

WINTER 2022 ISSUE 2

CHIT CHAT

Lothian Care Home and Integrated Teams Chat



Christmas Greetings.....

Welcome to the second issue of Chit Chat, the Lothian Care Home and Integrated Teams Chat. We have a bit of a Christmas themed newsletter for you this time, and we hope that you are all excited about preparing for what should be a fairly normal Christmas this year for your teams, residents, and their families.

We would really like to hear from you about projects you are involved in, as sharing practice is a great way to learn and take forward improvements and tests of change. You can email us on:

loth.qjstandardscarehomes@nhslothian.scot.nhs.uk

Merry Christmas



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THE HEALTH PROTECTION TEAM (HPT)

The Health Protection Team is a multidisciplinary team consisting of Specialist Nurses, Doctors, Administrative, and Surveillance staff. The HPT work closely with colleagues in other NHS specialties such as Infection Prevention & Control, Microbiology and Virology. External to NHS we also work closely with Environmental Health Teams and national organisations such as, Animal and Planned Health Agency (APHA) and UK Health Security Agency (UKHSA). HPT is a dynamic service which responds to a wide and ever shifting range of issues that may be a risk to the health of our population. These can be anything ranging from Ebola and Avian Influenza to events such as chemical or radiation incidents. Here at the HPT we are on hand to deal with outbreak situations and monitor the emergence of diseases such as COVID. We also manage historically well-known diseases such as measles and tuberculosis. Some of our key areas of expertise include gastrointestinal infections, water borne diseases, environmental hazards, and travel associated infections. Health Protection is a function of Public Health. It is defined as protecting individuals, groups, and populations from single cases of infectious disease, incidents, and outbreaks, and non-infectious environmental hazards such as chemicals and radiation.

SCABIES UPDATE FROM HPT

Scabies is a common illness which is usually transmitted by direct skin to skin contact, lasting several minutes. There is an increased risk of outbreaks happening in closed settings such as Care Homes.

The period between acquiring the scabies mite to developing symptoms is between two and six weeks in a person who has not previously had scabies. In cases where someone is reinfected the incubation period is much shorter, with symptoms appearing within 1-4 days. Symptoms develop as a result of an allergic response to the mite, its eggs and excreta. Burrows are commonly linear and most lie in areas such as wrists, finger webs, and sides of the fingers. The face and scalp are most commonly affected in young children or older adults. The main symptom is itching which can be uncomfortable.

Crusted (Norwegian) scabies is rare but can develop in those who are immunocompromised or elderly. This has a different presentation to classical scabies and different management as it is much more contagious and likely to cause an outbreak.

Meet the Team

LEAD CONSULTANT

Rachel Gill

NURSE CONSULTANT

Peter Harrison

CONSULTANTS

Richard Othieno

Janet Stevenson

Christine Evans

Graham Mackenzie

HEALTH PROTECTION SPR

Marisa Devanney

Rebecca Devine

Clinical Fellow

Abigail Johnston

CLINICAL NURSE MANAGER

Louise Wellington/
Lindsay Murphy

ADVANCED HEALTH PROTECTION NURSE

Mary Morrissey

Cath Morrison

Amie Borge

Jeni Armstrong

HEALTH PROTECTION NURSES

Julie Baggott

Ruth Mutyambizi

Kimberley Nightingale

Ashley Dunlop

Christopher Tracey





SCABIES CONT....

The diagnosis and management of crusted scabies is complex and will require specialist advice.

There are Infection Prevention and Control measures that can be taken to minimise the risk of onwards transmission:

- Staff should wear disposable aprons and gloves when coming into close contact with a confirmed or suspected case.
- Staff should wear disposable apron and gloves when applying treatment to residents.
- Isolation is not required for possible or confirmed cases or classic scabies. Any resident with confirmed crusted scabies should be placed in isolation with dedicated toilet facilities.
- Bedding should not be shaken.
- Laundry should be treated as infected, be processed through the infected linen process for the care home, washed at 60 degrees or more and not washed separately.

