

End of Year Summary



**ENRICH
SCOTLAND**
enabling research in care homes

2023-2024 End of Year Summary



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Executive Summary

With core funding from Chief Scientist Office (CSO) since April 2021, Enabling Research in Care Homes (ENRICH) Scotland has successfully raised the profile of, and facilitated the planning and delivery of, research studies to benefit care home residents, their families and those that care for them across Scotland.

For year 2023-2024 we have:

- **Research Ready Network: Doubled** the Research Ready Care Home Network from 147 in December 2022 to 294 in March 2024. This means that 28% of all care homes in Scotland are now registered as Research Ready. By comparison, NIHR ENRICH (which has been established in England since 2012) has registered 1000 (7%) care homes as Research Ready.
- **Study support:**
 - Worked with a further 30 research teams since December 2022. The support we have offered has been individually assessed depending on the needs of each team. We have primarily supported research teams with recruitment (n=24). However, we also supported with study delivery (n=1), design support (n=2), data analysis (n=1) and PPI (n=4).
 - Completed the first ENRICH Scotland research study in collaboration with Edinburgh Napier University that explored staff retention and wellbeing in the care home sector. This was a two-part project funded by NHS Lothian for £100000
 - Maintained a team of six clinical studies officers (CSO), offering all care homes a named person responsible for supporting research.
- **CHIP:** Supported the Lothian Care Home Innovation Partnership (CHIP) to be involved in 12 care home projects such as Listening CHAIR, namaste, student placements and development of the pain check app in conjunction with NHS Lothian QI team.
- **RICH Voices:**
 - The Patient and Public Involvement group called Research in Care Homes (RICH) Voices created an introductory film explaining care home research in Scotland.
 - RICH Voices created a content library to hold images and videos that challenge stereotypical content around care homes.
 - RICH Voices held a logo competition to increase the visibility of RICH Voices and encourage group identity/cohesiveness. The winning logo was designed by a Research Ready care home manager.
 - RICH Voices have recorded and produced four podcast episodes where members of the Research Ready care home staff network were interviewed.
- **Newsletter:** Sent a monthly newsletter to all Research Ready Care Homes outlining current research opportunities available to them along with information about research-associated events, training and publications/reports of interest.
- Recorded a podcast episode for IRISS FM introducing ENRICH Scotland.

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- **Conference:** Held the second ENRICH Scotland conference on 15th March 2024 in Edinburgh Zoo that was an overwhelming success with the day being rated 4.9/5 by attendees.
- **Meetings:**
 - Changed the quarterly Care Home-Specific Research Forum to a hybrid event rather than online.
 - Piloted a new Care Home Managers Forum where we bring together managers from across Scotland and researchers from across the United Kingdom (UK) who are interested in supporting research in care homes.
- **Grant application:** Bid for one feasibility trial in collaboration with the Neuroprogressive and Dementia Network (NDN).
- **Impact:**
 - Contributed to the "Geared Up" final report by Edinburgh Napier University which advocates for a national framework to improve the management and use of care home resident data in Scotland. It proposes actionable steps, including streamlined access protocols and increased support for care homes, to foster innovation, enhance care delivery, and facilitate research in the sector.
 - Supported the Care Home Data Review team at the Scottish Government with looking into an issue of the social care ethics which resulted in a series of recommendation for mapping out current ethical review routes for social care data, setting objectives to produce recommendations to address gaps, integrate social care representation on relevant boards, develop guidance, and align information governance applications.
 - Initiated partnership developments with the Chief Social Work Office.
 - Supported an ongoing piece of work related to the Consultation on the current suitability of the Adults with Incapacity (Scotland) Act 2000 to govern how incapacitated adults can participate in research – making sure that social care sector voices/opinions the social care sector were considered and incorporated.
- **Academic impact:**
 - Published a descriptive paper in an academic journal explaining ENRICH Scotland and our model to enable research in care homes.
 - Attended four Conferences where we introduced our ENRICH model through oral presentations, stalls and posters.

