

SNDRI

Scottish Nutrition & Diet Resources Initiative

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Diet-sheets

Information for patient care

Mental Health Group AGM and Study Day

12 May 2008

Outline

Part one

- Introduction
- Background to SNDRí
- Overview of production process

Part two

- Developing diet-sheets for adults with learning disabilities

Part three

- Product range
- Accessing and ordering the diet-sheets
- Projects and plans
 - SNDRí & BDA merger and support for BDA SGs

Part one

SNDRI

aims to produce a range of easily accessible diet-sheets that give consistent health messages to the public, and avoid duplication of effort by health professionals.

Background

- SNDRí grew from the Scottish Diet-sheet Initiative in the 1980s
- Developed by registered dietitians
- Use dietetic time effectively
- Produce professional, robust diet-sheets
- Funded by Scottish Government

SNDRÍ Diet-sheets

- Over 170 leaflets, covering 20 broad topics
 - Adults with learning disabilities
 - Black and Minority Ethnic (BME) communities
- Three ranges
 - D – must be given to patients/clients with the support of a dietitian
 - HP – must be given to patients/clients with the support of a relevant health professional
 - PiL – general nutrition information for members of the public to pick up
- Sell across the UK, with approximately 40% of sales from out with of Scotland
- Work in partnership with government and other relevant agencies like FSA and the voluntary sector