HPT will provide advice on outbreak management; GP should make clinical decision if treatment is required

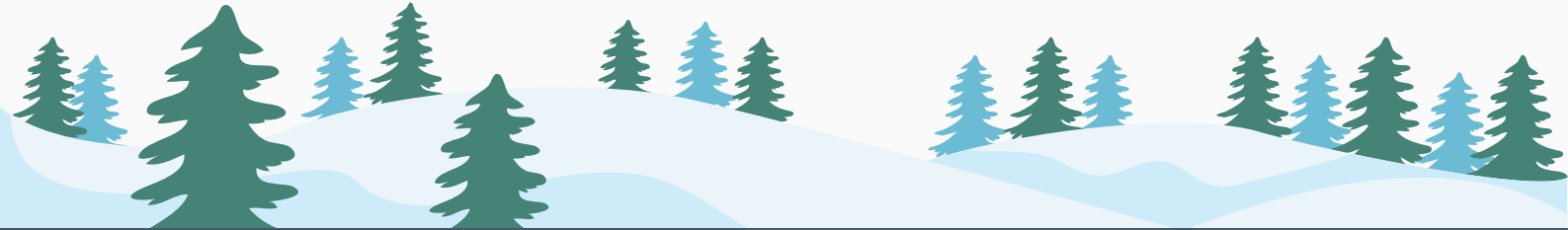
CARE HOME AND CARE AT HOME CONFERENCE 2022 – POST CONFERENCE

On 22nd of September 2022 the first ever Lothian Care Home and Care at Home Conference 2022 was held at Murrayfield Stadium.

We'd like to extend a HUGE thank you to all who attended and those who contributed their knowledge and skills to the day. To view a summary of the day, visit the Care Homes website at:

<https://weare.nhslothian.scot/carehomes/care-home-and-care-at-home-conference-2022-post-conference/>





NHS TEAMS WORKING WITH CARE HOMES ACROSS LoTHIAN



Tissue Viability Nursing (TVN)

The TVN Care Home team were fortunate to receive funding for anatomical models which show pressure ulcers and conditions associated with the lower leg, and we also received funding for pressure mapping devices. The anatomical models are used during our face-to-face training, allowing staff to grade pressure ulcers, see what some pressure ulcers may present as, and make the session more visual and interactive. The pressure mapping has recently arrived, and staff are learning how to use this in practice. This shows how cushions can help to redistribute pressure over a wider area, and also to identify areas of greatest risk and how equipment can help reduce this. We have more training on using this after the year when we hope to then get them out in practice.

Quality Improvement Team

The team have been involved in supporting the 19 funded projects which are underway across Lothian. These include purchases of equipment to support education and training and Tissue Viability. Other projects include Communication Awareness with Speech and Language Therapy; research on Recruitment and Retention; Anticipatory Care Planning (ACP); Psychology and Wellbeing Support; dedicated specialist staff for Bladder and Bowel support for Care Homes in West Lothian. Other work includes Dementia Education and Resources; UTI and Anti-microbial prescribing; Mentorship; PainCheck; Updating the Website, and Supporting Safe Discharge work.

If you would like to be involved in, or learn more about any of these projects, please contact us at:

loth.qistandardscarehomes@mhslothian.scot.nhs.uk





Lothian Care Academy

The Lothian Care Academy has reviewed its first phase with key stakeholders and has refined their offer.

