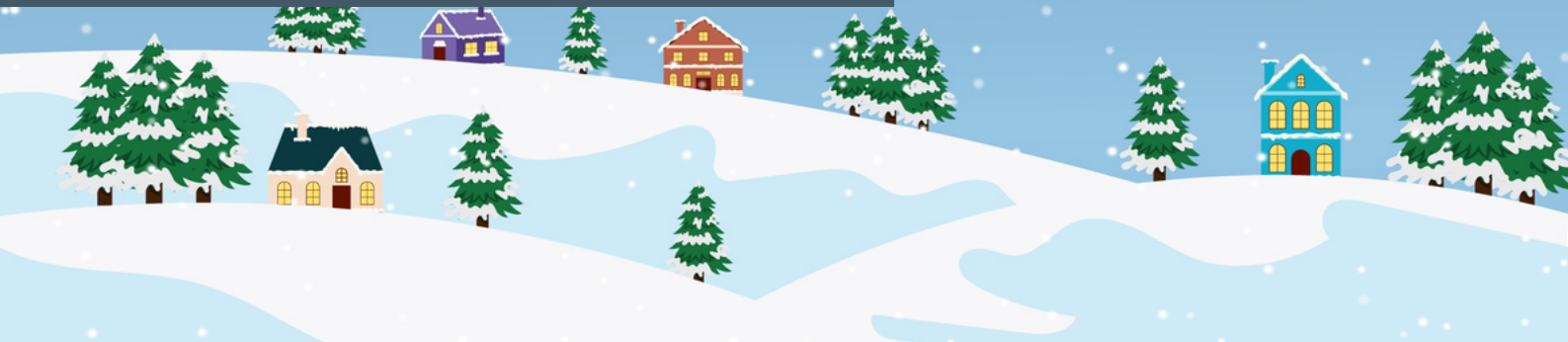


CHIT CHAT

Lothian Care Home and Integrated Teams Chat



Welcome...

Welcome to the Winter Edition of the Lothian Care Homes and Integrated Teams newsletter. As the year is coming to an end, it's time to turn up the heating and ask Alexa to play Michael Bublé. With that being said, let's take some time to reflect on the incredible work carried out by Care Homes across Lothian this year.

Which brings us on to our spotlight...

Spotlight on: Camilla House

Pei Shan Ng from Camilla House lead and completed a QI project creating a skin tear E-kit and instruction card to improve skin tear management. The E-kit and instruction card was piloted in 8 selected care homes under Sanctuary Care with good feedback.

Skin tears are traumatic acute wounds and the most common skin problem in older adults, they can be painful wounds that can compromise the quality of life and cause distress to the resident. The project objective was to improve staff knowledge and accessibility to appropriate dressing products when skin tears occur, prompting the implementation of the skin tear E-Kit. Feedback collected in the trial period showcased the positive impact that the Skin Tear E-Kit has had in the pilot sites.

Please scan the QR Code to read the full report on this fantastic project.



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Fringe Carers Festival

Queens Manor Care Home

For many senior adults who live in care homes it is often impossible to attend the world's largest arts festival, the Edinburgh Festival Fringe. Therefore, this year, Edinburgh Festival Fringe performers brought music from the 76 year old arts festival to four care homes in the city of Edinburgh – Queens Manor Care Home, Archview Lodge Care Home, Drummond Grange Care Home and Strachan House Care Home.

The initial idea was thought back in 2022, when a resident expressed to his friend that he missed attending the festival – we planned and scheduled the first festival event with the final concept and performance being launched at the founding home – Queens Manor and the founding sponsor being Barchester Healthcare. From the amazing feedback received by residents, staff, relatives and visitors it was then decided to open up the event to the other three homes in 2023 and what a success it has been!

Residents, families, staff and visitors have all raved about how great an initiative it is & how it brings the excitement, fun, and delights of the Festival Fringe right into our homes. Comments have included “it is amazing that my mum can still take part in the festival – she used to attend every year and take us when we were growing up... she loves that she can now watch performers from the comfort of her own home with all of us coming in too” and “I love having the event take place in the home – It makes me feel like I am still involved in the community”

The goal for the festival and its sponsors, is for the event to be available across all care homes in Edinburgh within the next ten years – no matter what care provider the home is operated by.