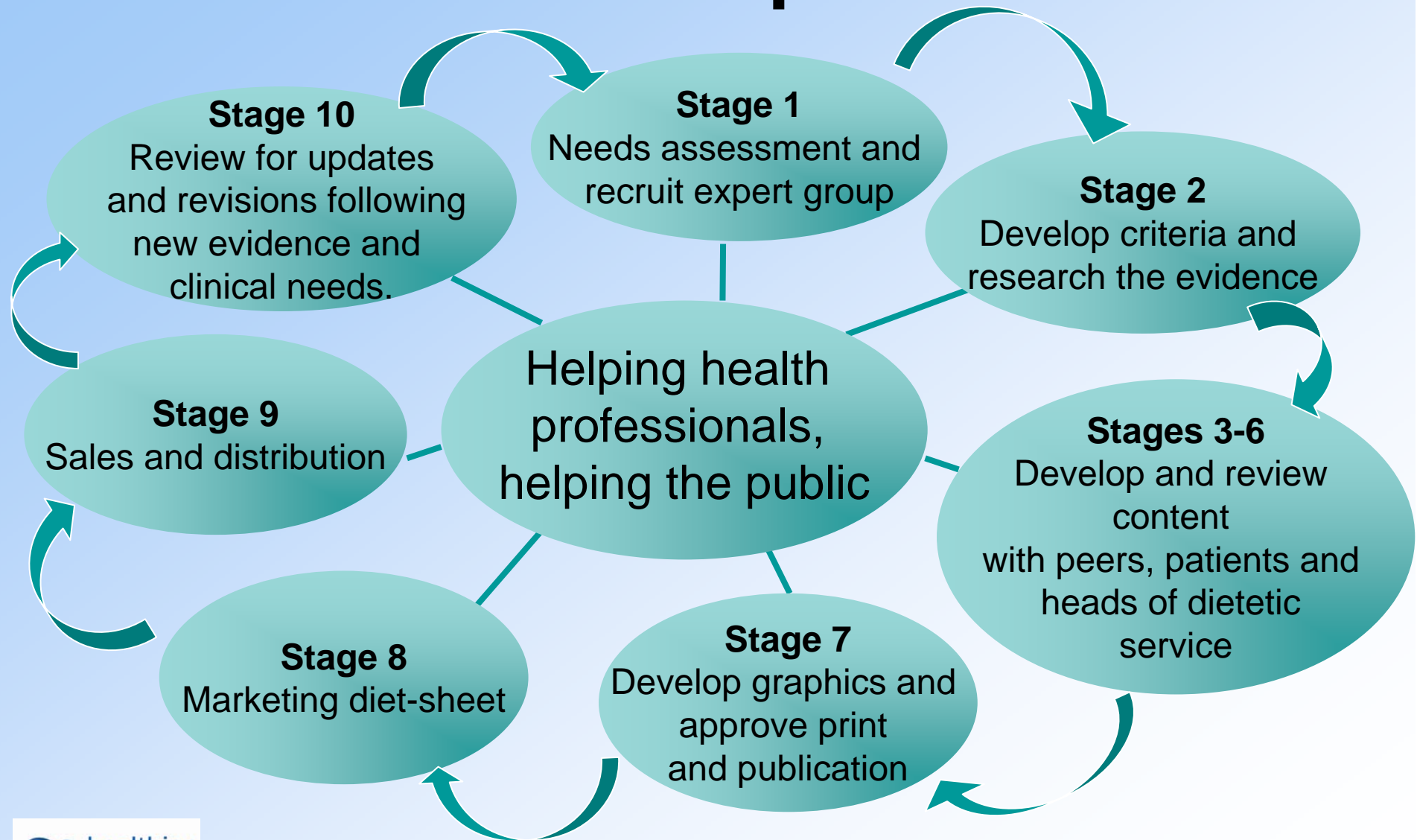
Principles behind SNDRí diet-sheets

- Evidence-based
- Peer-reviewed
- Patient-tested
- Cost-effective
- Widely available to health professionals and the public

And have

- Improved learning outcomes
- No commercial bias

Production process



Stage 2 - Criteria Development

- Write specification
 - Target audience
 - Learning outcomes
 - Quality of message
 - Title
 - Suitability for audience
 - Who should issue the diet-sheet
 - Style and format
- Critically appraise evidence-base and best practice

Stage 3 - Content Development

- Written by an invited group of specialist dietitians and other health professionals
- Plain English
 - Short sentences and words
 - Active voice
 - First person
- Readability scores

Stages 4-6 - Content Review

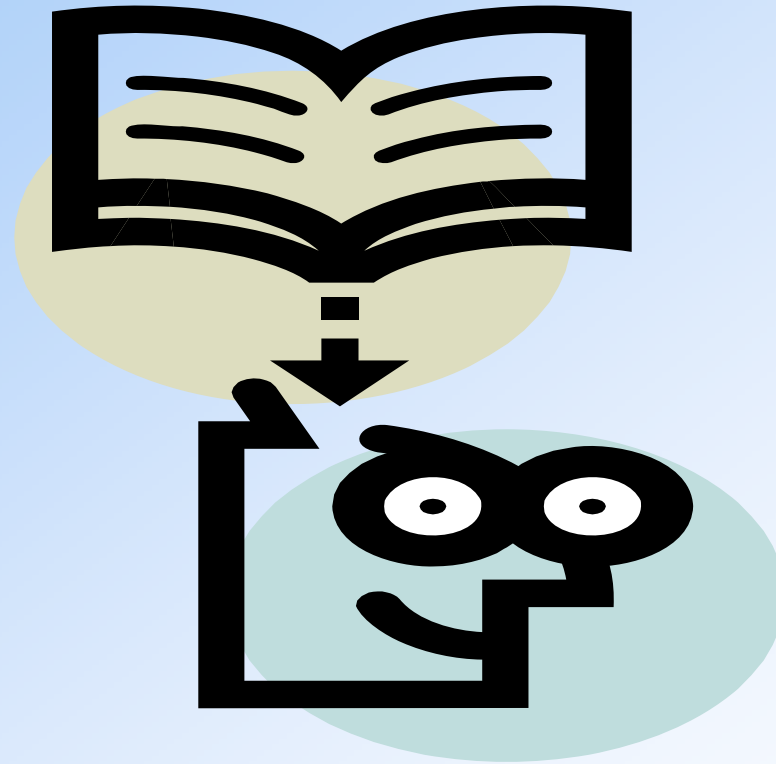
- First review
 - Specialist peers
- Second review
 - Patient-testing
- Final review
 - Heads of Dietetic Service, Academic specialists, SNDRí Professional Advisors

Stage 7 - Graphic Design & Printing

- Illustrations
- RNIB guidelines
 - Contrasting colour
 - 12 font minimum
- Literacy and/or sight problems
- Cultural sensitivity
- Alternative format needs, such as translation

Part two

Making Diet Sheets Accessible



Background

- Need for pictorial diet sheets identified in Dietitians Needs Assessment Questionnaire 2001
- Scottish Dietetic Learning Disability Clinical Network (SDLDCN) formed a working group/ RPG
- Produced - Are you Constipated?

