

# ENRICH SCOTLAND

enabling research in care homes



**April 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

**Bernie's thought for the month:**

Dolphins are so intelligent, within a couple of weeks of captivity they can train humans to stand at the side of the pool feeding them fish.

**"Good luck to Diane"**

Can we say a temporary goodbye to Diane, our CSO in Glasgow, who will be returning in January 2024. In the meantime, Maureen, currently based within Lanarkshire, will be standing in so expect a new face to be pestering you for signing up and sharing information.

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As you can see below, Maureen is fast becoming the ENRICH Ninja, signing up care homes in Lanarkshire at a rate of knots. Now she will be covering for Diane we can only say "watch out Glasgow, here she comes!"



Maureen at Summerlee House Care Home Director Julie Balmer and CH manager Margaret MacDonald.



Maureen presenting the much coveted ENRICH certificate to Chris Cullion, Manager at Avondale.

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## **RICH Voices Update**

# 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)

## Research Roundup

*I am Lucy Johnston of Edinburgh Napier University. We have three projects we had funded by NHS Lothian and are being carried out in partnership with ENRICH Scotland.*

**1. Staff Listening.**

*but it would be useful to diary them in soon to ensure we can cover all those who want to take advantage of the work, before the summer holidays.*

### **2. Staff Wellbeing Meetings/Huddles**

This is an opportunity to co-design a way to host wellbeing meetings with staff groups or end of shift check ins – a small test of change, supported by practitioners and researchers.

### **3. Understanding Retention of Care Workers.**

We are also running a more traditional research study – interviewing Care Workers about their views and ideas around staff well being at work and retention.

*If you want to talk these through – please email me. All thoughts and feedback welcome.*

*[l.johnston@napier.ac.uk](mailto:l.johnston@napier.ac.uk)*

*Many thanks*

*Lucy*

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## **UoE Survey for Nurses & Formal Carers of People with Dementia**

Are you a dementia carer or nurse in the UK? If so, please help complete a short survey! It is part of doctoral research run by the University of Edinburgh on the quality of life of UK dementia caregivers, including nurses, carers, healthcare assistants, private carers, senior members of staff, and more. This research is important because this group are under-researched and deserve more support!

*To complete the survey, please click on this link: <http://bit.ly/3KdTgMj>*

If you have any questions or require further information regarding this study please contact Jason Pang at [S2137932@ED.AC.UK](mailto:S2137932@ED.AC.UK) or your local Clinical Studies Officer who will be happy to assist.

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THE UNIVERSITY  
of EDINBURGH

**ARE YOU  
INTERESTED IN  
TAKING PART IN  
RESEARCH?**

**HAVE YOU WORKED IN  
AN OLDER PEOPLE'S CARE  
HOME IN SCOTLAND  
THROUGHOUT THE  
COVID-19 PANDEMIC?**

**DO YOU WANT TO SHARE  
YOUR EXPERIENCES?**



#### WHAT IS THE STUDY ABOUT?

This study explores care and nursing staff experiences of working and responding to both personal and other people's distress throughout the COVID-19 pandemic in older people's care homes in Scotland.

#### CAN I TAKE PART?

You are eligible to take part if you

- Have worked as a carer (care/nurse assistant, support worker) or nurse in a private or third sector owned, residential or nursing, care home for older people in Scotland during the COVID-19 pandemic period (March 2020 – April 2022).
- Are 18 or over and can speak fluent English.

You are not eligible to take part if you

- Have worked for an NHS or Local Authority run care home, or as a volunteer or bank staff, in your role within the care home during the COVID-19 pandemic period.



#### WHAT DOES THE STUDY INVOLVE?

A 60–90-minute interview with the lead researcher, Sophie Main via MS Teams, or telephone. The interview will consist of questions about your experiences related to working and responding to both personal and other's distress whilst working in the care home throughout the pandemic.

#### IF YOU ARE INTERESTED.

If you are interested in taking part or have further questions please contact the lead researcher, Sophie Main directly on [s2137902@ed.ac.uk](mailto:s2137902@ed.ac.uk). Your interest in this study will remain confidential and will not be shared.



More information 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**

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 NHS care and nursing homes because we believe their expertise will help us make this training more acceptable, useful and easily accessible.

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](#)

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The **APPLE** study aims to understand care for women with dementia who use a pessary for pelvic organ prolapse. We would like to interview care home staff to understand your perspective. It is really important for us to understand how this care features, or does not feature, in your practice. **Even if you have no experience of caring for these women, we are really keen to talk with you simply to understand that this has been your experience.** The interview would take a maximum of 30 minutes (and probably less than this if you have no experience of caring for women with a pessary) and to compensate for your time we would give you a £10 voucher. More detailed information is in the Participant Information Leaflet that is attached. If you are interested, please contact Melanie Dembinsky ([melanie.dembinsky@gcu.ac.uk](mailto:melanie.dembinsky@gcu.ac.uk)) directly.

Many thanks again for all your support.

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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.

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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 large white box on the left with the heading 'Welcome to the ENRICH Scotland Blog...' and a paragraph of introductory text. To the right of this text is a photograph of a group of people sitting around a table in a meeting. Below the white box, the text 'From the blog' is centered, followed by two small, partially visible image thumbnails.

**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!](#)

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## Updates

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### **Care Home Data: Governance, Ethics, Access and Readiness through an Exemplar Demonstration (The GEARED UP project)**

This is a study led by Edinburgh Napier University, which our very own Susie Shenkin and Irina McLean are co-authors on. The study investigated the extent to which the governance, ethics and access infrastructure and routes is able currently to support care home data driven research insights and innovation. The GEARED UP report recommends developing a robust Scotland wide national framework for care home data – to benefit residents and inform Scotland’s social care system.

We have proposed a series of practical steps to strengthen the data of care homes and ensure that the currently available data can be used by the homes and providers, by researchers, policy makers and innovators in new technologies. We make eight recommendations in the final report, including how to ensure a clear pathway for accessing, and seeking ethical and governance approval, for care home – and other social care data and the establishment of high-level oversight and responsibility for ensuring clear communication and coherence between local and national data initiatives

Read all about [it here](#).

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## Study Updates

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**ARCH:** Please take time to read the review from the ARCH study which we had previously supported. This study looked at investigating how we can safely improve antibiotic prescribing in care homes.

It will be an interesting read, and you can view this information [here](#).

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**Ageing in Place at the end of life in community and residential care contexts:** An update from a study we were previously supporting: You can

## **Study Update: ‘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.

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.](#)



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