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ENRICH Scotland Aims

- To improve the quality and quantity of input that Scottish care homes and researchers have within the UK landscape.
- To introduce an infrastructure for identifying and developing care homes in Scotland that are interested in research.
- To enable a collaborative approach to care homes research in Scotland through offering guidance, governance, and networking to colleagues from the health and social care research communities.

ENRICH Scotland Objectives

- Develop a register of care homes in Scotland that are willing to consider potential participation in research.
- Manage a forum of researchers and academics with an interest in care home research with representation from all Scottish universities.
- Act as an evidenced based hub for anyone with an interest in care home research who wishes to receive guidance and feedback, as well as opportunities for collaboration.
- Bring different disciplines and organisations together to allow meaningful and impactful collaborations.
- Develop and maintain a national database for care home research.
- Act as a signposted entry of access to research ready care homes for care home researchers in Scotland.
- Provide links to other Scottish government strategies and priorities such as Care at Home, Health and Equalities etc.
- Contribute to relevant consultations.

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ENRICH Scotland Care Home Research Framework

“As a lady in my advanced age, it was very nice to talk about my experience of living here, and it was very encouraging to hear that studies are interested in us.”

-Resident (name withheld) from a participating care home.

Since 2021, thanks to funding from the Chief Scientist Office, we have been able to develop a framework (Fig. 1) to improve the capacity and capability of research involvement within care homes. This framework has been developed to ensure care home staff, residents and their relatives as well as researchers interested in care homes can have the necessary level of support available to make research happen.

In the centre of the framework is our Patient and Public Involvement group, Research in Care Homes (RICH) Voices. This group offers care home staff, residents, their relatives and members of the public an opportunity to act as expert advisors to researchers.

The first layer around RICH Voices is our network of Research Ready care homes and Care Home Innovation Partnership. These areas of activity allow care home staff with an interest in research to decide their level of involvement. They can simply be ready to hear about and consider research opportunities (Research Ready) if conditions within the care home support it or move towards a more research active role within a Care Home Innovation Partnership (CHIP). Members of a CHIP have close working relationships with researchers and pledge to support the development of research questions and research participation within their care homes.

Finally, the outer layer focuses on our commitment to peer support within the care home research community. The Care Home Managers Forum is a group for likeminded managers to meet one another and learn about research from researchers. The Care Home Researchers Forum gets researchers with an interest in care homes together to encourage collaboration. Members of our Researchers Forum include doctoral and early career researchers, as well as senior academics and most Universities in Scotland are represented.



Figure 1: Care Home Research Framework

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RICH Voices

Over the past 12 months, Research in Care Homes (RICH) Voices have explored different ways to engage with care homes and involve people living and working in care homes to take part in research activities.



In one of our first meetings with RICH Voices, care home staff suggested it would be good to have accessible research information in the form of a podcast. We began the year by recording a 4-part podcast which included speakers from ENRICH Scotland as well as people working in our Research Ready Care Homes. The

podcast sets the scene of care home research and explores the barriers and facilitators to research. Unfortunately, the episode release has been delayed but we are hoping to launch the series in mid-late 2024.



As well as the podcast, we worked with RICH Voices members to plan a short film about research in care homes. The video [available here](#) offers an excellent example of how including ‘patient and public involvement’ in the design and development of a project, can create a more meaningful output. We were also able to use some of the remaining funds to create a content library of videos and images from the day. This

means we can represent older adults and research in care homes in a more positive light, which challenges much of the negative imagery often associated with these topics.



We now have a logo that was designed by one of our RICH Voices members following a competition sent to our research ready care homes. The logo will be used alongside ENRICH Scotland to increase the visibility of RICH Voices and encourage group identity/cohesiveness.

In recent months, we have been trying an alternative approach to RICH Voices by having a ‘core team’ where PPI requests and opportunities are reviewed, and the ‘wider team’, who are offered the reviewed opportunities by the core team. We hope that the initial review allows us to identify any possible barriers or questions about the work and resolve these with the researcher before circulating to a wider audience. This approach continues to build upon the relationships of our ENRICH CSOs and their local care homes.