Healthy Eating and Gentle Exercise



Do You Want to Stay Fat?



Funded Proposal

Aims :

- Explore a **production process** for the development of accessible resources.
- Identify **training requirement** for Dietitians in evaluation of diet sheets
- Develop **one leaflet** to ready to print stage

Explore a Production Process

- Follow SNDRI Principles
- Avoid duplication of effort

Use drafts by P Mc Intosh and S<
from AAC Unit, University of Stirling

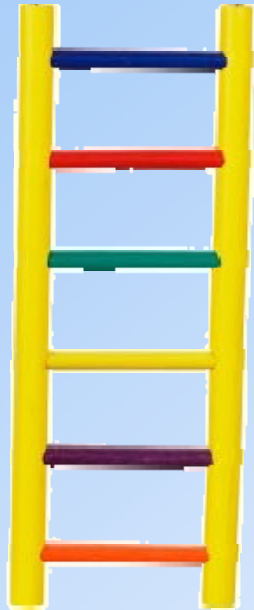
Develop Criteria

Specify

- Who the diet sheet is for - Suitable for adults who understand 3 info carrying words
- What we expect people to learn from it
- The evidence base for content and design

Graphics

Difficult to understand



Written word – cup

Symbol of cup

Black and white photo of cup

Colour Photo of cup

Actual cup

Easy to understand

Language and Layout

Same principles apply for all leaflets

Eg following Plain English Campaign

Additional refs for LD

➤ www.easyinfo.org

➤ www.mencap.org

➤ www.nhshealthquality.org

NHS Quality Improvement Scotland(2006) Promoting Access to healthcare for people with a LD – a guide for frontline staff

Peer Review

Key players

- LD Dietitians
- Dietitians
- Other professionals

- Client/service user from Quality Action/Advocacy Group

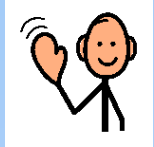
Client Testing

- **Consent to participate**
- **Guided interview**
- **Talking mat**

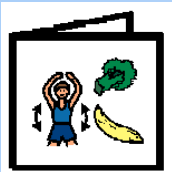
training requirement

- **only 5 dietitians trained in use of TM**
- **training for 15 dietitians/health pros through SNDRi**

Seeking Consent



Hello my name is



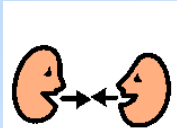
I want to tell you about this leaflet.



This leaflet is to give information about how you can lose weight.



Is it OK to photograph your answers?



Is it OK to share what we talk about with people you do not know?

Guided Interview

Aims to assess clients knowledge



Learning Outcomes

- Describe what's wrong in the body now as a result of being overweight
- Know what could go wrong in the future
- Describe the benefits of a healthy diet and gentle exercise

