g. pictorial menus may be used so that they will be accessible to more people. There are plans to develop</p>

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate. Make reference to where the mitigation is included in the document, as appropriate
	<p>issues, patients with swallowing disabilities or dementia may be negatively affected due to their extended length of stay, and the limited number of menu choices can result in menu fatigue.</p> <p>Snack items are also limited for this category of patients. Availability of adapted cutlery and crockery is limited.</p>		<p>these.</p> <p>Ongoing patient feedback is used to provide information to make any relevant menu changes</p>
<p><b>6.3 People of different genders:</b> Consider men, women, people undergoing gender reassignment</p> <p><b>NB</b> Gender-reassignment is anyone who proposes to, starts, is going through or who has completed a process to change his or her gender with or without going through any medical procedures. Sometimes referred to as Trans or Transgender</p>	<p>There is no evidence to suggest that the policy impacts adversely on patients who have or are undergoing gender reassignment.</p> <p>Cardiff and Vale has a legal duty of care to all its patients as does each professional employed by them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the nutritional well</p>	<p>Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients.</p>	<p>Ongoing patient feedback is used to provide information to make any relevant menu changes</p>



How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate. Make reference to where the mitigation is included in the document, as appropriate
	being of each patient regardless of background.		
<b>6.4 People who are married or who have a civil partner.</b>	<p>There is no evidence to suggest that the policy impacts adversely on patients who are married or in a civil partnership.</p> <p>Cardiff and Vale has a legal duty of care to all its patients as does each professional employed by them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the nutritional well being of each patient regardless of background.</p>	Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients.	Ongoing patient feedback is used to provide information to make any relevant menu changes
<b>6.5 Women who are expecting a baby, who are on a break from work after having a baby, or who are breastfeeding.</b> They are protected for 26 weeks after having a baby whether or not they are on maternity leave.	There is a maternity specific menu for patients who have very different needs compared to the main hospital population. The menu reflects the high ethnic diversity of the Cardiff and Vale population.	Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients.	Ongoing patient feedback is used to provide information to make any relevant menu changes

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate. Make reference to where the mitigation is included in the document, as appropriate
<p><b>6.6 People of a different race, nationality, colour, culture or ethnic origin including non-English speakers, gypsies/travellers, migrant workers</b></p>	<p>The menu reflects the high ethnic diversity of the Cardiff and Vale population.</p> <p>Halal , Kosher, vegetarian and vegan menus are available.</p> <p>The numbers of ethnic meal choices are limited for those patients especially those requiring texture modified diets</p> <p>We are aware that the needs of some smaller ethnic groups in Cardiff are not fully met within the UHB menus.</p> <p>We currently do not have menus available in the other languages of our diverse population.</p> <p>The Nutrition &amp; Hydration bed plan is available to assist the identification of patient's cultural or religious needs in relation to eating and drinking.</p> <p>Cardiff and Vale has a legal duty of care to all its patients as does</p>	<p>There needs to be a long term plan to translate the new two week menu into different languages for those patients that request it.</p> <p>There needs to be consideration given to expanding the range of vegetarian, vegan and ethnic suitable meals especially for the various texture modified diets.</p> <p>Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients.</p>	<p>Work is currently ongoing to increase the range of vegetarian and vegan meals.</p> <p>Pictorial menus may be used so that they will be accessible to more people.</p> <p>The UHB are able to source Kosher suitable meals in the texture modified diet range.</p> <p>For those patients with very specific needs and preferences currently not catered for with the UHB menus, staff are able to purchase specific meals or items to support their nutrition and hydration needs.</p> <p>Ongoing patient feedback is used to provide information to support any relevant menu changes.</p>