We recently received funding from the USHER Institute and ENRICH Scotland to build an accessible research platform. We have care homes across Scotland signed up to share

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their thoughts on what they would like from a platform before we try out a prototype built with the support of NRS. The platform aims to increase access to research and research-related information in a way that is easy to take on board, using multi-media methods, and adjusting to feedback about accessibility such as, a readability rating of lay summaries.

The platform structure was showcased at the ENRICH 2024 conference, during which attendees were invited to provide feedback. These insights contributed to our co-creation of the webpage, along with the design development carried out through two PPI sessions. The first session focused on "*planning and development*", while the second served as a "*user development test*". While we plan to continue improving the webpage based on an internal priority list of changes, the platform currently features information including lay summaries, blogs, videos and written work.

Finally, we have been developing 'get to know' questions with RICH Voices. The aim of these questions is for our CSOs to work with care homes who are signed up as research-ready and get to know them better. We will also explore what we can do as an organisation to support their involvement in research or research-related activities.

Public Engagement

We have attended the following conferences either with stalls, poster presentations or oral presentations:

- Chief Scientist Office Conference (Oral Presentation)
- Global Ageing Conference (Oral Presentation)
- NHS Highlands Conference (Poster)
- NHS Highlands Infection Control Conference (Stall)

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Research Ready Care Home Network

“Crookston has been participating in a variety of studies. These have included sexuality in the older generation. This has been invaluable for staff and residents allowing us to think about how we support people to maintain or make new relationships while living in a care home setting. The support I receive from ENRICH helps the home maintain and improve our grades. I have always found staff to be very helpful when I have reach out for support.”

-Pauline Skead, Unit Manager of Crookston Care Home

The Scottish Care Home Census data from 2022 states that on 31 March 2022, there were 1051 care homes for adults. The number of care homes in Scotland that have registered as Research Ready is 295 (as of 28th March 2024). This equates to 28% of Scottish care homes. By comparison, NIHR ENRICH (which has been established in England since 2012) has, out of a total of 15200 care homes, registered 1000 (7%) Research Ready care homes.

Evidence suggests that care home staff are more likely to participate in research if they have adequate support in place¹². Ideally, this support includes a researcher who has experience in working with care home staff and residents, a manager who supports their ongoing engagement in the studies/trials and accessible, straightforward research information. This is why our team of six Clinical Studies Officers have prioritised building the number of Research Ready care homes and relationships with those care home managers. This year, every new care home that has registered as Research Ready has had their certificate hand delivered. Feedback from these visits have been very positive. They are valued by managers because they are an opportunity to discuss the studies currently open for recruitment in more detail.

At ENRICH Scotland we are committed to improving the access that people from marginalised groups have, to research opportunities. Since 2021, we have been striving to develop better relationships with staff from care homes in more remote and rural areas, and deprived areas. To monitor progress, we have reported a breakdown of the Research Ready care home network by their Scottish Index of Multiple Deprivation (SIMD) score and Urban/Rural classification. These metrics are available to the public by the Scottish Government. Moving forward, Dr Emma Law is investigating how we can

¹ Bunn F, Goodman C, Corazzini K, Sharpe R, Handley M, Lynch J, Meyer J, Denning T, Gordon AL. Setting Priorities to Inform Assessment of Care Homes' Readiness to Participate in Healthcare Innovation: A Systematic Mapping Review and Consensus Process. *Int J Environ Res Public Health*. 2020 17:3, 987.

² Law E, Ashworth, R., Killin, L., Connelly, P. (2021) Motivating and constraining factors for research participation in Scottish care homes. *Nursing and Residential Care* 2021 23:4, 1-7

