

My Health - My Care - My Home

Healthcare Framework for adults living in care homes



Happy new year everyone and welcome to the second My Health, My Care, My Home newsletter.

Our first newsletter, issued in October 2022, introduced the team, gave an overview of what had been happening since publication of the [Healthcare Framework](#), and how we are progressing with our plan for implementation. This newsletter will give a further update on implementation and our associated workstreams.

Just before Christmas we communicated our analysis of all 78 Framework recommendations with stakeholders who we believe can deliver the outcomes in the framework. We hope that once colleagues are able to do so, they reach out to share with us information on their current or future workstreams that will aid implementation of the Framework.

Additionally, we have worked closely with colleagues across Government to better understand how we can work together and use the framework as a mechanism to drive forward future policy development.

The Framework is for the whole sector, and we are all responsible for its delivery.

Animation

Following on from our first [animation](#) we have now finalised our [second short animation](#) detailing the life of 'Bill', a resident in Truacanta care home. Bill has had excellent care since moving to Truacanta Care Home and Jean is pleased that he has

continued to be able to continue to engage in many things he loved. He has now become frailer, and this new animation shows what good care looks like for someone approaching the end of life. Please use and share this animation in whatever way you feel is appropriate.



Care Home Posters

We advised in our previous newsletter that we were intending to send out two posters to be displayed in a prominent place within your care home and/or to be used as discussion pieces with staff and residents. Unfortunately we were unable to do this before Christmas but these should be with you very soon – if not already. We can also share copies by email for anyone who would like them. We'd like to thank everyone who has already been in touch.

Implementation Advisory Group

We included a commitment in the Framework to "establish an 'implementation oversight group' with members from all areas of health and social care as well as people living in care homes and their families."

We now feel we're in a position to do so and it is our expectation that the group will provide informal advice, guidance and support in helping us to successfully take forward our workstreams and implement the recommendations in the Framework. We are keen to keep membership of the group to a manageable level, but we are delighted to welcome (so far) the following organisations to the group:

- NHS Fife
- NHS Lothian
- NHS Borders
- Scottish Care
- Care Inspectorate
- COSLA
- Social Work Scotland
- Healthcare Improvement Scotland
- Abbotsford Care
- Pacific Care
- SSSC
- Marie Curie
- DHI Scotland

Our Workstreams

We have identified five key workstreams which fit in with the aspirations of the framework and link in with some of its recommendations. These will build on the great work that is already being done locally to provide better outcomes for people living in care homes:

Improving transitions of care & inter-professional communication

ensure that care home residents have timely and equitable access to hospital when it is clinically necessary and that when discharge is confirmed it is done so in discussion with the care home to ensure that no one from a care home stays in hospital longer than is clinically necessary. Additionally, throughout their stay in hospital good 3 way communication should take place and the appropriate personal information is available and accessible

Reducing the associated harm of falls through effective falls programmes

Increase the number of care homes who have fall programmes which promote good preventative practice and ensure that there are processes in place to understand why it happened and make changes if needed

People living in care homes are supported to participate in Meaningful Activities

Everyone living in a care home will have a personal plan which is used to provide opportunities for them to do things that are important or meaningful to them.

Closer alignment between individual Care homes and General Practice teams

Wherever possible, care homes should be linked with a named General Practice that will play a lead role in delivering care and providing clarity around who should be supporting the individuals multi-disciplinary team

Learning & Development opportunities and resources for care home workforce

Ensure that care home staff can select from a wide range of relevant tools and resources to meet their education and training needs and they are given time to undertake their learning

As part of our L&D workstream we are delighted to announce our [collaboration with Highland Hospice](#) to expand the use of Project ECHO through replicating more hubs and networks throughout Scotland. A first step in repositioning the superhub as a Scottish ECHO Centre.

We are also looking to find out more about technological solutions that would be beneficial to care homes and residents to aid our meaningful activities workstream. If you have any suggestions or thoughts around this, please get in touch.

carehomeshealthcare@gov.scot



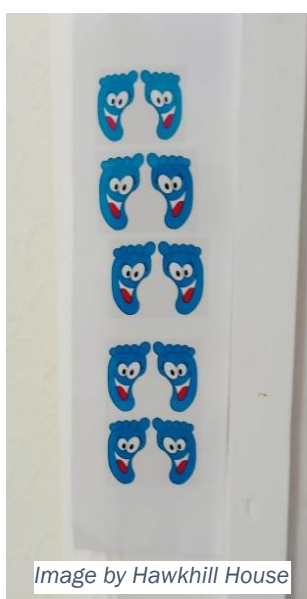
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Gathering and sharing good practice

Through conversations with stakeholders, we have learned about many great examples of good practice taking place across the sector. Moving forward we are looking at ways to share these and provide a platform where care homes can learn and share their experiences.

