

SUMMER 2024 ISSUE 8

CHIT CHAT

Lothian Care Home and Integrated Teams Chat



Welcome...

To the summer edition of CHIT CHAT of 2024! Holidays are on everyone's mind but before we put that out of office on, let's look at some of the incredible work happening in Lothian Care Homes!

We are keen to hear from you too. Have you an innovative project you would like to share with others? Or would you like some support with an improvement initiative? If so, please contact the Quality Improvement Team on:

loth.carehomesqstandards@nhs.scot

Spotlight on: RCN Awards

Pei Shan Ng, a registered nurse from Camilla House was recently a finalist for the "Care Home Nursing Award" at the Royal College of Nursing Awards. Although not winning the award, Pei Shan Ng did receive "Highly Commended" which is a fantastic achievement.

"I am really honoured to receive the RCN Scotland highly commended award under care home nursing categories and hope it will inspire care home nurses and international educated nurse to shine at their workplace." - Pei Shan Ng.

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Interim Chief Nursing Officer visits NHS Lothian and Braeburn



Written by Maggie Byers-Smith

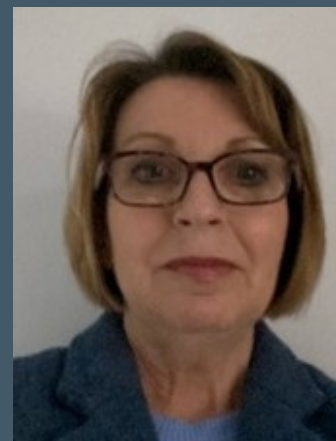
Lead Nurse QI & Standards, Care Homes and Primary Care Settings

Anne Armstrong, Scotland's Interim Chief Nursing Officer, visited NHS Lothian's Care Home Programme Team and Braeburn Nursing and Residential Care Home in Edinburgh on the 15th of May 2024. Anne was keen to hear about the Care Home collaborative arrangements in practice and what else could help the sector.

Anne came to NHS Lothian's headquarters at Waverley Gate where she met with Pat Wynne, Nurse Director and some of the team. Anne heard about the Pan Lothian collaborative arrangements with Care Homes, Care at Home, HSCPs, Care Home Support Teams, NHS Lothian Teams, Care Inspectorate and Scottish Care. We shared the work and projects that we have undertaken and current activity contributing to the recommendations articulated in the Healthcare framework for adults living in Care Homes – My Health, My Care, My Home and meeting the Executive Nurse Directors responsibilities.

At Braeburn, Anne and the team met with residents, Shona MacDonald Care Home Manager and Board members Jane Green and Kenneth Ramage. Shona has been instrumental in contributing to the Lothian collaborative arrangements including the Lothian Care Academy education and training programmes, piloting the Urinary Tract Infection and antimicrobial stewardship project and the Vitamin D supplement record to name a few.

Anne was delighted to spend time with the team and see the great work being undertaken first hand. Anne is looking forward to hearing more over the coming weeks and month.



Anne
Armstrong,
Interim Chief
Nursing
Officer



Shona
MacDonald,
Care Home
Manager,
Braeburn



Lorna Hunt, a registered nurse from Braeburn Home wanted to share some work that they had been undertaking in their Care Home;

I recently created two informative posters to help the loved ones of our care home residents understand their loved ones' disease progression and nutritional needs.

The first poster focuses on managing dementia, offering practical communication tips, routine suggestions, and emotional support strategies. The second highlights the importance of nutrition in elderly care, providing essential dietary information and meal planning tips. Using colourful pictures, infographics, and illustrations, I ensured the content is clear and engaging. These posters aim to enhance family members' understanding and involvement, fostering better collaboration with care home staff and improving our residents' quality of life.

These are hopefully just the first in a series of useful posters and information tools I aim to create. If you would like to view these posters, please contact me via email, office@braeburnhome.co.uk - FAO Lorna Hunt - I'm happy to share them!

NHS Lothian Care Home Website

Audrey Pringle



The NHS Lothian Care Home Website is currently undergoing a review and you will notice some changes to the layout and pages. We have tried to streamline the website to make the user experience better and access to most relevant pages easier. When you visit the site at:

<https://services.nhsllothian.scot/>

There are three main areas now listed on the website:

- Latest news
- A-Z of Specialist Teams and Services and
- Lothian Care Academy



A recent survey of care Home Managers highlighted that only 46% of respondents were aware of the Care Home website and 38% were aware of the website but did not use it. 17% of respondents were unaware of the availability of the website. We therefore have some work to do to make all staff aware of the website and what it can offer. If you would like to give us feedback on the website or make any suggestions as to how we could improve it for you, please contact us at:

loth.carehomeqstandards@nhs.scot

If you would like to visit the website, please use the link above or access it the QR Code above.

