New dining area for surgery patients

Patients who have undergone surgery on General Surgery Wards (B4 and B5) at Rotherham Hospital now have a purpose built combined dining space in which to enjoy their meals.

Nutrition has been embraced by the two wards in order to further enhance and benefit the patients’ experiences. The refurbished dining area now provides a more welcoming and social environment and it received positive comments following a recent Ward Nursing Accreditation System inspection.

Ward Managers, Samantha Burgin and Sally Short on B4 & B5 said: “The new dining area has received positive feedback from our patients. We are very proud of the wards and this new area revitalises the dining experience for our patients.”

Lavinia Newbound of Brinsworth, currently a patient on Ward B4, said: “The new dining area is pleasant and clean and gives us the opportunity to socialise with everyone. The staff are excellent and nothing is too much trouble.”

The dining room has not only improved the patient experience, it has enhanced patients’ recovery and helps to reduce the patients’ length of stay.

The dining area also plays a part in the Enhanced Recovery Programme for patients undergoing colorectal surgery on wards B4 and B5, which promotes early nutrition and early mobilisation therefore allowing patients to return to normal activities quicker. This also aides wound healing and helps to eliminate complications post operatively.

It assists in empowering the patient to have a more active involvement in their nutrition by providing fresh fruit, snacks and chilled drinks at all times throughout the day and night.

The dining room also provides a discharge area helping to further improve the discharge pathway.
Unlike some other diets, which rule out certain foods altogether, I found it really easy to stick to. The main focus is on long term, healthy eating and I simply made small changes to the food I eat already. Like swapping from full fat to semi-skimmed milk. Fitting in my five-a-day was easy too as you can eat tinned and frozen fruit and vegetables, not just fresh.

"I was always brought up to clear my plate, but Reshape teaches you about appropriate portion sizes. I’m not really a gym person but have found it easy to increase my exercise gradually, just by walking to and from school – it has been really easy to fit around my family commitments. I’m thrilled to have won the pamper day and makeover and am delighted with the results. I lost weight gradually over the course of the programme, two or three pounds a week."

Clare Baldwin, Rotherham resident, recently won first prize in Reshape Rotherham’s ‘Star for a Day’ competition.

Clare, of Eastwood, started the 10 week programme at Reshape Rotherham in March which is a free weight loss service aimed at anyone registered with a Rotherham GP with a BMI of 25 and above.

Clare managed to lose nearly a stone in weight and has dropped a dress size. Following completion of the programme, she was drawn as a winner and was treated to a makeover courtesy of John Lewis in Sheffield and Above & Beyond Therapy based at the Sheffield Park Hotel. Following the makeover, she then had her own photo-shoot to capture memories of being a ‘Star for a Day’ at Videos and Memories.

Clare said: “Reshape was recommended by a friend who had also recently completed the course. It was great fun, I really enjoyed the sessions and the leader made us really relaxed and comfortable. Unlike some other diets, which rule out certain foods altogether, I found it really easy to stick to. The main focus is on long term, healthy eating and I simply made small changes to the food I eat already (like swapping from full fat to semi-skimmed milk). Fitting in my five-a-day was easy too as you can eat tinned and frozen fruit and vegetables, not just fresh.

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Sarah Groom, Specialist Dietitian, Nutrition & Dietetic Services at The Rotherham NHS Foundation Trust, said: “I am proud to work for a service in which 92% of people attending our courses lose weight. We run our free courses across Rotherham in the daytime, evenings and Saturday mornings. We run groups for a whole host of people wanting to lose weight, for example, men only, people who have diabetes and those who suffer with Poly Cystic Ovarian Syndrome, so it is likely that there is a Reshape group that can help you. If you are looking to control your weight and want to eat better to feel better then contact our team 01709 427694 to self-refer.”

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