



Short Case Study

Ice Lollies for Patients

Gloucestershire Health and Care NHS Foundation Trust

Gloucestershire Health and Care NHS Foundation Trust encourage staff to be creative when problem solving. A range of innovations were introduced during the Covid-19 pandemic to support patients, families, and staff.

From large-scale setting up of new teams, to minor changes, it all contributed to supporting patients to achieve better outcomes and have a better experience during an unprecedented situation.

Ice lollies may seem like an insignificant contribution to the fight against Covid but made an enormous difference to patients who contracted the virus and were suffering from a loss of taste.

Early in the pandemic, one ward, worried about the potential for dehydration of patients suffering changes to their sense of taste and smell as well as the attendant loss of appetite, decided to provide ice lollies for patients.

Sucking ice lollies assisted with hydration. It had the added effect of soothing throats and calming coughs. Most importantly, patients very much enjoyed the ice lollies.

Staff commented that this is not dissimilar to ice-cream being the suggested solution to discomfort following a tonsillectomy in a previous era!

Benefits for patients:

- Improved hydration
- Enjoyment of food and drink contributes to wellbeing especially during a pandemic

Benefits for staff:

- An opportunity to problem solve creatively and positively impact on patient care

Benefits for the Trust:

- Improved health outcomes for patients
- Staff engaged in improving patient care

Next steps:

- Continue to encourage teams to problem solve locally and share their ideas

What we have learnt:

- Small things make a significant difference to patient wellbeing and experience
- Recycling old ideas and thinking creatively outside the box contributes to the quality of care patients receive
- A simple innovation that is easy to implement can have a significant impact

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