

AUTUMN 2023 ISSUE 5

CHIT CHAT

Lothian Care Home and Integrated Teams Chat

Welcome...

Welcome to the Autumn Edition of the Lothian Care Homes and Integrated Teams newsletter. With the nights drawing in, we wave goodbye to the summer and say hello to the colder weather and of course, flu season.

Which brings us on to our spotlight...

Spotlight on: Winter Vaccinations

Decision-making on Scotland's vaccination programme is guided by the independent, expert advice of the Joint Committee on Vaccination and Immunisation (JCVI). Vaccination is required every year because flu viruses are constantly changing and your level of protection against Flu and COVID-19 may have reduced since your last vaccine. The vaccines offered this Autumn are available to Care Home residents and staff and will give the best possible protection against the viruses likely to be circulating this winter.

For Care Home staff appointments can be made via <https://vacs.nhs.scot/csp> or by calling the National Vaccination Helpline on 0800 030 8013. Care Home staff can also attend NHS staff clinics or be vaccinated when vaccination of residents is being undertaken in the home.

Vaccination for Care Home residents has already started with consent forms sent out along with information regarding the vaccination process. If not already done so the vaccination teams will be arranging a date to visit your care home and carry out the vaccinations.

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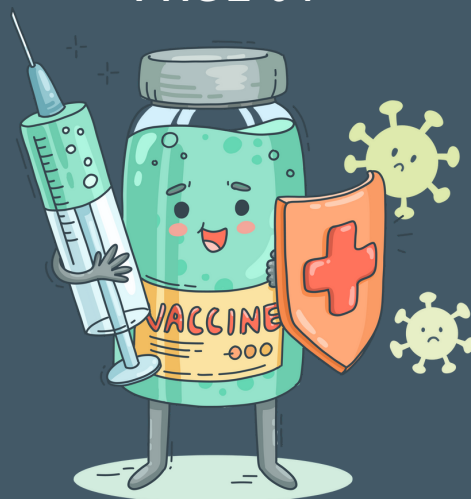
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Respiratory Testing in Care Homes

Amie Borge - Advanced Health Protection Nurse

As we continue with life post pandemic, there has been additional changes to national guidance around both testing of health and social care staff and residents. Most people in the population can no longer get access to free Covid-19 testing. Routine testing of symptomatic health and social care staff has now also been paused, as per SGHD/CMO(2023)12 letter. Health and social care staff with respiratory symptoms should adhere to NHS Inform advice on managing symptoms of respiratory infection rather than seek a test. Individuals with certain health conditions who are still eligible to test and should seek this through NHS Inform.

Anyone with a high temperature should remain off work until they have been temperature free for at least 48 hours and without the use of antipyretic medication. And anyone who does not feel well enough to work should also remain at home until feeling better. If staff members choose to carry out a test and this returns positive there is a requirement to isolate for 5 days due to the confirmed positive result.

During a suspected outbreak the Health Protection Team (HPT) will request that the setting carry out up to a maximum of 5 PCR tests on symptomatic residents.

Asymptomatic residents should not be tested unless otherwise advised by HPT. LFD tests should no longer be used as these only test for Covid-19 and will not pick up any other respiratory illness that may circulate over winter. This is for outbreak management purposes only and there is no benefit to testing any more than 5 residents as it would not change the outcome of the management of the outbreak. HPT will issue further PCR testing packs to care homes in the coming weeks so everyone will have a supply to manage at least 2 outbreaks over the winter months.

Webinars are in the process of being planned to update settings on the process and pathway for taking and sending a PCR test for outbreak management.

Testing for Covid-19, from 30th August 2023, remains to:

- Support clinical diagnosis, when advised by a health professional
- Support an investigation of Covid-19 variant and mutation (VAM)
- Support outbreak management, as per the National Infection Prevention and Control Manual or on advice from local Health Protection Team
- Test those who are eligible for Covid-19 treatments
- Test individuals prior to their discharge from hospital to a care home or hospice, as per government policy, to provide additional reassurance for these settings



Introducing Heidi Pollok-Hay

Dementia Clinical Educator

Hi, my name is Heidi Pollock-Hay and I am new to the clinical education role. My background is predominantly Medicine of the Elderly where I have worked with both acute healthcare and in a Nursing Home. Coming from an acute area into teaching has been very different. Learning to stay still for longer than a few minutes has been a steep learning curve! Throughout the last few months I have bumped into a few of my previous student nurses from the clinical area who have given me reassurance that I have made the right decision and that teaching is my way forward.

