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Direct Uptake of Nutrition and Caffeine Study (DUNCS): Biscuit-Based Comparative Study

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Harrisonburg, VA — In the European country of Wales, the Noah's Ark Children's Hospital and their staff are facing a serious workplace crisis. As the administration mentions in the article, many of the facility's most crucial employees are often forced to rush through their allocated break periods or, in some cases, just skip them completely, making maximizing these dedicated stoppages in each workday essential to helping these healthcare providers have a productive shift. To help do this, a research group was assembled to investigate and establish what the most optimal and enjoyable temperature at which coffee should be maintained, as well as which types of biscuits/refreshments should be carried within the facility's break rooms.

The research group began their study by selecting a control group of hospital staff that frequently utilize the facility's break rooms. They then placed four types of biscuits in front of the participants: oat, digestive, rich tea, and shortie. Paired along with this biscuit are several cups of non-discriminatory coffee, each prepared at different temperatures. The participants were asked to select the coffee cup they found to be the best, and most pleasurable, as well as to identify which biscuit they found the best to accompany the beverage. After having each of the participants enter their selections and choose their desired temperatures, the four different types of biscuits were put through six separate tests, investigating the crunch-ability, dunk-ability, and overall goodness of each, among other things. The results were then ranked 1-4 and plotted by the research group.

"We have witnessed how NHS staff avoid breaks because of constraints on their time, often grabbing substandard refreshments in a rush. Efficient tea-making skills and a good quality accompanying biscuit are important for healthcare workers, who deserve to have a brew-ti-full day." — Ceri Jones, *Consultant Pediatric Surgeon*

- Ceri Jones explains how as a surgeon in this particular hospital, she's witnessed first-hand just how important and essential it is to not only have the proper biscuits available for staff on breaks, but also to keep cups of coffee at an optimal temperature.

The results of the study gave the research group answers to their variety of questions. The initial question posed by the research team was this: What is the optimal temperature to prepare coffee at in the break room? Per the results of the research study, the majority of the facility's staff identified sixty-one degrees Celsius as the most optimal, preferred temperature for the break room's coffee. Additionally, the research group also hoped to identify which type of biscuit was the most pleasurable to pair with a cup of coffee. Through six different trials and compiling the preferences of the test's participants, the research team was able to conclude that the oat biscuit was the most preferred and well-suited biscuit to be paired with a cup of coffee.

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The implication of this study comes in many forms and fashions. For one, this study will help the administration at this specific facility work to get the absolute best out of their employees while on the job. Additionally, the corporation was able to learn how to better serve their employees, with them becoming more familiar with their personal preferences and interests, in turn building a closer sense of community in the workplace. In conclusion, the research group was able to determine that when the break room's coffee is optimally heated to nearly sixty-one degrees and paired with an oat biscuit, workers in the facility are able to consume their beverage in less than ten minutes, which can have both a positive and uplifting effect on the consumer's day, while also being time-efficient and safe.

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Research Article

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