11 people completed a Guided Interview

Time - 4<5mins,2<10mins,2<15mins,1<30mins,1<60mins

Results from guided interview



Talking mat

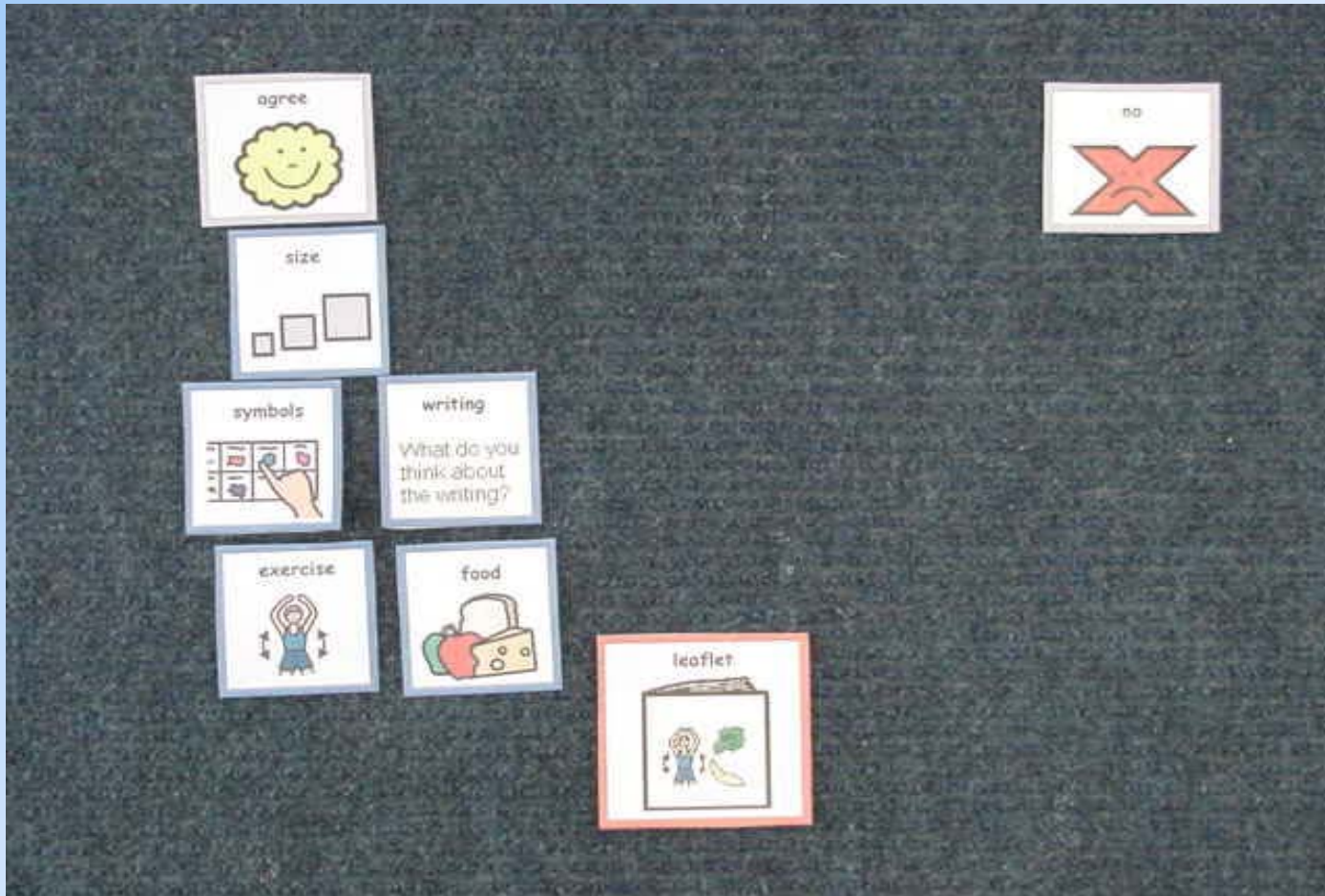
Aims to find out what clients think about the leaflet



- Size
- Pictures/symbols
- Writing
- Information

11 people completed a talking mat

Results from Talking Mats



Changes following testing with clients

- Involve client from Quality Action/Advocacy Group from the start
- Alcohol included as a treat
- Symbols changed to be consistent
 - e.g. same overweight symbol throughout the diet sheet
- A4 landscape format adopted

- For dietetic practice
 - should clients cognitive ability be checked before giving the diet sheet?
 - should process developed for piloting be used to check client knowledge anytime diet sheet is used?