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate. Make reference to where the mitigation is included in the document, as appropriate
	each professional employed by them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the nutritional well being of each patient regardless of background.		
<b>6.7 People with a religion or belief or with no religion or belief.</b> The term 'religion' includes a religious or philosophical belief	<p>The menu reflects the high ethnic diversity of the Cardiff and Vale population. Halal and Kosher, Vegetarian and Vegan menus are available.</p> <p>The Nutrition &amp; Hydration bed plan is available to assist the identification of patient's specific religious needs in relation to eating and drinking.</p>	Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients.	Ongoing patient feedback is used to provide information to support any relevant menu changes.
<b>6.8 People who are attracted to other people of:</b> <ul style="list-style-type: none"> <li>the opposite sex (heterosexual);</li> <li>the same sex (lesbian or</li> </ul>	There is no evidence to suggest that the policy impacts adversely on patients who are attracted to	Ongoing patient feedback must be used to provide information to support any	Ongoing patient feedback is used to provide information to support any relevant menu changes.

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate. Make reference to where the mitigation is included in the document, as appropriate
<p>gay);</p> <ul style="list-style-type: none"> <li>• both sexes (bisexual)</li> </ul>	<p>people of the opposite or same sex.</p> <p>Cardiff and Vale has a legal duty of care to all its patients as does each professional employed by them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the nutritional well being of each patient regardless of background.</p>	<p>relevant menu changes if needed for this group of patients.</p>	
<p><b>6.9 People who communicate using the Welsh language in terms of correspondence, information leaflets, or service plans and design</b></p> <p>Well-being Goal – A Wales of vibrant culture and thriving Welsh language</p>	<p>There is no evidence to suggest that the policy impacts adversely on patients who speak Welsh.</p> <p>The written menu is not available in Welsh</p>	<p>The written menu should be available in Welsh.</p> <p>Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients.</p>	<p>There is a long term plan to translate the new two week menu into Welsh for those patients that request it.</p> <p>Ongoing patient feedback is used to provide information to make any relevant menu changes.</p>
<p><b>6.10 People according to their income related group:</b></p> <p>Consider people on low income, economically inactive,</p>	<p>There is no evidence to suggest that the policy impacts adversely</p>	<p>Ongoing patient feedback must be used to provide</p>	<p>Ongoing patient feedback is used to provide information to support</p>

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate. Make reference to where the mitigation is included in the document, as appropriate
unemployed/workless, people who are unable to work due to ill-health	<p>on patients of differing incomes.</p> <p>Cardiff and Vale has a legal duty of care to all its patients as does each professional employed by them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the nutritional well being of each patient regardless of background.</p>	information to support any relevant menu changes if needed for this group of patients.	any relevant menu changes.
<b>6.11 People according to where they live:</b> Consider people living in areas known to exhibit poor economic and/or health indicators, people unable to access services and facilities	<p>There is no evidence to suggest that the policy impacts adversely on patients depending on where they live.</p> <p>Cardiff and Vale has a legal duty of care to all its patients as does each professional employed by them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the nutritional well being of each patient regardless of background.</p>	Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients.	Ongoing patient feedback is used to provide information to support any relevant menu changes.

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate. Make reference to where the mitigation is included in the document, as appropriate
<p><b>6.12 Consider any other groups and risk factors relevant to this strategy, policy, plan, procedure and/or service</b></p>	<p>The menu does promote healthy choices where appropriate. A range of menu items including fruit, salads, jacket potatoes, desserts and other lower fat and salt items are included in the menu.</p> <p>We currently comply with the Food and Fluid Healthy eating guidance.</p> <p>The Nutrition &amp; Hydration bed plan is available to assist the identification of patients with particular requirements in relation to eating and drinking.</p> <p>The main focus of the menus is to improve patient's nutrition and nutritional health in illness and therefore healthier options can appear to be limited. This may be a particular problem where patients are in hospital for longer stays where their medical</p>	<p>Consideration needs to be given to developing specific menus to meet the health and nutritional needs of client groups on these sites.</p>	<p>Specific menus may be developed to address Rookwood Hospital's particular problem.</p> <p>Ward based Caterer training includes healthy lifestyle, and how best to meet the needs of patients who are nutritionally well.</p> <p>Ongoing patient feedback is used to provide information to support any relevant menu changes.</p>

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate. Make reference to where the mitigation is included in the document, as appropriate
	condition impacts on their mobility e.g. Rookwood spinal rehabilitation unit, or Hafan Y Coed.		

