

# Ebony Ward Winners



L-R: Sarah Hulbert - Dietitian, Milan Gamble - Nursing Assistant, Alyson Maddison - Staff Nurse, Abimbola Olowu - Sister, Denise Hylton-McIntosh - Senior Sister and Jo Wheeler - Head of Nutrition and Dietetics

Congratulations Ebony Ward who are the winners of the Thirsty Thursday competition run during Nutrition and Hydration Awareness Week. The competition "volumes in vessels" was aimed at staff who had to work out what volumes of liquid different items held, things such as mugs, teacups, bowls, ice-creams, jellies etc. Knowing the volumes helps staff to assess how much fluid a patient has consumed and gives them the opportunity to monitor their intake.

There were approximately 40 entries, and the combined score meant that Ebony were selected as overall winners.

The ward were presented with two baskets of fruit, kindly donated by the Nutrition and Dietetics Department. Each contained healthy balanced snacks such as different fruits, nuts and small chocolate eggs.

Jo Wheeler Head of Nutrition & Dietetics said "Patients should be encouraged to drink as staying hydrated is so important for their health and wellbeing. Well done Ebony ward for scoring the highest points in our recent competition. The Thirsty Thursday competition was extremely popular and to be awarded first place really shows that staff know their volumes."