

# ENRICH SCOTLAND

enabling research in care homes



**March 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 Joke of the Month:**

...on way to the office today an ice-cream van ran into the back of my car. No serious damage but I think I've got a bit of Mr. Whippy-lash.....

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Hatton Lea Care Home Staff being presented with ENRICH Scotland Certificate by Maureen (Lanarkshire CSO)



## RICH Voices Update



### GET INVOLVED IN OUR PODCAST



| EPISODE 1                              | EPISODE 2                       | EPISODE 3                           | EPISODE 4                                |
|--|---------------------------------|-------------------------------------|--|
| SETTING THE SCENE - CARE HOME RESEARCH | BENEFITS AND IMPACT OF RESEARCH | CHALLENGES AND HOW TO OVERCOME THEM | 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



Please contact: [tay.ppipartners@nhs.scot](mailto:tay.ppipartners@nhs.scot) or you local clinical studies officer, if you would interested in being recorded (an option for anonymisation is available) or if your care home is willing for us to record there?

***Let your voice be heard!***

# 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)

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## Research Roundup

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



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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.

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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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### **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](mailto:melanie.dembinsky@gcu.ac.uk).

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## 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](mailto:buttonk@cardiff.ac.uk) or phone **02920687734**



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


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!](#)

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



Check out our new blog post by Bernie, A thank you to care homes who participated in one our or recent studies. Read all about it [here](#).

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## Updates

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### **Study Update: 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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### **Study Update:**

**Ageing in Place at the end of life in community and residential care**

An update from a study we were previously supporting: You can read all about it [here](#).

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### **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.

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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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#### **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).



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