

Welcome to the Patients Association's Weekly News

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Launch of new malnutrition resources

3 Who can it affect?

Anyone with a medical condition or illness may be at risk of disease-related malnutrition, even if you are overweight and normally eat well.



4 What are some of the symptoms or changes to look out for?

These signs or symptoms might mean you are at risk of malnutrition:



Losing weight without trying



Clothes are too big



Underweight or thin arms



Struggling To eat



Feeling weak or no energy



Poor wound healing

Don't worry, here's what you can do...

From one of new disease-related malnutrition factsheets

Today marks the end of UK Malnutrition Awareness Week 2021, during which we launched three new resources for patients and carers, and an updated version of our very popular Nutrition Checklist.

Up to three million people in the UK are at risk of malnutrition for a range of reasons. For some people, a medical condition or illness puts them at risk and our new disease-related resources have been created for them.

We worked with patients, carers and a healthcare professionals to develop them. Several members of the focus group who worked with us on this project have written [guest blogs](#) available on our website about their own experiences with disease-related malnutrition and why they became involved in the project.

The resources have been endorsed by the Royal College of Nursing, the Self Care Forum, PINNT - an organisation that supports patients receiving artificial nutrition -- and Managing Malnutrition in the Community. They are available on our website and free to download and use.

The update of the [Nutrition Checklist](#), launched in 2018 after extensive research, follows feedback from users this year. We've improved the look and feel of both the patient and staff version, and updated all signposted resources.

For us, food is more than fuel - it is an essential part of care and recovery,.

[Get the resources](#)

Social care day of action #DoesRishiReallyCare

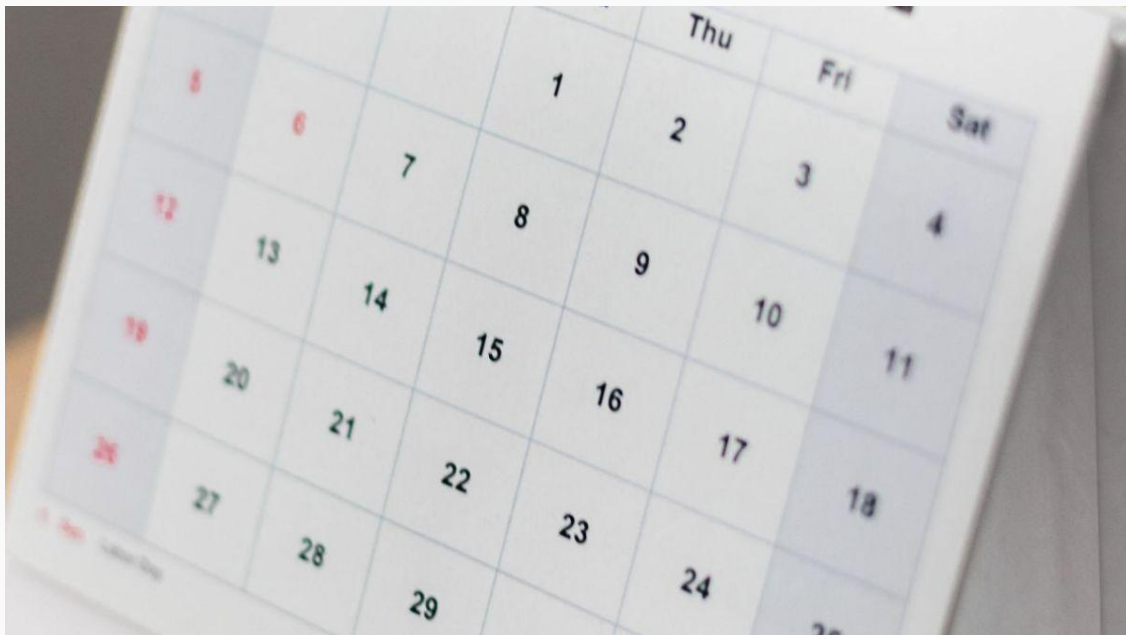


Today we are participating in the Care and Support Alliance's digital Day of Action asking the Chancellor to commit funds to end the social care crisis in his imminent spending review.

We joined other CSA members in the mass social media push at 11am today, and if you would like to petition the Chancellor to fund the care people need, you can [add your name today](#).

[Sign the petition](#)

**Save the date: online event on shared decision making,
November 24th**



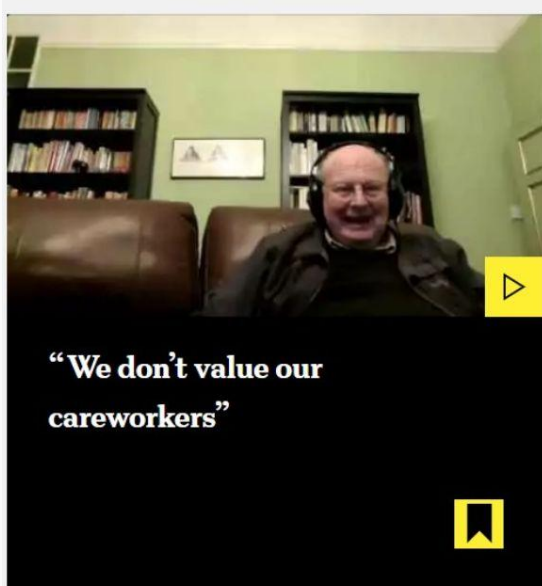
Patients: Partners or Passengers?

Please save the date for our online event on shared decision making, which will take place on the afternoon of Wednesday November 24th.

We are partnering with NHS England & Improvement, the Winton Centre for Risk and Evidence Communication, and hopefully NICE. We will focus on the recommendations from our recent report and NICE's new guideline on shared decision making, and will hear patients' experience of how it can work well.