Outcomes

- SNDRi production process for development of accessible resources
- Specific Guidance Notes on testing
Gaining Consent, guided interview, talking mats
Potential tools for day to day evaluation of knowledge
- Two new resources
- 15 additional professionals trained in the use of talking mats

References

NHS Health Scotland (2004) *A Health Needs Assessment report for people with Learning Disabilities*. Glasgow. NHS Health Scotland.

Brewster S.J. (2004) *Putting Words into their mouths? Interviewing people with learning disabilities and little or no speech* British Journal of Learning Disabilities S2 pp166 – 169

Murphy J. Cameron L. (2002) *Talking Mats and Learning Disabilities: a low tech communication resource to help people express their views and feelings*. Stirling, University of Stirling

www.easyinfo.org.uk

www.talkingmats.com

Available to download from www.nhsquality.org *Promoting access to healthcare for people with a learning disability – a guide for frontline NHS staff(2006)*

Part three

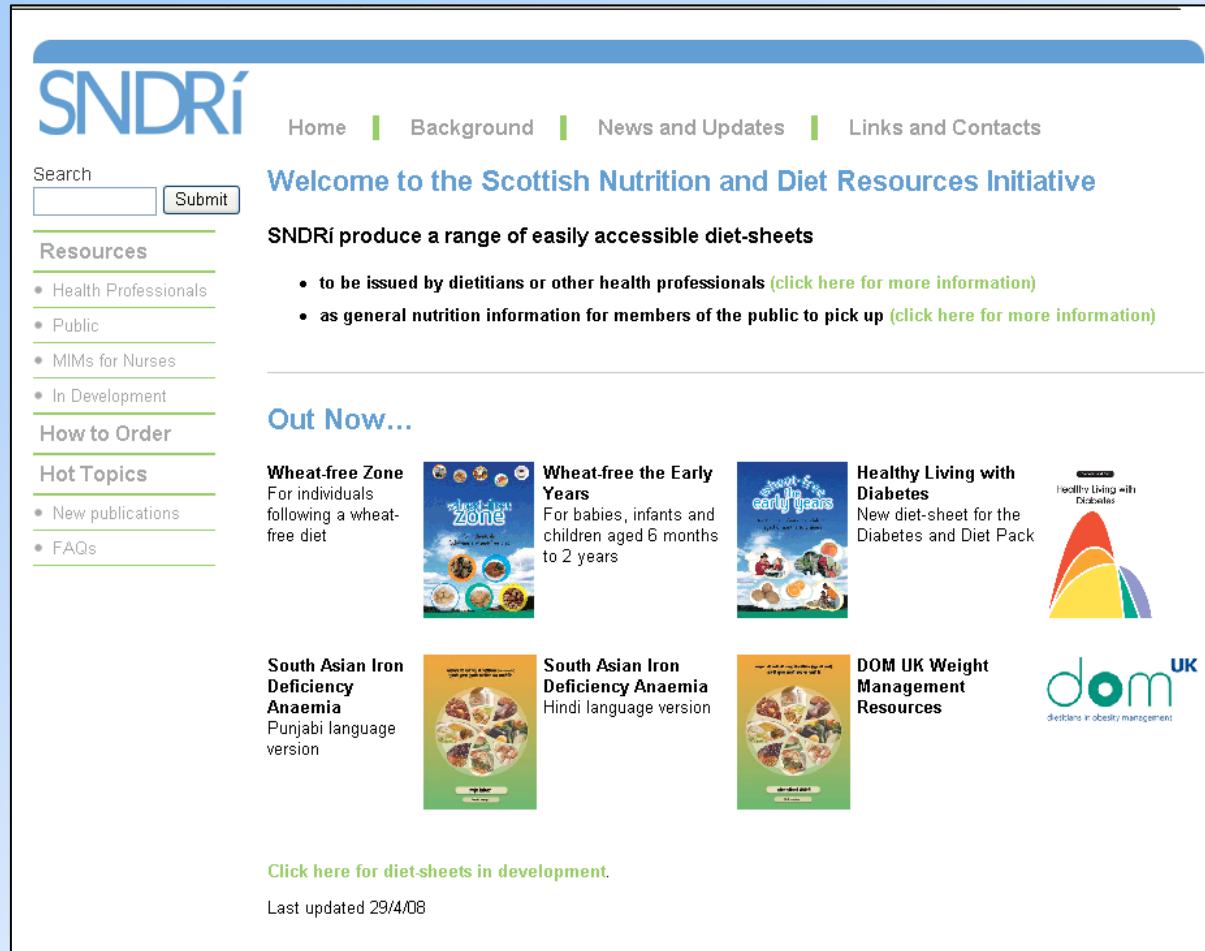
SNDRÍ Product Range

➤ Out now



➤ In development...