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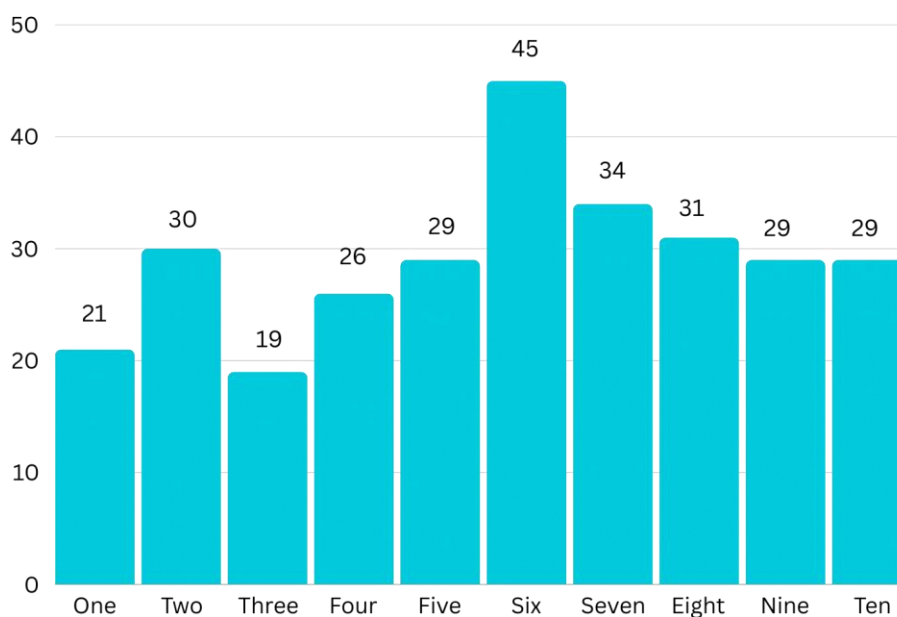
improve our engagement with people who lack capacity to consent, the LGBTQ community and people from ethnic minority backgrounds.

Overview of Research Ready Care Homes by Health board

Health Board	CSO Start Date	No. of CHs	No. of RR CHs	% of CHs that are RR
Ayrshire & Arran	n/a	71	15	21
Borders	June 2021	26	13	50
Dumfries & Galloway	n/a	31	5	16
Fife	n/a	81	16	20
Forth Valley	n/a	61	7	11
Grampian	Dec. 2021	129	29	22
Greater Glasgow & Clyde	Dec. 2021	185	54	29
Highlands	Dec. 2022	87	7	8
Lanarkshire	Nov. 2022	85	51	60
Lothian	June 2021	142	34	23
Tayside	August 2021	93	56	60
Orkney	n/a	5	0	0
Shetland	n/a	10	8	80
Western Isles	n/a	9	0	0

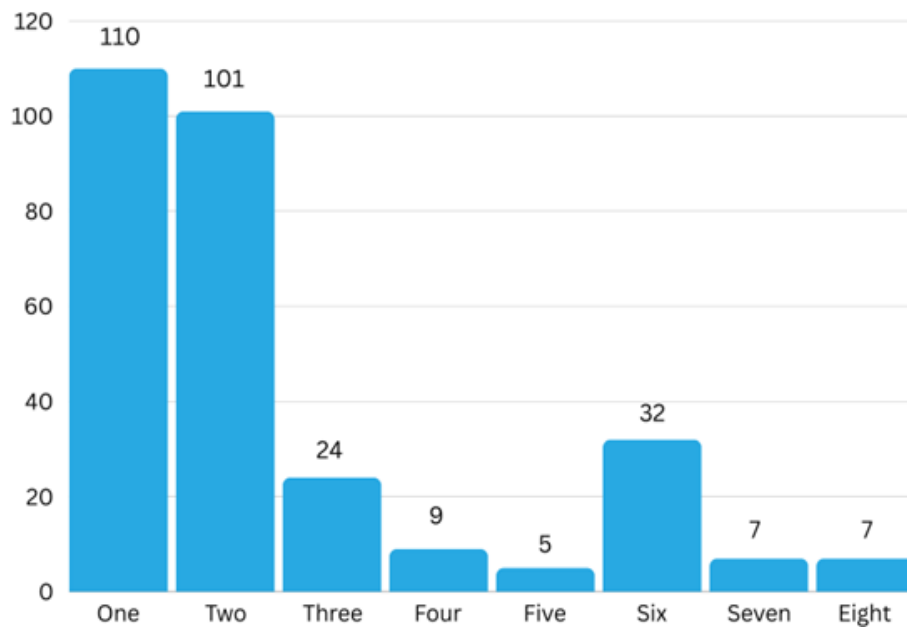
CSO: Clinical Studies Officer, CH: Care Home, RR: Research Ready

