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ENRICH
SCOTLAND
enabling research in care homes



June 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

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

I recently sold my old vacume cleaner on ebay.....it was just gathering dust....

The stork has been....

Big congratulations to Diane, our Glasgow CSO, on the birth of her new baby girl.

May the sleepless nights be few and far between...

Now relating to above "thought for today", Maureen's fast becoming our ENRICH Dyson, hoovering up care homes at a steady pace in Lanarkshire to register them on our data base. Pics are coming through at such a rate I needed to learn online collage skills. These are but a few over past month but if your not there don't be offended, we'll squeeze in next letter.

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Maureen at Ashley Crt, Beechgrove, Crosslaw, Douglas View, Parksprings, Highgate....the list goes on....



And in and around Dundee we have the always smiling staff of ASC Balbeggie, Clement Park and Brougham House proudly accepting their certificates.



And here we have the much coveted ENRICH certificate being fought over by Michelle and Francis at Simeon house in Aberdeen

[RICH Voices Update](#)

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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

Research Roundup
Studies currently recruiting

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had funded by NHS Lothian and are being carried out in partnership with ENRICH Scotland.

1. Staff Listening.

This is the opportunity for Care Homes to work with us on the project – Listening Chair. We are able to work with homes between now and May – 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.

I.johnston@napier.ac.uk

Many thanks

Lucy

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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. 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.

We are a research team from Northumbria University, Newcastle. We are currently looking into Psychological First Aid and how it can support people who work in care homes. We want to speak to people who work in private care homes and have completed Psychological First Aid training at least six

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Do you work in a care home in the UK and have you completed PFA training? (*Psychological First-Aid*)

NEWCASTLE

WE NEED YOUR HELP!

We are planning some research about the wellbeing of care home staff. Can you spare an hour to chat to us, and help us to plan it?



touch, we would like to have a chat with you about your experiences lasting no more than 30 minutes, for which you will be compensated a £25 shopping voucher.

We want to listen to your views, to make sure we focus on what matters most

£25 voucher as a thank you for your time

GET IN TOUCH!

Email Mariyana.schoultz@northumbria.ac.uk

Link to training: <https://www.futurelearn.com/courses/psychological-first-aid-covid-19>



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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News and Developments from ENRICH Scotland


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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!](#)

Updates

For those in Lothian wishing to be involved in and influence improvements in care have a look at this link....

[Involvement in Improvement – Care Homes \(nhslothian.scot\)](#)

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

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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](#).

Study Updates

Jason Pang has completed his survey on quality of life of paid carers to persons suffering from dementia and will be happy to share the results in due course. He thanks everyone for their participation.

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](#).

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 read all about it [here](#).

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-

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copied 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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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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