**HIA / How will the strategy, policy, plan, procedure and/or service impact on the health and well-being of our population and help address inequalities in health?**

Questions in this section relate to the impact on the overall health of individual people and on the impact on our population. Specific alignment with the 7 goals of the Well-being of Future Generations (Wales) Act 2015 is included against the relevant sections.

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts and any particular groups affected	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate Make reference to where the mitigation is included in the document, as appropriate
<b>7.1 People being able to access the service offered:</b> Consider access for those living in areas of deprivation and/or those experiencing health inequalities  Well-being Goal - A more equal Wales	<p>There is no evidence to suggest that the policy impacts adversely on patients living in areas of deprivation and/or experiencing health inequalities.</p> <p>Cardiff and Vale has a legal duty of care to all its patients as does each professional employed by</p>	Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients.	Ongoing patient feedback is used to provide information to support any relevant menu changes.

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts and any particular groups affected	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate Make reference to where the mitigation is included in the document, as appropriate
	them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the nutritional well being of each patient regardless of background.		
<p><b>7.2 People being able to improve /maintain healthy lifestyles:</b></p> <p>Consider the impact on healthy lifestyles, including healthy eating, being active, no smoking /smoking cessation, reducing the harm caused by alcohol and /or non-prescribed drugs plus access to services that support disease prevention (eg immunisation and vaccination, falls prevention). Also consider impact on access to supportive services including smoking cessation services, weight management services etc</p> <p>Well-being Goal – A healthier Wales</p>	<p>The menu does promote healthy choices where appropriate. A range of menu items including fruit, salads, jacket potatoes, desserts and other lower fat and salt items are included in the menu.</p> <p>We currently comply with the Food and Fluid Healthy eating guidance.</p> <p>The Nutrition &amp; Hydration bed plan is available to assist the identification of patients with particular requirements in relation to eating and drinking.</p> <p>The main focus of the menus is to improve patient's nutrition and nutritional health in illness and</p>	<p>Consideration needs to be given to developing specific menus to meet the health and nutritional needs of client groups on these sites.</p>	<p>Specific menus may be developed to address Rookwood Hospital's particular problem.</p> <p>Ward based Caterer training includes healthy lifestyle, and how best to meet the needs of patients who are nutritionally well.</p> <p>Ongoing patient feedback is used to provide information to support any relevant menu changes.</p>



How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts and any particular groups affected	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate Make reference to where the mitigation is included in the document, as appropriate
	<p>therefore healthier options can appear to be limited. This may be a particular problem where patients are in hospital for longer stays where their medical condition impacts on their mobility e.g. Rookwood spinal rehabilitation unit, or Hafan Y Coed.</p> <p>For those patients wanting additional lifestyle advice and support, the ward teams can refer the patient on to appropriate community advice and support groups.</p>		
<p><b>7.3 People in terms of their income and employment status:</b> Consider the impact on the availability and accessibility of work, paid/ unpaid employment, wage levels, job security, working conditions</p> <p>Well-being Goal – A prosperous Wales</p>	<p>There is no evidence to suggest that the policy impacts adversely on patients with differing levels of income or employment status.</p> <p>Cardiff and Vale has a legal duty of care to all its patients, as does each professional employed by them. Implicit in this duty of care is the necessity to comply with</p>	<p>Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients.</p>	<p>Ongoing patient feedback is used to provide information to support any relevant menu changes.</p>

