

## INTRODUCTION INFORMATION

### IMPROVING COMMUNITY ADULT NUTRITION (I-CAN) E-LEARNING

This training package has been designed to support carers and staff looking after adult patients aged 18 years and over living in community settings to support them with their nutritional care. We hope you find this training useful, and it equips you with the skills and knowledge to support patients with their nutrition and hydration needs within the remit of your role.

- **How to access:**

Via the Leicestershire Nutrition and Dietetic (LNDS) Website:  
<https://www.lnds.nhs.uk/HealthProfessionals-TrainingAvailable-NutritionELearning.aspx>

- **Course content:**

Aim: Provide knowledge on how to screen and manage malnutrition for adults in community settings. The training also covers additional factors which influence nutritional care needs such as hydration, skin health, oral health/dentition, allergies, and bowel health.

- This training package contains 6 bite size PowerPoint presentations. We have designed this course to enable you to work through the presentations in short sections and use our checklist below to help you keep track of your progress.
- To support your learning, we have created a fictional patient called Ethel whom we refer to throughout our presentations.
- If any links in the PowerPoints do not work, please see Reference sheet on our website for all weblinks.

- **Certificate of completion:**

Once you have completed all 6 PowerPoints, please complete our [I-CAN-Evaluation and Knowledge Check Questionnaire](#) on our weblink above for LNDS website. Once completed, you can print the certificate which appears when you have submitted your questionnaire. Please add your name and date of completion for your record.

THANK YOU

#### Handy Tips:

- Please contact our Leicestershire Nutrition and Dietetic Service (LNDS) on 0116 2227170 if you have any problems accessing this course.
- It may be useful to complete this course in pairs/small groups (not necessary).
- A calculator may be useful when working through steps of Malnutrition Universal Screening Tool (MUST).
- It may be helpful to have access to a drink to stay hydrated and support your concentration levels when learning.
- Please allow 15-30 minutes per presentation when protecting time to work through this training course.