

# ENRICH SCOTLAND

enabling research in care homes



**August 2022**

## NHS Research Scotland: ENRICH Scotland Newsletter

Welcome to the NRS ENRICH Scotland newsletter. This newsletter was designed to help care home staff, residents and their relatives keep up to date with all aspects of care home research in Scotland, as well as share ENRICH news and developments. Whenever possible, we will include a website (usually linked in the title of the study description) or research team email address along with the description of the study. However, if you'd prefer you can also contact your local clinical studies officer to discuss the studies.

Thank you for reading, and if you would like to get in touch with feedback or stories you believe to be appropriate, please contact [tay.enrichscotland@nhs.scot](mailto:tay.enrichscotland@nhs.scot)

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## ENRICH Scotland Update



The ENRICH Scotland team are looking for care home staff who are attending our conference to speak about why you are interested in care home research. Please contact Rosie Ashworth ([rosalie.ashworth@nhs.scot](mailto:rosalie.ashworth@nhs.scot)) or your clinical studies officer to find out more.

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## Research Roundup



**[Understanding Intention to Leave Among Care Home Staff](#)**

leaving their current job to understand why. They also want to interview care home managers working in Edinburgh City to discuss staff retention and turnover. **Participation in a one-off interview will be kept completely confidential. Recruitment opened on the 1st August.** To express interest in the meantime please email [maria.drummond2@nhs.scot](mailto:maria.drummond2@nhs.scot). All care staff will receive a £20 voucher.

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### **Transpersonal Aspects of Advanced Dementia**

Bernie Giles from Liverpool John Moore University is interviewing care home staff about their role in supporting the spirituality of people with advanced dementia to explore how they can be best supported with this. It would be particularly useful to interview some workers who are implementing the Namaste Care programme (or something comparable). If you are interested in taking part please email Bernie at [b.p.giles@2019.ljmu.ac.uk](mailto:b.p.giles@2019.ljmu.ac.uk) or speak to your Clinical Studies Officer.

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### **Carer Perspectives on Freedom and Restriction in Pandemic-Affected Dementia Care**

Researchers from the University of Edinburgh are looking to find out more about what carers think about freedom(s) and restriction(s) in relation to caring for a person or people with dementia and how it has affected them during the pandemic. They are interviewing carers via teams or telephone. If you would like to discuss possible participation, please email Dr Martha Pollard at [M.C.Pollard@ed.ac.uk](mailto:M.C.Pollard@ed.ac.uk) or speak to your Clinical Studies Officer.

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### **Improving the Quality of Life of Women who have Dementia and use a Pessary for Treatment for Pelvic Organ Prolapse**

A team of researchers at Glasgow Caledonian University are investigating the extent to which women with dementia and prolapse get help to alleviate those symptoms and how services meet their needs. They are currently looking for volunteers with lived experience of living with dementia and a prolapse, or of caring for a woman living with dementia and a prolapse to support the team as a patient and public advisor. If you would like more information about this role then please contact your ENRICH Scotland clinical studies officer or email Professor Suzanne Hagen at [s.hagen@gcu.ac.uk](mailto:s.hagen@gcu.ac.uk).



The National Institute for Health Research (NIHR) in partnership with Alzheimer Scotland, Alzheimer's Research UK and Alzheimer's Society developed Join Dementia Research. This is a service that allows people to register their interest in participating in dementia research and be matched to suitable studies. We encourage everyone to consider registering. You do not need to be living with dementia to do so.

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### Update your preferences

We understand that there can be a high turnover of staff in care homes. Please keep us updated when your contact details change to ensure you continue receiving this newsletter.

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## News and Developments from ENRICH Scotland

A screenshot of the ENRICH Scotland website's home page. At the top is a teal navigation bar with white text for 'HOME', 'BLOG', 'MEET THE TEAM', 'GALLERY', and 'CONTACT'. Below the navigation bar, the word 'Home' is centered. The main content area features a white background with a heading 'Welcome to the ENRICH Scotland Blog...' followed by a paragraph: 'ENRICH Scotland is a research network within NHS Research Scotland. We are working to improve the care home research infrastructure in Scotland. This blog is where we share our progress.' Below this is a link: 'First time to the site? Start here'. To the right of the text is a photograph of five people sitting around a wooden table in a meeting room, looking at documents and laptops. At the bottom of the screenshot, the heading 'From the blog' is visible above a partially shown image.

**Blog:** We regularly update our blog with posts and photos documenting what we get up to. Please get in touch if you'd like to write a guest blog for us about why

ITS A SELL OUT! We have been blown away by the level of interest in the first ENRICH Scotland conference and there is now a wait list for care home staff who have yet to get a ticket but would like to attend. [This is also a hybrid event and online tickets are still available](#). Watch out for our call for posters for the conference!

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## Updates

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### **'Running on empty:' Care Home Workers' Experiences During the COVID-19 Pandemic**

A team of researchers worked with Balhousie Care Group and colleagues from Northumbria University to explore the stress and coping experiences of health care workers in care home settings in Scotland during the COVID-19 pandemic. A cross-sectional mixed methods study was conducted using an online survey and interviews. Survey scores of 52 participants indicated high stress and medium coping skills. Participants with no health issues were associated with higher levels of coping. Thirteen HCWs participated in one-to-one interviews. A brief overview of the study is available via a [video](#) and full details of the study are available in their [publication](#). The study highlights the personal sacrifices made by HCWs, and the importance of tailoring generic infection reducing strategies to a care home environment to take cognisance of residents with impaired cognition. Additionally, the study acknowledges the strong sense of family within this HCW community and how this aided their ability to cope.

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Care Home Day was a huge success. We loved following all the action online! Alyson Vale from Abbotsford Care hosted an open space #hearmyvoice twitter discussion, which you can listen back to [here](#).

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A booklet has been created from the Pro-CARE study team with ideas and tips for carers who assist people with dementia with personal care. [Read it here](#).

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Findings from the LADDeR study have been published. This study asked care homes in the south east of Scotland to map current data and digital readiness in



### Stay connected to clinical research in Scotland

- Sign up to the NRS newsletter, [Research Bulletin](#)
- Follow the NRS on [Twitter](#), [LinkedIn](#) and [www.nrs.org.uk](http://www.nrs.org.uk).



*ENRICH Scotland is part of NHS Research Scotland (NRS) which is a partnership of Scottish NHS Boards and the Chief Scientist Office (CSO) of Scottish Government. NHS Research Scotland Central Management Team is hosted by Scottish Health Innovations Ltd (Ltd).*

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