The Lothian Care Academy’s purpose is twofold:

- The Lothian Care Academy provides strategic oversight, knowledge and best practice to education and training within Lothian
- The Lothian Care Academy addresses current operational challenges within Health and Social Care through the creation and facilitation of working groups

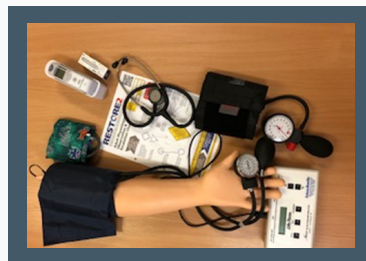
The programme is currently working on a number of initiatives including ongoing developing of a mentorship programme in Lothian, an ACP steering group to implement the 7 steps to ACP work, dementia training for care home and care at home staff, audiology support for care homes, development of a “Step into Care” course in partnership with Edinburgh College and ongoing scoping of recruitment and retention work to support people accessing a career in care.



Clinical Education Team

The clinical education team (CET) are delighted to welcome Anita and Lesley to the team. Both educators are keen to meet and work collaboratively with the care home staff and support teams.

The new training equipment we received via care home funding will allow us to deliver essential skills in a practical safe environment within the care home setting and we aim to achieve this by running hands-on workshops.



In the background our amazing admin support Karina & Joanne have been working tirelessly booking care home staff onto various clinical skills programmes and processing requests via

trainingandeducation.carehomes@nhslothian.scot.nhs.uk

As we reflect, we have engaged with multiple care and nursing homes over the year to deliver education specific to the needs of individual homes. The most sought-after course is the Knowledge Refresher course - the uptake on this has been immense and feedback incredibly positive. Clinical skills bookings are busy with the greatest demand being for Catheterisation, Venepuncture and Confirmation of Death.

As we move into the New Year the spotlight will be on Restore2 and the “To Dip or Not to Dip” UTI pilot study and associated education sessions. There is also the hotly awaited Facilitating of Learning course that will be offered early in the new year. This will be of benefit to practitioners across Lothian Health and Social Care Partnerships looking to develop their educational roles.





As the Quality Improvement Team for Care Homes and Primary Care Settings our work with the Care Homes website continues.

All pages have been reviewed and we now have a plan in place to maintain the standard and functioning of the website to a high level.

Our work continues in adding new information to the website, including creating new specialist teams and information pages. We are also working on some pages in relation to Carers which we will highlight in the next issue!



We have started work to publicise the website to ensure that people are aware of this useful resource but we also want to make sure it suits the needs of viewers to the website so will be asking for user feedback in the coming months.

If you have anything you would like to see on the website or any area of the website you would like to focus on in our next newsletter please do not hesitate to contact us loth.carehomesqstandards@nhslothian.scot.nhs.uk

Each issue of CHIT CHAT will highlight two sections of the Care Homes website

This month we will revisit the "The Referrals to Services" Page and look at the Audiology pages which have recently undergone some big changes.

Audiology - Sensory Impairment: Hearing Loss, Tinnitus, and Hearing Aids

Audiology have three pages on the website all of which have recently been reviewed and can be found in the "Care Homes Information" section of the website.

Service information and information on related conditions

Contains a wealth of information in relation to what the service can offer but also in relation to hearing loss, tinnitus and hearing aids, including examples of what hearing loss sounds like and many hints and tips for Hearing Aid maintenance.

Referral pathway

Audiology require a GP referral for new patients. They have contact details to check if someone is already an existing patient as many people with hearing aids will be under their care already.

Education and training

There are four modules on Turas that can be accessed by staff. Audiology also offer bespoke training on Hearing Aid maintenance and use.

Referrals to Services

We have recently worked with teams to make it clearer on the website how you can refer to them.

The following teams you can refer to directly - either by phone, post or secure email:

- Bladder and Bowel
- Dietetics and Nutrition
- Oral Health
- Palliative Care
- Pharmacy (secure email only)
- Physio
- Podiatry
- Speech and Language

The following teams require a GP referral:

- Behaviour Support - although there are contact details for any questions.
- Tissue Viability - where there is no registered nurse the first contact should be via GP or District Nursing.
- Audiology require a GP referral for new patients. They will see existing patients and you can contact them directly to see if a resident is already on their books.