Look out for further information in future editions of Weekly News.

Engage Britain launches Health and Care Matters Hub



"The NHS and social care are facing two major challenges at the present. One is money, lack of money, mismanagement of money, or the wastage of money. Number two is the lack of manpower."

KEN

In spring 2021, over 700 people took part in 101 Community Conversations about health and care. People from across England, Scotland and Wales shared their experiences of health and care, what they think is working well and what could be better. Patient groups, people with long term health conditions, people who draw on social care and staff on the frontline shared their views and stories. You can hear what people are saying in the new Health and Care Matters Hub.

Engage Britain worked with the conversation hosts to draw out key themes, from people feeling neglected or dismissed, to not knowing where to turn for help, to gratitude for their care they've had. In the hub, you'll find films, quotes, in-depth stories and links to further research for each of the themes.

Engage Britain also carried out a national poll of over 4000 people to test whether what people shared in the Community Conversations are felt more widely amongst the broader population. You can find out more here.

If you'd like to find out more about Engage Britain's work on health and care and putting people at the heart of finding answers, sign up to their newsletter here or get in touch at healthandcare@engagebritain.org.

Give your feedback on Weekly News

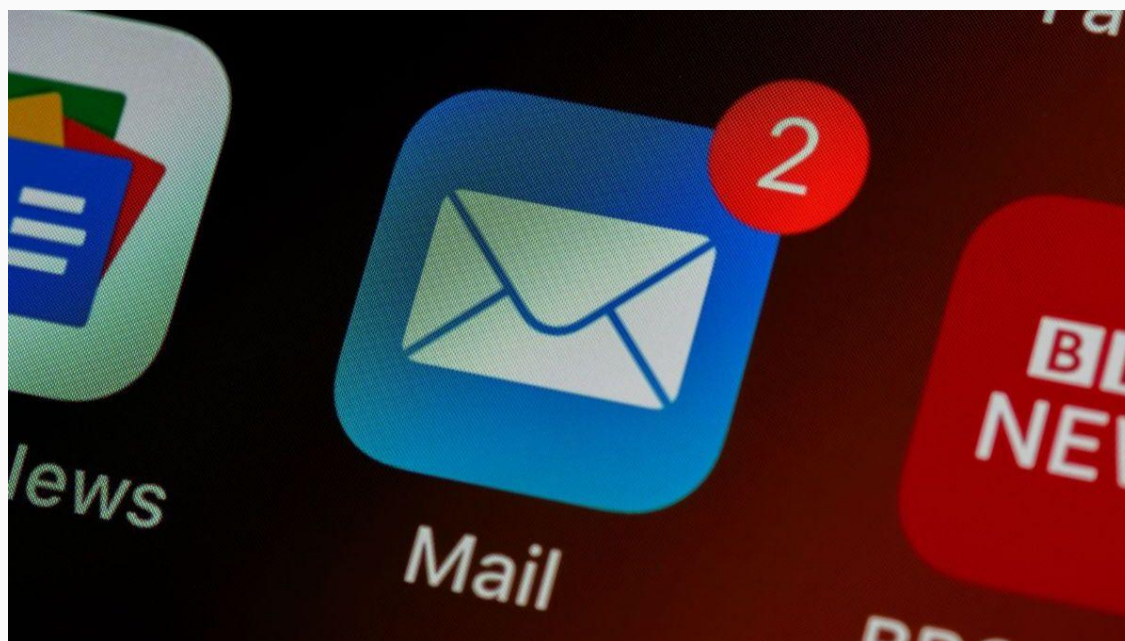


Photo by [Brett Jordan](#) on [Unsplash](#)

If you've not yet completed the online survey to give your opinions on this newsletter, please take a few minutes to share them. The survey should take no more than three minutes to complete.

We will use your feedback to enhance Weekly News.

[Take the survey](#)

From the helpline



Gareth* called us for advice about a mistake that happened when his mother Jacqueline, who is in her 80s, went to her GP surgery for her first dose of COVID-19 vaccine, and also for her flu jab.

Gareth was with Jacqueline when she was given the COVID-19 vaccine, after which there was a changeover in the staff team at the surgery. Another nurse came in, who told Jacqueline she would be given her COVID-19 and flu vaccines. Gareth tried to explain that his mother had already had the first of those, but the nurse quickly administered both injections before he could finish speaking.

Gareth raised this with the GP surgery, and later had a telephone conversation with one of the doctors, who apologised for the mistake and said they would be recording the incident formally. However, Gareth was not entirely satisfied, and remained keen to take further steps to ensure the same thing could not happen to someone else.

We advised Gareth of several options, and gave him contact details for several organisations he could raise the matter with: NHS England, the Care Quality Commission, and the Nursing and Midwifery Council.

* Names changed for privacy.

To share your experiences with our helpline team, call 0800 3457115 between 9.30am and 5pm on weekdays or email helpline@patients-association.org.uk. See [our website](#) for more ways to get in touch.

What our team is reading this week

[Third wave reaches new peak](#)

[Charities say COVID booster rollout for immunosuppressed is 'chaotic failure'](#)

[What has been the impact of COVID-19 across the UK countries?](#)

[How much longer and further are health inequalities set to rise?](#)

[How many people fund their own care?](#)

About Us

Our purpose is to ensure that everybody can access and benefit from the health and care they need to live well, by ensuring that services are designed and delivered through equal partnership with patients.

Our strategic focus for 2021-25 is patient partnership in the design and delivery of health and care services.

We are a registered charity raising all our own funds. If you'd like to support our work for all patients and make a difference, please [donate or consider making a regular donation](#). Thank you.



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