Location of Research Ready Care Homes by SIMD Score



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Location of Research Ready Care Homes by Urban/Rural Score

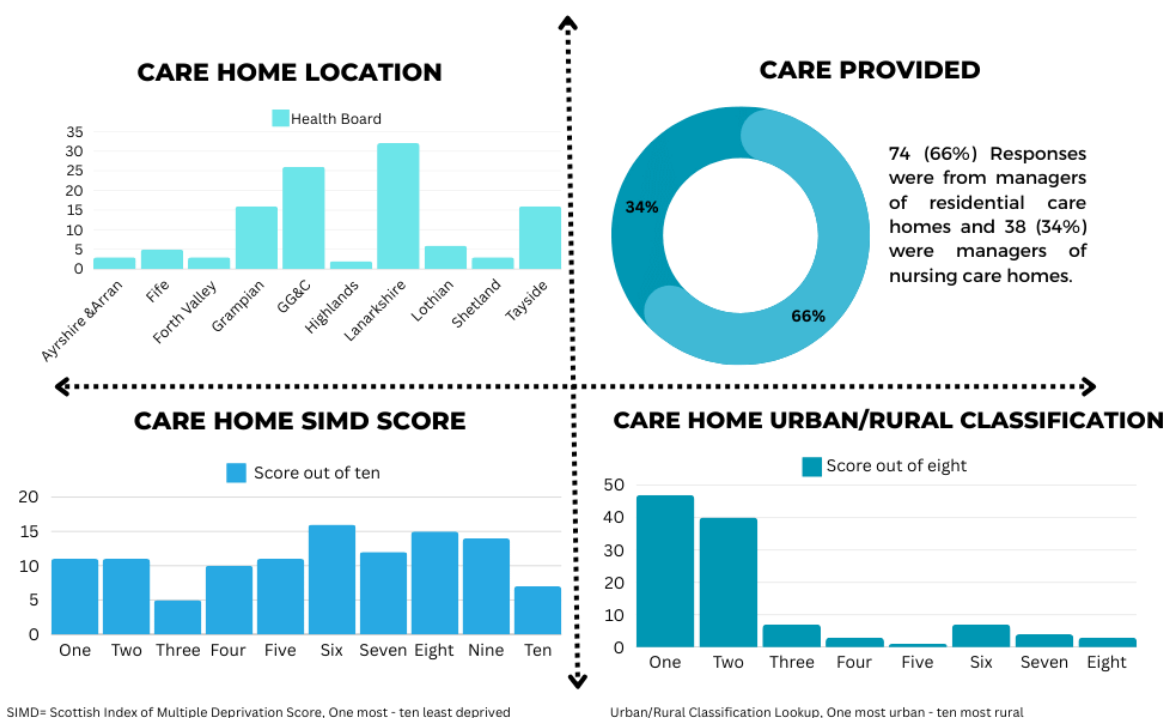


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Overview Research Interests Survey Responses

To improve how we communicate with care home managers and researchers, we developed a short survey to identify their Research Interests. We ask all managers of Research Ready care homes to complete this survey when they register with us. Managers are asked to select from a long list of topics, which areas they are most interested in. This enables us to have a realistic idea of recruitment numbers for researchers. By the end of year 2023/2024, we had 112 responses and have completed some preliminary analyses.

