

# The importance of working together

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As we flip our calendars to yet another month of the global COVID-19 pandemic, it's no wonder that motivation, performance, and wellbeing are flagging for many. Months in, new tools are needed to re-energise clinical teams, to accurately identify and address recurring struggles, and to empathetically help team members address new and evolving personal and professional challenges.

Remaining engaged, confident, and motivated are essential for teams as we enter a period of uncertainty, ambiguity and winter pressures – as the NHS, social care and public health industries know too well.

## The importance of working together

No one professional group can work in silo, we all need to work together, sharing a common goal – a successful outcome.

*"A sign that we are working at our best is when we feel safe to challenge each other, test our assumptions and ideas, without fear that it might be received wrongly or damage our relationships."* The Kings Fund – September 2020.

Over the last few months, in relation to the COVID-19 pandemic, the nutrition community has come together to provide a platform for reflecting on new ways of working and with it a nutrition and COVID-19 evidence base has been born. Maintaining the importance of professional camaraderie and clinical resilience remains a necessary requirement for effective team work.

The NNNG are keen to promote nutrition support as a theory beyond its technical intervention and one that sits central stage as a respected and highly regarded discipline.

It's also important that we continue to highlight the importance of nutrition – across health and social care and amongst those in the community.

## NNNG Nutrition Week Webinar Series – 9th-13th November 2020

The NNNG Nutrition Week is for health and social care professionals and those with an interest in nutrition. Delivered each evening over the week, for one hour, the webinars will aim to address those difficult to discuss and controversial subjects that remain misunderstood within the healthcare landscape.

Each evening there will also be a live Q&A allowing participants to ask questions of the experts and really feel part of the event no matter their situation.

### On demand

All webinars will be made available to view on demand, to ensure you can watch at a time that suits you.

Topics include:

- Nutritional support for the elderly in care homes
- Obesity and COVID: the importance of good health and nutrition
- Nasogastric tubes insertion and care: aerosol generating procedures
- Patients' needs on long-term nutritional support
- Nutritional care of the critically ill: a COVID perspective and its effects on the body.

The registration process takes just a minute. Visit: [www.nnng.org.uk/2020/](http://www.nnng.org.uk/2020/)

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

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