NHS Lothian Interim Dementia Consultant – Reflections on Dementia Care

Morna Russell



Hello, my name is Morna Russell and I am the Interim Dementia Consultant for NHS Lothian. I am an occupational therapist by background and I have spent the majority of my career working in older people's mental health services both in hospital and community settings. While I was a student many years ago I worked as a care assistant in a nursing home and this ignited an interest in working with people with complex care needs in the advanced stages of dementia. I saw some examples of excellent, compassionate care, but also at that time there was a lack of understanding of the needs of people with dementia; stigma and discrimination were prevalent resulting in poor outcomes for people. Staff often lacked the knowledge and skills to care effectively for their residents and this not only had a direct effect on the residents, but also on staff morale and burn out.



30 years on I have had the opportunity to see current practice in care homes and how things have progressed. While in this post I have had the opportunity to visit some care homes and link with teams who provide NHS services into care homes. I have been impressed with the standards of care, the dedication and the enthusiasm of staff who are committed to providing high quality care to their residents. Particular areas of good practice I have noticed include:

- Holistic, person-centred care is now recognised and embedded into care practice more consistently. Meaningful activities are part of the daily routine and are offered in a flexible, individual way.
- Care home environments are designed to meet the needs of people with dementia and to enable independence and wellbeing.
- Staff awareness and knowledge around dementia has improved and good quality dementia training is available through care homes and the Lothian Care Academy.
- Staff have a better understanding of distressed behaviour and use a proactive approach to addressing this, utilising specialist services as required.

It is also acknowledged that further work is needed to build and sustain these improvements to ensure people with dementia living in care homes and their families get the right care, from the right people at the right time. I am confident that by collaborating together and harnessing the skills, experience and knowledge we already have in Lothian this can be achieved.

More information about the education available through the Lothian Care Academy can be found on their website. I will have finished my secondment, however, if you have any queries I am still around and can be contacted at morna.russell@nhs.scot

Elder Homes

Cheryl Henderson, Education and Dementia
Co-ordinator Elder Homes Ltd.



Elder Homes (Cluny Lodge and Chamberlain), have recently been involved in two projects. Playlist for Life – www.playlistforlife.org, a charity focusing on music and dementia, for the last 10 years and Namaste Care. Namaste Care is a newer project, where we have been working with a brand new charity NEAR – Namaste Education and Resources, as one of 6 care homes to pilot this amazing aspect of care.

As a Care Home provider that supports those with and without dementia, we felt that the needs of those with less ability to communicate and/or with end stage dementia were not being met as well as we would have liked. The opportunity to be involved with these projects has allowed us to develop our own staff as trainers within both these areas, meaning that they can not only implement these innovative therapies, but train others to be involved too.

In order to ensure as many staff and relatives as possible are aware of these therapies and the importance of them, we have been running some experiential awareness sessions. This involves participants experiencing the power of their favorite music and a taste of the sensory elements of Namaste. These sessions have been really well received, giving a greater understanding of what we are trying to achieve, as well as the importance of each person's role within this.

We are looking forward to rolling this out with our residents over the next few months



Playlist for Life

For further information on
Playlist for Life please scan
the QR Code or visit the
website at
<https://www.playlistforlife.org.uk/>



Alzheimer's Society

For further information on
Namaste Care please scan the
QR Code or visit the website at
<https://www.alzheimers.org.uk/blog/namaste-care-dementia-care-homes>



Lothian Care Homes and

Care at Home Online

3rd October 2024

“Caring and Learning Together”

LOTHIAN CARE HOMES AND CARE AT HOME CONFERENCE

Online – 3rd October 2024
Caring and Learning Together

Lothian is hosting its second dedicated Care Home and Care at Home Conference but this time it will all be online on the 3rd of October 2024. Save the date in your diaries in anticipation for registration opening by the start of July.

Aim of Conference

The conference will be a celebration and an opportunity to share projects, good practice and experiences within Care Homes and Care at Home services throughout Lothian and Nationally.

There will be a number of presentations on a host of topics effecting Care Homes and Care at Home and also an area online where you can view and read about exciting projects and ongoing work.

Who can attend?

As the conference will be online we are not restricted by numbers and we welcome attendance from all interested parties. Tell your friends and colleagues.

Due to the technology we still require registration. Registration will open from the start of July. If you would like further information or would like to discuss further please email loth.carehomes@nhs.scot