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts and any particular groups affected	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate Make reference to where the mitigation is included in the document, as appropriate
	all relevant legislation and consider the nutritional well being of each patient, regardless of background.		
<p><b>7.4 People in terms of their use of the physical environment:</b> Consider the impact on the availability and accessibility of transport, healthy food, leisure activities, green spaces; of the design of the built environment on the physical and mental health of patients, staff and visitors; on air quality, exposure to pollutants; safety of neighbourhoods, exposure to crime; road safety and preventing injuries/accidents; quality and safety of play areas and open spaces</p> <p>Well-being Goal – A resilient Wales</p>	<p>There is no evidence to suggest that the policy impacts adversely on patients in terms of their use of the physical environment.</p> <p>Cardiff and Vale has a legal duty of care to all its patients, as does each professional employed by them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the nutritional well being of each patient, regardless of background etc.</p> <p>Cardiff and Vale UHB has a responsibility to improve health and prevent ill health in the local population, as well as providing patient care. Predominately</p>	<p>Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients.</p>	<p>Ongoing patient feedback is used to provide information to support any relevant menu changes.</p>

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts and any particular groups affected	Recommendations for improvement/ mitigation	<b>Action taken by Clinical Board / Corporate Directorate</b> Make reference to where the mitigation is included in the document, as appropriate
	<p>healthier snack and meal options are available for purchase by visitors and staff at all of the restaurant and retail outlets across the HB.</p> <p>The health Board works in partnership with Shared Services regarding the procurement of food items/ingredients for use within staff, visitor and patient catering supports and promotes the use of sustainable foods where possible, with significant local and global environmental impact, with thought given to the amount of energy and water required to transport, and packaging.</p>		
<p><b>7.5 People in terms of social and community influences on their health:</b> Consider the impact on family organisation and roles; social support and social networks; neighbourliness and sense of</p>	<p>There is no evidence to suggest that the policy impacts adversely on patients in terms of their social and community influences.</p>	<p>Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of</p>	<p>Ongoing patient feedback is used to provide information to support any relevant menu changes.</p>

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts and any particular groups affected	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate Make reference to where the mitigation is included in the document, as appropriate
<p>belonging; social isolation; peer pressure; community identity; cultural and spiritual ethos</p> <p>Well-being Goal – A Wales of cohesive communities</p>	<p>Cardiff and Vale has a legal duty of care to all its patients, as does each professional employed by them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the nutritional well being of each patient, regardless of background.</p>	<p>patients.</p>	
<p><b>7.6 People in terms of macro-economic, environmental and sustainability factors:</b> Consider the impact of government policies; gross domestic product; economic development; biological diversity; climate</p> <p>Well-being Goal – A globally responsible Wales</p>	<p>The health Board works in partnership with Shared Services regarding the Procurement of food items/ingredients for use within staff, visitor and patient catering supports and promotes the use of sustainable foods where possible, with significant positive local and global environmental impact, with thought given to the amount of energy and water required to transport, and with packaging.</p> <p>The sustainability policy does</p>	<p>Where possible consideration will be given to sourcing food products as locally as possible.</p>	<p>The health Board will continue to work with Shared Services for the procurement of food products that meet the 'sustainability policy'</p>

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts and any particular groups affected	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate Make reference to where the mitigation is included in the document, as appropriate
	have financial implications for the Health Board, and it is not always possible to source food items locally, within season, or in sufficient quantities.		

Please answer question 8.1 following the completion of the EHIA and complete the action plan

