

ENRICH SCOTLAND

enabling research in care homes



February 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

ENRICH Scotland Update



says "ok, who was first".....
(old ones are the best!)



Chambers Court staff beaming with pride on arrival of their ENRICH certificate.



ENRICH welcomes our newest team member, Kirsty, all the way from the granite city and serving all of Grampian.

RICH Voices Update



GET INVOLVED IN OUR PODCAST



EPISODE 1

SETTING THE
SCENE - CARE
HOME
RESEARCH

EPISODE 2

BENEFITS
AND IMPACT
OF
RESEARCH

EPISODE 3

CHALLENGES
AND HOW TO
OVERCOME
THEM

EPISODE 4

FUTURE
DIRECTIONS
FOR CARE
HOME
RESEARCH

Things you could help with:

- Asking and/or answering questions on the podcast
- Designing a logo/branding of the podcast
- Developing content of episodes/ questions to be asked



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

Research Roundup

[Exploring the barriers, facilitators and integration pipelines of Multiplex testing in community settings.](#)

IVD Cooperative are conducting a study to understand the role, if any, of multiplex testing in care homes. These tests can diagnose 2 or 3 different viral infections using a single sample to support the management of respiratory virus outbreaks. They are conducting a survey to capture opportunities and limitations of such tests from the direct voices of key healthcare professionals working in care homes.

We estimate the survey to last 10 minutes; there is no correct answer, we would like participants to answer the questions based on their experience with respiratory virus tests and outbreak management. This will help researchers understand the ideal design and operating procedures for these tests to be helpful in real-life situations.

[Click here](#) to access the survey.

A Qualitative Exploration of Staff Experiences of Working and Responding to Distress Within Older Peoples Care Homes Throughout the COVID-19 Pandemic.

This research study is being run by Sophie Main, Trainee Clinical Psychologist at the University of Edinburgh as part of her Doctoral Thesis. The study aims to hear and explore care and nursing staff experiences of working in older peoples care homes during the COVID-19 pandemic, with a particular focus on experiences of responding to both personal and other people's distress during this time. Participation in the study involves completing a short demographic questionnaire and an interview with Sophie Main over MS Teams or telephone.

More information and researcher contact details can be found on the study [wiki here](#). Alternatively you can contact your local clinical studies officer for further information.

Co-designing Psychological First Aid training for workers in Care Homes - CoPACH

A group of researchers from Northumbria University/ University of Highlands and Islands/Bristol University are trying to make useful changes to an existing staff wellbeing training to better meet the needs of healthcare workers in care and nursing homes. We are hoping to do these changes in collaboration with healthcare workers (carers, nurses and managers) currently working in non

There are two ways that healthcare workers can get involved:

1. By being stakeholders and meeting online (up to 1.5 hr per meeting) with other stakeholders once a month starting in February 2023 and until end of July 2023 to discuss various developments of the collaboration.
2. Or by being participants, which will be a one off chat with the researchers (online, telephone or face to face) and the chat will involve reading a script from the current training and giving their expert thoughts about what needs to change in the script if anything; or have a chat about how the acceptability, accessibility and usefulness can improve for this training.

All participants will receive £25 voucher as a thank you (per hour of their time).

- More information about becoming a stakeholder can be [found here](#)
- More information about becoming a participant can be [found here](#)

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 study aims to explore your experiences and views about supporting women in your area of practice.

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.

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?

Bridges
SELF-MANAGEMENT



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 or phone **02920687734**



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!](#)



Check out our new blog post by Diane, She has shared an update on HIVE/MIND Part 3, which you can [read here](#).

Updates

Online Webinar: Supporting Resilience and Wellbeing amongst Care Home Staff: The 2023 Winter Symposium of The British Society of Gerontology's Care Homes Research Special Interest Group

12:00-14:00 on Wednesday 22nd February 2023 Symposium

Overview: Please join us as we host this year's Winter symposium, which focusses on wellbeing and resilience amongst staff working in care homes for older people. The symposium will be held online, and will comprise four presentations and a moderated Q&A session.

The symposium is free, and is open to anyone with an interest in care homes research and practice. Please feel free to distribute this information across your own networks. Register for the event by [clicking here](#).

An update from a study we were previously supporting: Ageing in Place at the end of life in community and residential care contexts. You can read all about it [here](#).

'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

impaired cognition. Additionally, the study acknowledges the strong sense of family within this HCW community and how this aided their ability to cope.

An evidence-based good practice, reflective guide for care home managers and senior care home staff to support ancillary staff has been developed by a team of researchers at Kings College London. [You can access it here.](#)



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.



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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