

**Resilience**  
Healthcare

**Nutrition Structure, and  
Safety in PWS Residential  
Care Setting**

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# **A Person-Centred, Trauma-Informed, Evidence-Based Approach**

- Residential service in Ireland
- Supporting 15 individuals with Prader–Willi Syndrome (PWS)
- Focus on nutrition structure, safety and quality of life

# What We Will Cover

- Understanding nutrition in PWS
- Principles of structured nutritional care
- Food security in residential practice
- Person-centred and trauma-informed approaches
- Individualised nutritional care plans and menus
- Safety and risk management
- Multidisciplinary teamwork and governance
- Outcomes and continuous improvement



# Understanding PWS

## Why Nutrition Structure Matters

- Prader–Willi Syndrome (PWS)
- Hyperphagia and lack of satiety
- Reduced calorie requirements
- Increased obesity and health risks
- Anxiety around food and routines

## Implications for Residential Care

- Nutrition is a safeguarding priority
- Consistency reduces distress and risk
- Structured routines support wellbeing and independence

## Key Message

- Nutrition structure in PWS is protective, therapeutic and person-centred.



# Core Principles of Our Nutrition Service

## Food Security

predictable meals, routines and safe food environments

## Person-Centred Care

respecting preferences, choice and participation

## Trauma-Informed Practice

calm, consistent and respectful support

## Evidence-Based Nutrition

dietetic guidance, balanced meals and ongoing review

## Goal

To provide safe, consistent, individualised nutritional care that supports health, dignity and wellbeing.

# Structure of Nutritional Care

## Daily Nutrition Structure

- Planned meals and snacks
- Consistent portions and routines
- Structured access to food
- Consistency across staff teams

## Supportive Environment

- Safe food storage and kitchen systems
- Calm and positive mealtime environments
- Communication supports where required

## Benefits

- Reduces anxiety and food preoccupation
- Supports emotional regulation
- Promotes safety, health and independence



# Food Security in Practice

## Supporting Safety & Emotional Wellbeing

### Food Security Means

- Individuals know:
- When food is available
- What to expect
- Routines are fair and consistent

### In Practice

- Planned menus and snack times
- Structured food access
- Consistent staff responses
- Clear communication around expectations

### Outcomes

- Reduced anxiety and distress
- Fewer food-seeking behaviours
- Improved emotional wellbeing and safety

# Individualised Nutritional Care Plans

## Each Person's Plan Includes:

- Health and nutritional assessment
- Individual calorie and meal requirements
- Food preferences and support needs
- Mealtime strategies and risk management
- Personal goals and outcomes

## Individualised Menus

- Nutritionally balanced
- Appropriate for PWS needs
- Regularly reviewed with MDT input

**Key Principle:** Care is tailored to the individual while maintaining structure and safety.



# Person-Centred & Trauma-Informed Practice

## Person-Centred Support

- Promotes choice and participation
- Encourages independence and life skills
- Supports meaningful mealtime experiences

## Trauma-Informed Practice

- Calm, respectful communication
- Consistent routines and boundaries
- Avoiding conflict and power struggles
- Supporting emotional regulation

## Key Principle

Consistency, compassion and dignity are central to safe nutritional care.



# Nutrition Safety and Risk Management

## Key Safety Risks in PWS

- Rapid weight gain
- Obesity-related complications
- Food-seeking and unsafe eating
- Choking risk in some individuals
- Emotional distress linked to food access
- Conflict arising from inconsistency

## Safety Measures in the Service

- Structured meal supervision
- Environmental food controls
- Individual risk assessments
- Safe storage of food items
- Staff training in PWS and nutrition support
- Consistent documentation and handovers
- Emergency response protocols where required

## Monitoring

- Weight and health monitoring
- Nutritional reviews
- Incident review and learning
- Regular MDT review meetings

# Multidisciplinary Team Approach

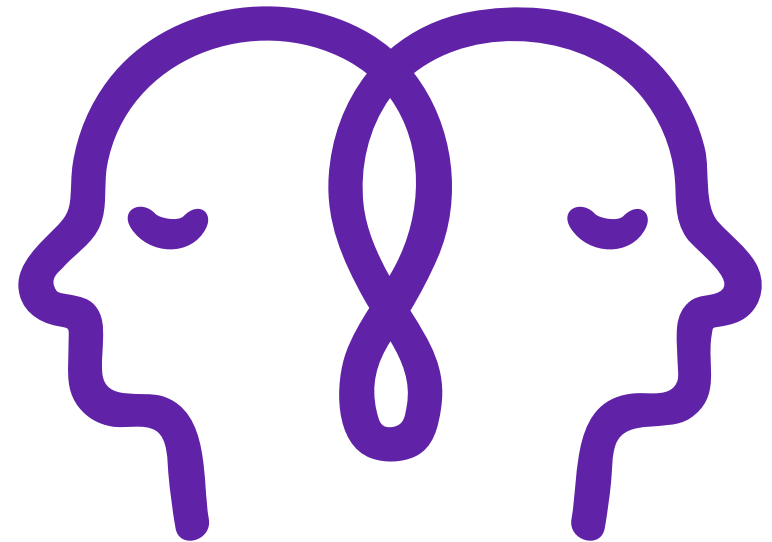
## Collaborative and Evidence-Based Care

Effective nutrition care involves collaboration between:

- Social care staff
- Nursing staff
- Dietitians
- Speech and Language Therapists
- Behaviour support teams
- Occupational therapists
- GPs and medical teams
- Families and advocates

## Why MDT Working Matters

- Ensures consistency
- Supports holistic care
- Improves safety and outcomes
- Promotes shared understanding of PWS needs



# Governance, Standards and Quality Assurance

## Maintaining Safe and Effective Practice

- Our service promotes quality through:
- Policies and procedures on nutrition and food safety
- Evidence-based practice standards
- Staff induction and ongoing training
- Regular audits and reviews
- Documentation and care plan evaluation
- Incident reporting and learning systems
- HIQA-aligned quality and safeguarding practices

## Continuous Improvement

- Listening to individuals and families
- Reviewing outcomes
- Adapting care plans when needs change
- Ongoing staff education

# Outcomes for Individuals

## What Good Nutritional Structure Achieves

- Structured and individualised nutrition support can help:
- Improve physical health outcomes
- Maintain healthy weight management
- Reduce anxiety around food
- Support emotional wellbeing
- Enhance quality of life
- Increase participation and independence
- Promote dignity and safety

## Most Important Outcome

- People feel supported, respected and safe within a predictable environment.



# Key Messages

- Nutrition in PWS requires structure, consistency and specialist understanding
- Food security principles reduce anxiety and improve safety
- Care must be person-centred, trauma-informed and evidence-based
- Individualised nutritional care plans are essential
- Safety measures protect both physical and emotional wellbeing
- Multidisciplinary teamwork supports positive outcomes



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of Possible**

**Questions?**



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# Possible Discussion Topics

- Balancing choice and safety
- Supporting independence in PWS
- Staff consistency and training
- Managing food-related anxiety
- Best practice in residential nutrition care