Please see below some examples that align with our falls and meaningful activities workstreams:

Happy Feet



Hawkhill House care home have created a programme called “happy feet”, which involves adding a poster of feet on the door of each resident who is at a higher risk of falls. Happy Feet is incorporated into the resident’s Personal Plan.

The posters provide a visual prompt for staff to check-in on the resident to make sure they haven’t fallen and to keep an eye out for cues which could lead to a fall. The project has been successful in increasing awareness of falls, and has brought about a 50% reduction in falls. The programme works because every member of staff has a collective responsibility to take action to prevent a resident falling. To find out more, you can contact hawkhill@caringhomes.org

A Helping Hand

“A Helping Hand” is a song created by a care home resident called Susanne Watson with help from Rory Campbell (Music Therapist). Susanne wanted to write a song as an anthem for the care home and her lyrics were developed into a song that brought the whole home together as well as families and friends. The words will hold different meanings for different people and at different times. You can listen to the full song here – [A Helping Hand – YouTube](#).



Links with the local community

Kincarrathie House have been taking part in numerous activities to connect residents with the local community. For example, they have strong links to local nurseries and primary and secondary schools. Additionally, in collaboration with Perth College, residents and students have been taking part in a strength and balance programme. To find out more, please contact

activities@kincarrathiehouse.org.



Photo by Kincarrathie Care Home

Realistic Medicine

The principles of Realistic Medicine are embedded throughout the Framework to help ensure that decisions about healthcare are made in partnership with people and their families and will deliver care of greatest value to them, but they may not be commonly well known by everyone with a vested interest in the Framework. In recognition of this, NHS Highland have created a very [helpful resource](#) to support their delivery. Please contact jaimie.smith1@nhs.scot for further information.

Webinars

We have been hosting a series of webinars on Microsoft Teams that each focus on a key chapter of the Framework and the associated recommendations. Four sessions have already taken place on MDT & Anticipatory Care; A Skilled and Sustainable Workforce; Palliative and End of Life Care; and Nurturing Environment & Prevention.

We'd like to thank everyone who has attended and participated so far, particularly those who were kind enough to share details about their ongoing work. Notes and slides from each webinar have been circulated to those who attended but if anyone else would like a copy please get in touch with us. Details of two further webinars planned are provided below. We hope that you and/or your colleagues will be able to join us.

Urgent & Emergency care	21 February	14.00-15.30
Data & Digital	21 March	11.30-13.00

Research project on the Healthcare Framework

[Dr Jenna Breckenridge](#), ESRC Policy Fellow, Social Care Analytical Unit/ University of Dundee, is conducting a qualitative study on how evidence-informed understandings of 'good' social care can be embedded into National Care Service policy. Jenna is using the framework as a case study to examine how policy makers conceptualise, find, and use evidence as part of its design and implementation.



Jenna has carried out interviews with over 20 people involved in developing the framework to find out how different voices and types of evidence were included. She has also been carrying out some in depth interviews with care home managers/providers to seek their views on 'good' practice and how this is best shared with policy makers.

Jenna is now beginning her data analysis and will be sharing the findings of her research in the next few months. Jenna would like to thank everyone who took part in the interviews and gave their time so willingly to contribute to the research.

We will apply the learning from Jenna's research to help inform how we implement and evaluate the framework. Her research will also feed directly into work going on across the NCS development in Scottish Government.

If you would like to find out more about Jenna's research, then please contact jenna.breckenridge@gov.scot

Get in touch

We have been encouraged to hear about the work that is taking place across the sector in response to the Framework, and we are aware that some other areas have already started mapping the recommendations against their ongoing work. If you haven't already, please do get in touch, we would love to hear from you, and when possible, visit you to see your good work in action. Please contact carehomeshealthcare@gov.scot if you have information you would like to share or if you would like to get involved.



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Healthcare
Framework



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about how an effective
MDT can support
someone's care