Shannon Cullen
Senior Head of Lifestyle & Enrichment



PainCheck App Implementation

Cheryl Henderson



STV News



Q Blog

It was a surprising, pleasure to be involved with the Quality Improvement Team for Care Homes and Primary Care Settings, to help us in embedding the new AI technology we had signed up for called PainChek.

Although we had implemented new systems before, we had not knowingly used a QI approach, so although we were keen to work with the team, we were also quite trepidatious. However, the team member assigned to us, Hazel, made the process sound much less scary and explained that this is something we had in fact done over and over again. The difference this time was that we were able to capture this in documentation and have an external 'hand' to guide and advise.

Having someone external onboard allowed us to really look at the process, before during and after, looking at what we wanted to achieve and what outcomes we were measuring. This made the whole process more useful and allowed us to see the areas that were working and those that weren't. We learnt a lot from the entire process, including strengths and areas to develop within the organisation as well as what outcomes were most important to us. This not only including measuring the use of medication, severity and frequency of pain, but also making sure the teams understood it's use as well as the importance of assessing pain.

The learning process we gained through working with the QI team, has helped in the rolling out of our new care planning system too, so the learning process continues.

This, along with the implementation of other systems, helped to contribute towards a very successful recent care inspection report at Cluny Lodge. This also included being approached by PainChek themselves to host a filming session from STV about our journey with PainChek.

Cheryl Henderson – Education and Dementia Co-ordinator for Elder Homes Ltd

It was a great pleasure and wonderful learning experience to work on this project with Cheryl and the team at Elder Homes.

We worked very closely and collaboratively throughout. Cheryl and the Elder Homes team brought a wealth of invaluable knowledge about their units, staff and residents and I brought Quality Improvement knowledge and methodology as well as a mental health nurse's ability to think outside the box. We also worked at times with the PainChek team who helped us to understand the system.

This project highlighted how there are many aspects to introducing a new tool and it is not just about teaching staff how to use it and letting them get on with it.

Like some PainChek projects we initially had difficulty with staff engagement in terms of staff using the the app, especially in relation to follow-up assessments rather than just for monthly baselines. We put our heads together and developed a discussion based interactive education session. These sessions received good feedback and also helped improve staff engagement.

I am very proud of this work and the relationship I was able to form with Elder Homes. I am especially proud that the project has helped Elder Homes and PainChek share their good work through the media (STV news), the RCN (Q blog) - both of which can be viewed via above QR codes - and the Care Inspectorate.

Hazel Stewart AQIA, BN, BSc (Hons)



Quality Improvement Team

Care Homes and Primary Care Settings

Our team have supported with various projects throughout the year such as; implementation of the PainCheck App, Safe Staffing, UTI Management, Bowel Health and many more. Don't just take our word for it, please see some of the wonderful feedback we have received.

“It was a surprising, pleasure to be involved with the Quality Improvement Team, to help us in embedding the new AI technology we had signed up for called PainChek ... The learning process we gained through working with Hazel from the QI team, has helped in the rolling out of our new care planning system too, so the learning process continues.” - Cheryl Henderson – Education & Dementia Co-ordinator for Elder Homes Ltd

“We have found Sam easy to work with, well informed and with a knack of pulling information from your head that you didn't realise was there. Her input into the Home has impacted on the care in the Home in a positive way and we look forward to working with the QI team in the future to maintain the positive momentum.” - Ann Simpson - General Manager, Middleton Hall

Full details of the teams input can be found on our website.

If you have any projects that you wish to have support with then please contact us at loth.carehomesqstandards@nhslothian.scot.nhs.uk

Care Homes Website News

Hazel Stewart AQIA



NEW Page NEW

Address: services.nhslothian.scot/carehomes/

Preparing for Winter - Infection and Outbreak Education, Information and Guidance -

This page aims to give you information and guidance to help the residents and staff in your Care Home be more prepared for winter by providing information on prevention, testing and control of some of the most common winter illnesses, this includes respiratory and gastrointestinal infections. There are related posters which you can download and print for your Care Home and there is also a video of the Winter Webinar provided by the Health Protection Team (HPT). The page can be found in the [main menu](#).



Support and Wellbeing for Everyone -

Winter can be a difficult time of year for everyone. Working in care and looking after others we can sometimes forget to look after ourselves or don't feel we can ask for help. You are just as important as those you care for and whether you need someone to speak to or want to work on your mental wellbeing this page has resources for you. The page can be found in the [main menu](#).

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