www.caledonian.ac.uk/sndri



The screenshot shows the SNDRI website homepage. At the top left is the SNDRI logo. To its right is a navigation menu with links for Home, Background, News and Updates, and Links and Contacts. Below the logo is a search bar with a 'Submit' button. On the left side, there are three sections: 'Resources' with links for Health Professionals, Public, MIMs for Nurses, and In Development; 'How to Order'; and 'Hot Topics' with links for New publications and FAQs. The main content area features a welcome message, a list of diet-sheet types, an 'Out Now...' section with six diet-sheet covers, and a link for diet-sheets in development. The footer includes the date 'Last updated 29/4/08'.

SNDRÍ Home | Background | News and Updates | Links and Contacts

Search

Resources

- Health Professionals
- Public
- MIMs for Nurses
- In Development

How to Order

Hot Topics

- New publications
- FAQs

Welcome to the **Scottish Nutrition and Diet Resources Initiative**

SNDRÍ produce a range of easily accessible diet-sheets

- to be issued by dietitians or other health professionals ([click here for more information](#))
- as general nutrition information for members of the public to pick up ([click here for more information](#))

Out Now...

Wheat-free Zone
For individuals following a wheat-free diet

Wheat-free the Early Years
For babies, infants and children aged 6 months to 2 years

Healthy Living with Diabetes
New diet-sheet for the Diabetes and Diet Pack

South Asian Iron Deficiency Anaemia
Punjabi language version

South Asian Iron Deficiency Anaemia
Hindi language version

DOM UK Weight Management Resources

[Click here for diet-sheets in development.](#)

Last updated 29/4/08

SNDRí Projects and Plans

- Needs assessment analysis
- Developing new website
- Attending events and providing training for health professionals
- Working towards a merger with the British Dietetic Association (BDA) in 2010
- Working more closely with BDA Specialist Groups
- *...developing new diet-sheets!*

SNDRÍ & BDA Merger

- Announced in June 2007, stimulated by the
 - BDA membership survey
 - BDA strategic plan
 - SNDRÍ review recommendations
- Supported by the Scottish Government and BDA Council
 - to harness expertise, knowledge and experience
 - to provide economies of scale in terms of quality and cost
 - to improve the patient/public quality of life by working together

Benefit in Merging

- Provide a better service for dietitians and other health professionals
- Access and influence a wider network of health professionals
- Market, sell and print larger volumes, which will drive down the cost for all
- Develop a framework and support BDA SG to produce more quality resources

Proposed Framework

- Development of ‘gold standard’ resources for use across the profession
- Responsibility for resources in terms of:
 - ownership (physical and IP) of resources
 - management
 - marketing
- Financial models for return of income to Specialist Groups

Benefits to BDA SG

- Wealth of experience in diet-sheet production
- Skilled in the management of printing and publication
- Up-to-date on policy and quality developments, for example the DoH Information Accreditation
- Access to information on the best way and format to communicate with different individuals
- Databases of food photography

Benefits to BDA SG

- SNDRí will manage the developments, production and publication of the resource using a robust process
- Allow you time to focus on the development of national resources and NOT on the marketing/management of leaflets
- Recognised learning hours/accreditation for input into the development of resources

Where to now?

- Working with DOM UK to pilot the framework
- Monitor and evaluate the framework
- Are you interested in signing up to the SNDRí framework for working together?
- What are your requirements?
- How can SNDRí meet your requirements?

Questions?

Contact Details

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