

# ENRICH SCOTLAND

enabling research in care homes



## January 2023

### 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



Happy new year everyone. We welcome you back with the dad joke of the month:

***"I met a teacher on a day out who asked if I could help round up 19 kids. I said yes no problem - that's 20."***

Bernie.



The ENRICH Scotland team welcomes Maureen Brown (left) to the team. Maureen is the new CSO for Lanarkshire. She is pictured here with Care Home Manager Rachel McCreath (right) who is receiving her ENRICH certificate.

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# RICH VOICES



## WHAT IS RICH VOICES GROUP?

- RICH (Research In Care Homes) Voices is the patient and public involvement group for ENRICH Scotland.
- The group is funded by the Chief Scientist Office and The Advanced Care Research Centre at the University of Edinburgh.
- Our aim is to collaborate with people living or working in care homes, and loved ones of those living in care homes.
- We also welcome the input of members of the public and professionals with a particular interest in the area.



## CURRENT INVOLVEMENT OPPORTUNITIES

### CREATE A PODCAST

We are looking to create a podcast for those who are affected by care homes to directly share their experiences. We aim to provide a safe, inclusive and welcoming platform to share under served voices.

### DESIGN AN ACCESSIBLE SCIENCE PLATFORM

We are looking to provide better access to scientific information by creating an add-on to the ENRICH website. We hope to share plain-english summaries of research papers and offer members the chance to review their suitability.

## DISCUSSION POINTS: CHALLENGES OF INCLUSION



How do you think we can include residents in PPI?

What do you think some of the primary challenges of PPI are?

What would be your solution to accessibility in research?

We welcome your ideas!

## WISH TO JOIN RICH VOICES?

Get in touch with us at [TAY.PPIpartners@nhs.scot](mailto:TAY.PPIpartners@nhs.scot)



Check out our new blog post by our very own Lesley Cousland. She has shared an update on HIVE/MIND Part 2, which you can [read here](#).

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## Research Roundup



### **Understanding Intention to Leave Among Care Home Staff**

Researchers from ENRICH Scotland and Edinburgh Napier University want to interview care home managers in Edinburgh and Lothian about staff retention and turnover. **Interviews last up to 30 minutes and can be arranged in-person at the care home you work in, online or telephone.** To find out more, please email [Bernie.McInally@nhslothian.scot.nhs.uk](mailto:Bernie.McInally@nhslothian.scot.nhs.uk).

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### **Building an intervention to improve the quality of life of women who have dementia and who use a pessary for treatment for pelvic organ prolapse (the APPLE study).**

A team of researchers from Glasgow Caledonian University are seeking the opinions of health and social care professionals and their experiences in caring for women who have dementia and pelvic organ prolapse. Specifically, the

The survey can be completed [via this link](#). The study is open for recruitment and if you would like more information and interested in taking part, please email Melanie Dembinsky on [melanie.dembinsky@gcu.ac.uk](mailto:melanie.dembinsky@gcu.ac.uk).

## Do you care for someone living with joint pain and additional conditions in their home or in a care home?

Are willing to share your experiences and ideas to help us design new training resources and ways of working for carers?



**The SUSTAIN Project:** This is a co-design project which means we bring together people who have experience of caring for people living with joint pain and listen and learn from their ideas, experience and any strategies they have found helpful. The new training resources or ways of working will aim to help carers support people manage their pain and make choices about their everyday activities.



**Who we are:** We are a team of clinicians and researchers from Cardiff University. We are working with Bridges who are an independent organisation that helps develop training resources for people living with long term conditions. This project is funded by UKRI.



**What do we plan to do?** We will hold small online group meetings with carers. Then we will interview volunteers by zoom or phone. Together we will decide on important content for the new resources. Participants will receive a £25 gift voucher for taking part.

If you are interested in taking part, either by being part of a co-design group or being interviewed please email Kate Button [buttonk@cardiff.ac.uk](mailto:buttonk@cardiff.ac.uk) or phone **02920687734**

### **A qualitative study on how evidence-informed understandings of 'good' social care are embedded into National Care Service Policy**

Researchers from the University of Dundee are looking to speak with care home managers. This will involve inviting care home managers to take part in a 1:1 qualitative interview with me. The interview will be semi-structured and will involve asking participants about their understanding and perceptions of the Healthcare Framework for Adults Living in Care Homes, as well as how they define and understand 'good' practice at a local level and how this can be shared to influence national policy. **A certificate of participation will be provided to those who participate.** If you would like to participate in the study, please contact Dr Jenna Breckenridge at [jenna.breckenridge@gov.scot](mailto:jenna.breckenridge@gov.scot) or your local clinical studies officer.

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### **Establishing the knowledge, attitudes and behaviour of care homes towards laundering of textile**

Researchers from De Montfort University are asking care home staff to complete a questionnaire to determine the current infection control policies/practices utilised by care homes in the laundry of patient associated textiles, barriers to implementing infection control policies and their attitudes towards laundering. **If you would like to participate in the study and are a care home manager please follow [this link](#). If you are a healthcare worker please follow [this link](#).** Everyone who participates is entered into a draw to win a £50 one4all voucher. If you require further information please contact Prof Katie Laird at [klaird@dmu.ac.uk](mailto:klaird@dmu.ac.uk) or your local clinical studies officer.

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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.

[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.

## News and Developments from ENRICH Scotland


HOME · BLOG · MEET THE TEAM · GALLERY · CONTACT

### Home


### Welcome to the ENRICH Scotland Blog...

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.

*First time to the site? [Start here](#)*



### From the blog



**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 you're interested in research. [Click here to check out our blog!](#)



### **ENRICH Scotland Conference 2022**

If you were unable to attend you can still view the conference online via [this link](#).

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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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of researchers at Kings College London. [You can access it here.](#)



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- 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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