I will be working alongside Liz McPherson to deliver education on Dementia and Delirium. This will be Lothian wide and in various locations and include staff from Care homes, Nursing homes, Residential homes, care at home and acute areas.

Training through the Lothian Care Academy (LCA) and Clinical Education and Training (CET) can be booked online at NHS Lothian Care Homes website (<https://services.nhslothian.scot/carehomes/lothian-care-academy-training/>) and at [LCA's Twitter/X page](#) or using the QR codes below. There will also be flyers available to inform of the different sites throughout Edinburgh and Lothian and to allow for accessibility for as many people as would like to join us.

We hope to create a positive learning environment that all groups will feel comfortable and engage with. Being able to come together again and to be able to learn from one another is going to be another benefit of the full day learning experience we are putting together. We are excited to be able to facilitate this learning experience and are keen to get going. First class is at the end of September, can't wait to meet everyone!

Booking form



View more details on the course



Falls Awareness Week

Jo Gordon - Community Falls Coordinator

Falls Awareness Week was Monday 18th to Friday 22nd September across the UK this year. Falls are not an inevitable part of getting older and there are things we can all do to reduce them, while promoting safer mobility, and good quality of life for all individuals living in our care homes. There are resources available on the Falls Pages on NHS Lothian's Care Homes Website that have positive messages and are welcome to be used in care homes across Lothian.

Did you have any events planned for falls awareness week? If so, please share your stories with us and any photos that have been taken with permission to share, via loth.carehomesqstandards@nhslothian.scot.nhs.uk

Discharge Project

Sam Galbraith AQIA

Following feedback from Care Homes and our colleagues at Scottish Care surrounding challenging discharges from Hospital to Care Homes, a short life working group led by the Care Home Programme Team has been formed. Over the past couple of months, the group has undertaken a piece of work which aims to improve the persons journey from Inpatient Services in NHS Lothian to Care Homes.

A poster and a discharge checklist have been designed and are now being trialled in our pilot sites, one ward at the Royal Infirmary, the Western General and St John's Hospital. Members of the Quality Improvement Team are currently following everyone discharged from these wards home. This has given the Quality Improvement Team not only an opportunity to make sure that the poster and checklist are improving discharge process, but also a chance to speak with more Care Home teams about their experiences with discharges from Inpatient Services more generally.

Over the coming weeks we will reflect on what has been learned during the pilot, amendments may be made to the new discharge resources to reflect the feedback received from both Care Homes and the piloting Inpatient Services. We will look to scale up this project and you may begin to see the discharge checklist as part of the documentation you receive.

If you have any questions about this piece of work or would like to know more information, please contact us at loth.carehomesqstandards@nhslothian.scot.nhs.uk

Care Homes Website News

Hazel Stewart AQIA



Address: services.nhslothian.scot/carehomes/



CoWL (Carers of West Lothian) - offer a range of advice, information and support services developed to meet the needs and improve the lives of unpaid carers and disabled people living in West Lothian. The page can be found in the **Support for Everyone** section on the main menu.

Infection - Antimicrobial Stewardship (including Antibiotics) - Antimicrobials can speed up recovery from infection, however, they need to be used with caution to avoid antimicrobial resistance - this is where antimicrobial stewardship comes in. The page can be found in the **Education and Training** section in the **Education & Lothian Care Academy** section on the **main menu**



Education and Training pages - Following a review of the website the **Education and Training** webpages have moved to the section **Education and Lothian Care Academy** in the **main menu** – this is so that all education and training is held in one place.

If you have information you want to share on the Care Homes Website please contact us at: loth.carehomesqstandards@nhslothian.scot.nhs.uk