

# Delivering evidence-based care and treatment

## Quality statement

We expect providers, commissioners and system leaders live up to this statement:

We plan and deliver people's care and treatment with them, including what is important and matters to them. We do this in line with legislation and current evidence-based good practice and standards.

## What this quality statement means

- People receive care, treatment and support that is evidence-based and in line with good practice standards.
- The provider's systems ensure that staff are up-to-date with national legislation, evidence-based good practice and required standards.
- People are told about current good practice that is relevant to their care and are involved in how this is reflected in their care plan.
- People's nutrition and hydration needs are met in line with current guidance.

- Staff and leaders are encouraged to learn about new and innovative approaches that evidence shows can improve the way their service delivers care.

## I statements

[I statements](#) reflect what people have said matters to them.

- I can get information and advice about my health, care and support and how I can be as well as possible – physically, mentally and emotionally.
- I have care and support that is co-ordinated, and everyone works well together and with me.
- I have care and support that enables me to live as I want to, seeing me as a unique person with skills, strengths and goals.

## Subtopics this quality statement covers

- Best practice guidance and standards
- Nutrition and hydration
- GIRFT (Getting it right first time recommendations)
- Clinical reviews/medical committees

## Related regulations

### Regulated Activities Regulations 2014

- [Regulation 9: Person-centred care](#)
  - [Regulation 10: Dignity and respect](#)
  - [Regulation 12: Safe care and treatment](#)
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- [Regulation 14: Meeting nutritional and hydration needs](#)
- [Regulation 17: Good governance](#)

Also consider

- [Regulation 11: Need for consent](#)

## Additional legislation

[The Mental Health Act 1983](#)

[Mental capacity Act 2005](#)

[The Autism Act 2009](#)

## Best practice guidance

We expect providers to be aware of and follow the following best practice guidance.

[NICE principles for putting evidence-based guidance into practice 2018 \(NICE guidance\)](#)

[Dementia Quality Standard \(NICE guidance \[QS184\]\)](#)

[Commitment to Care of People Living with Dementia \(Royal College of Nursing\)](#)

[Practical approaches to quality assurance \(SCIE\)](#)

## Nutrition and hydration

[A Guide to the 'Malnutrition Universal Screening Tool' \('MUST'\) for Adults \(The British Association for Parenteral and Enteral Nutrition\)](#)

[Essence of care 2010 - benchmarks for food and drink \(Department of Health\)](#)

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[Healthier and more sustainable catering: A toolkit for serving food to adults \(Public Health England\)](#)

[Inspection Toolkit: Nutrition and Hydration \(Skills for Care\)](#)

[National standards for healthcare food and drink \(NHS England\)](#)

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