



National Nurses Nutrition Group

Registered Charity No: 295411

# An Update from the NNNG



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NNNG Communications Officer

December allows us to reflect on 2019. I'm sure we have all experienced personal and professional challenges and overcome many obstacles throughout the year – without these we cease to grow and learn.

Please find below some news and updates from the NNNG, which provide you with the chance to improve practice, recognise good practice and to help others in need at Christmas time.

### **Nutrition nurses needed to participate in a study!**

The study 'Supporting People with neurological conditions to make a decision about gastrostomy placement' will explore how you communicate with patients when supporting patients to make a decision about gastrostomy placement.

For further information and to take part, please visit:

[https://scharr.eu.qualtrics.com/jfe/form/SV\\_2gzvdmYadP6a9Mx](https://scharr.eu.qualtrics.com/jfe/form/SV_2gzvdmYadP6a9Mx)

### **BDA policy statement on blended diet**

The British Dietetic Association (BDA) have recently released a policy statement 'The Use of Blended Diet with Enteral Feeding Tubes'. The use of the blended diet has generated much debate over the last few years. There are many things to take into consideration – the patient, benefits, risks of infection and tube blockage, etc.

To view the policy statement, visit: [www.bda.uk.com/improvinghealth/healthprofessionals/policy\\_statements/policy\\_statement\\_-\\_blended\\_diet](http://www.bda.uk.com/improvinghealth/healthprofessionals/policy_statements/policy_statement_-_blended_diet). If you would like to share your thoughts on this area, please get in touch with the NNNG.

### **Awards – don't miss the chance to nominate**

#### **CN Awards**

Don't forget that the nomination process for the 2020 CN Awards is now open! You can nominate yourself or a colleague by visiting the CN Awards section at: [www.nutrition2me.com](http://www.nutrition2me.com).

#### **RCNi Nurse Awards**

Entries are now open for the 2020! You are invited to share innovations and expertise across 10 categories. Start nominating at: [www.rcn.org.uk/news-and-events/news/uk-rcni-nurse-of-the-year-2020-entries-open-301019](http://www.rcn.org.uk/news-and-events/news/uk-rcni-nurse-of-the-year-2020-entries-open-301019).

### **The importance of giving at Christmas**

At Christmas time we are reminded of the importance for giving. The Silver Line charity (a helpline and friendship service for people aged 55 and over) is always looking for volunteers who have the time to make a weekly 30-minute phone call or write a letter to a matched Silver Friend. You may have patients within your cohorts who would benefit from this Charity, or could become a volunteer, or perhaps it's an activity you may wish to take up.

Also, if you haven't already booked your festive meal, take a look at ChariTable bookings (app). The app allows you to browse your favourite restaurants, book a table and support a charity. It doesn't cost you anything, and for every person in your party £1 could be donated to The Silver Line. There are 3050 restaurants to choose from! Visit: [www.thesilverline.org.uk/donate/shop/dine-and-donate](http://www.thesilverline.org.uk/donate/shop/dine-and-donate).

### **With thanks...**

Thank you to our members and those on the NNNG Committee for their continued support and participation with the NNNG and its activities during 2019. Without you we would cease to exist – promoting and co-ordinating the nutrition voice.

We look to 2020 with excitement and pride. The NNNG plan to provide members with the opportunity to profile their roles as nutrition nurses in our New Year. If you would like to profile your role in January 2020, email: [nationalnursesnutritiongroup@gmail.com](mailto:nationalnursesnutritiongroup@gmail.com).

The NNNG wish you all a very happy and restful Christmas. We look forward to sharing and developing the 'Nutrition Voice' in 2020.

Join us: [www.nnng.org.uk](http://www.nnng.org.uk)

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