<p><b>8.1 Please summarise the potential positive and/or negative impacts of the strategy, policy, plan or service</b></p>	<p>Cardiff and Vale University Health Board has a legal duty of care to all its patients, as does each profession employed by them. Implicit in this duty of care is the necessity to comply with all the relevant Welsh Government food and fluids standards and relevant legislation, as well as the Welsh Government Health and Care standards relating to nutrition and hydration. This policy takes into account that all patients admitted to hospital be treated in a consistent and dignified manner irrespective of their religion, age, gender, disability or beliefs. This policy is an overarching document which must be considered in ensuring the nutritional needs of <b>all</b> our patients regardless of age, race, gender, or illness, are met, and <b>all</b> patients receive the best possible nutritional care to aid recovery. The overall impact of this policy is positive in meeting the equality and diversity needs of all patients admitted to hospital.</p> <p><b>Positive impacts</b></p> <ul style="list-style-type: none"> <li>• All patients admitted to the HB are weighed and screened for the risk of malnutrition, with the patient's therapeutic and dietary needs documented (including cultural, ethnic and religious requirements) and communicated to appropriate staff via the nutrition and hydration bed plan. Nursing staff refer patients on for specific therapy input as appropriate.</li> <li>• Menus used within the HB meet the needs of all ages of patients from babies to the very elderly</li> <li>• Specific menus exist to meet patients specific therapeutic, dietary, religious and cultural needs</li> <li>• The menus used promote healthy choices and comply with food and fluid healthy eating guidelines.</li> <li>• Patient feedback is sought and used to drive menu changes as appropriate.</li> <li>• All staff involved in delivering nutritional care and meal services have access to appropriate training.</li> </ul> <p><b>Areas for improvement</b></p> <ul style="list-style-type: none"> <li>• Within longer stay areas patients can experience menu fatigue especially amongst the very elderly and the younger disabled adult.</li> </ul>
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	<ul style="list-style-type: none"> <li>• There is a need for a menu that includes foods that can be eaten without cutlery for use within the MHSOP areas.</li> <li>• The range of texture modified suitable snacks is limited.</li> <li>• The range of vegetarian and especially vegan main meals and desserts are limited.</li> <li>• Written menus are available to patients but in English only.</li> <li>• The main focus of the menus is to meet the nutritional needs of the nutritionally vulnerable, healthier options can appear limited.</li> <li>• Staff uptake of available training relating to nutrition and hydration is poor.</li> </ul>
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## Action Plan for Mitigation / Improvement and Implementation

	Action	Lead	Timescale	Action taken by Clinical Board / Corporate Directorate
8.2 What are the key actions identified as a result of completing the EHIA?	<ul style="list-style-type: none"> <li>• Development of a new two week menu cycle is required to limit menu fatigue, with consideration for the very longer stay patients in areas such as mental health, MHSOP and neuro' and spinal rehabilitation.</li> <li>• Development of a 'finger food' menu to run alongside the main menu.</li> <li>• To procure an increased range of snacks suitable for the different texture modified diets.</li> <li>• Development of an increased range of main meals and desserts suitable for vegetarians and vegans.</li> <li>• Development of written menus in picture form and Welsh.</li> <li>• Continued compliance with the Food and Fluid Healthy eating guide lines.</li> <li>• Development and delivery of accredited training for ward based catering and nursing staff that includes basic nutrition, food hygiene and customer care.</li> </ul>	<p>ALL BY:-</p> <p>Dietetic and Catering working group and the HB's Nutrition and Catering Steering group</p>	January 2018	



	Action	Lead	Timescale	Action taken by Clinical Board / Corporate Directorate
<p><b>8.3 Is a more comprehensive Equalities Impact Assessment or Health Impact Assessment required?</b></p> <p>This means thinking about relevance and proportionality to the Equality Act and asking: is the impact significant enough that a more formal and full consultation is required?</p>	<p>No action required, other than the above development work.</p>			

	Action	Lead	Timescale	Action taken by Clinical Board / Corporate Directorate
<p><b>8.4 What are the next steps?</b></p> <p>Some suggestions:-</p> <ul style="list-style-type: none"> <li>Decide whether the strategy, policy, plan, procedure and/or service proposal: <ul style="list-style-type: none"> <li>continues unchanged as there are no significant negative impacts</li> <li>adjusts to account for the negative impacts</li> <li>continues despite potential for adverse impact or missed opportunities to advance equality (set out the justifications for doing so)</li> <li>stops.</li> </ul> </li> <li>Have your strategy, policy, plan, procedure and/or service proposal approved</li> <li>Publish your report of this impact assessment</li> <li>Monitor and review</li> </ul>	<p>The identified actions to be achieved in the next year.</p>	<p>Nutrition and Catering working group</p>	<p>January 2018</p>	

