

SPRING 2024 ISSUE 7

# CHIT CHAT

Lothian Care Home and Integrated Teams Chat

## Welcome...

To the first CHIT CHAT of 2024! Hopefully we have all fully recovered from last years festivities and we are ready to spring into action.

We are keen to hear from you too. Have you an innovative project you would like to share with others? Or would you like some support with an improvement initiative? If so, please contact the Quality Improvement Team on:

**[loth.carehomesqstandards@nhs.scot](mailto:loth.carehomesqstandards@nhs.scot)**

## Spotlight on: AWI and Vaccinations

**If there are adults with incapacity resident in your care home who do not have a section 47 certificate in place or one that is out of date, please make a request to their GP for one to be provided or reviewed and updated.**

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### Background

A new Quality Improvement pilot project was completed in Midlothian last year, where a music therapist who was supported by a member of the Quality Improvement Team for Care Homes and Primary Care Settings. The music therapist formed part of an NHS, multi-disciplinary, care home support team (CHST), investigating whether music therapy could be an effective addition to the team in supporting people who are living with dementia in a care home setting.

### The Power of Music

The potentially powerful effects of music are well documented and have an established and growing research evidence base. People who are living with dementia can become energised when they hear a favourite piece of music or can fluently sing the words of a song they had learnt when they were younger, even when the ability to use words is fading.

### Why Music Can Help in Dementia Care

Singing is an example of Procedural Memory which can include other skills such as dancing or playing a musical instrument. These musical memories can often be left intact despite the progressive nature of dementia and the loss of other cognitive abilities.

Music is represented in all the main areas of brain function, including emotion, memory, language, and movement. Music can therefore be a powerful tool to help support people with their symptoms, including regulation of emotions, motivation, stimulating disappearing skills and importantly, helping to maintain connections between people.

### Outcomes

People were able to have previously learnt skills uncovered and maintained (a lady began to play the piano again after several years and had subsequently had an active role in her community doing this), a gentleman was able to have his levels of distress reduced during personal care by using meaningful music, communication was enhanced by using musical instruments in a man with little speech and family relationships were supported and improved through the communicative use of music. 75 care home residents were reached in total. Many of the outcome measures showed positive improvements, particularly around motivation, communication, and increased confidence in trying new things.

### The Future

The Scottish Government's National Dementia Strategy for Scotland aims to consistently provide person-centred, therapeutic treatment for people who are living with dementia in care homes; to see an increase in the contribution of Allied Health Professionals (AHPs) in care homes and to increase the range of therapeutic interventions available. It is therefore hoped that there will be a sustained increase in the availability of music therapy in residential care environments.



# Ongoing Supportive Conversations and Reflective Sessions

Ian Chisholm

Hello, my name is Ian Chisholm and I have the pleasure of being project lead for the OSCaRS. For those of you who have not heard of them, OSCaRS are Ongoing Supportive and Reflection Sessions. They offer the opportunity for Care Home staff to reflect and discuss a situation around a palliative situation or event. Aspects such as pain management, the use of medication at end of life, a death, and communication amongst others. They allow a space for sharing our experiences, both good and bad and help us understand, what happened, how well did it go and what might we do differently in the future. They also are used to offer support when we find ourselves in emotional and complex situations. They enable experiential teaching led by the group and helped by an experienced trained facilitator.

They have been running since 2017 and throughout the pandemic where they were online. At this very difficult and distressing time the focus was on support for care home staff. Originally facilitated by either a palliative nurse or a nurse educator, we are in the process of changing where we sourced facilitators.

It seems obvious that care homes should be where facilitators are found, as they have; generalist palliative care knowledge and practice, share a mutual understanding of the challenges other care home staff face, have an intimate understanding of 'what is important' to residents and their families, are a key link between the care home and other clinical professionals, are experts in their field, and are readily contactable and able to respond in a prompt way if necessary.

Over the next few months, we hope to find 10-12 RNs from a number of care homes across the Lothians. We will be asking for a commitment from care home managers and potential facilitators by giving some protected time for training and then practice. The aim is to have facilitators working on their own by end of May. The process is a test of change and may require adjustment over time, none the less I feel confident that care homes are the right place for this to happen. Those who have attended sessions in the past have found them to be helpful, facilitators have also found the experience rewarding and has helped them with their understanding of palliative care, recognising how important care homes are in providing it.

If you feel they might be of interest, or want more information, please contact Ian Chisholm at:

[ian.chisholm@nhs.scot](mailto:ian.chisholm@nhs.scot)





# We Need You!

Our Quality Improvement Advisors, Eleanor and Hazel, are taking part in a Digital Leadership Programme. As part of this they are hoping to develop an app for Care Homes, and that is where you come in!

If you would like to be part of a working group discussing what your care home staff need and want in an app then please contact us on: [loth.carehomesqstandards@nhs.scot](mailto:loth.carehomesqstandards@nhs.scot)



## Care Homes Website News Hazel Stewart AQIA



### Highlight

**Education and Lothian Care Academy (LCA) Section** - The LCA have been working for several months on this section which contains an A-Z: Training and Education Directory. This directory details a wide variety of courses offered and created by different providers, including the LCA themselves, and there are clear details as to what each course can offer Care Home staff and how to book. The directory is being added to continually so keep an eye on it as it develops and offers more and more.

### Review

**Review of Website** - If you have seen the website recently you will see it has been re-structured with the aim to make it easier to navigate.

This is due to the recent review carried out by the Care Home Programme Team who owns the website and the teams under this parent team who manage the website. The website has grown substantially since it was created alongside this growth the navigation, management and maintenance responsibilities have also grown. As a result, the teams have had to review how we manage the site for ourselves and for visitors.

Further work is planned to make the site easier for visitors as well as to those managing it - watch this web-space!

If you want to share information for or feedback on the Care Homes Website please contact:

[loth.carehomesqstandards@nhs.scot](mailto:loth.carehomesqstandards@nhs.scot)