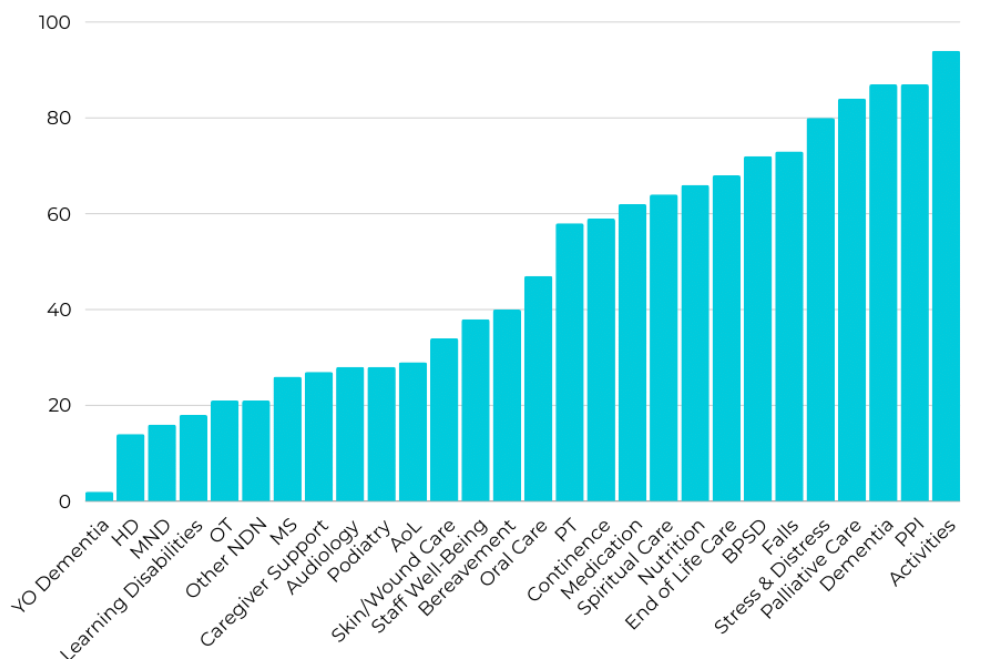
OVERVIEW OF CARE HOME CHARACTERISTICS



Most of the care home managers who have completed the survey are from NHS Lanarkshire and NHS GG&C. This is understandable, as they are two of the largest health boards in Scotland and collectively represent one third of all Research Ready care homes. Anecdotally, the Clinical Studies Officers have reported that the more recently registered Research Ready care homes are more likely to complete the survey.

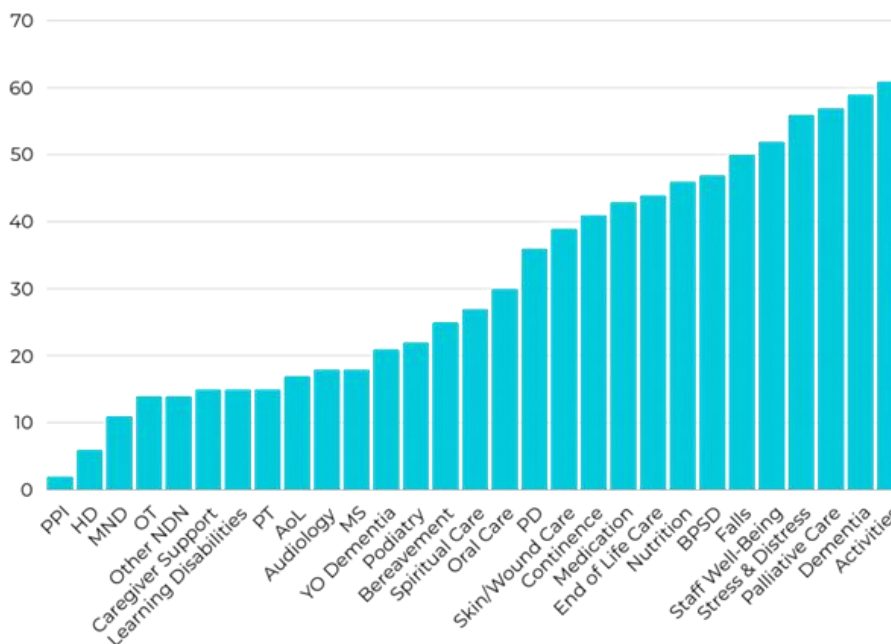
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RESEARCH INTERESTS (ALL CARE HOMES)



AoL= Application of Learning, BPSD= Behavioural and Psychological Symptoms of Dementia, HD= Huntingtons Disease, MND= Motor Neurone Disease, MS= Multiple Sclerosis, OT= Occupational Therapy, PD= Parkinson's Disease, PT= Physical Therapy, PPI= Patient and Public Involvement, YO= Young Onset

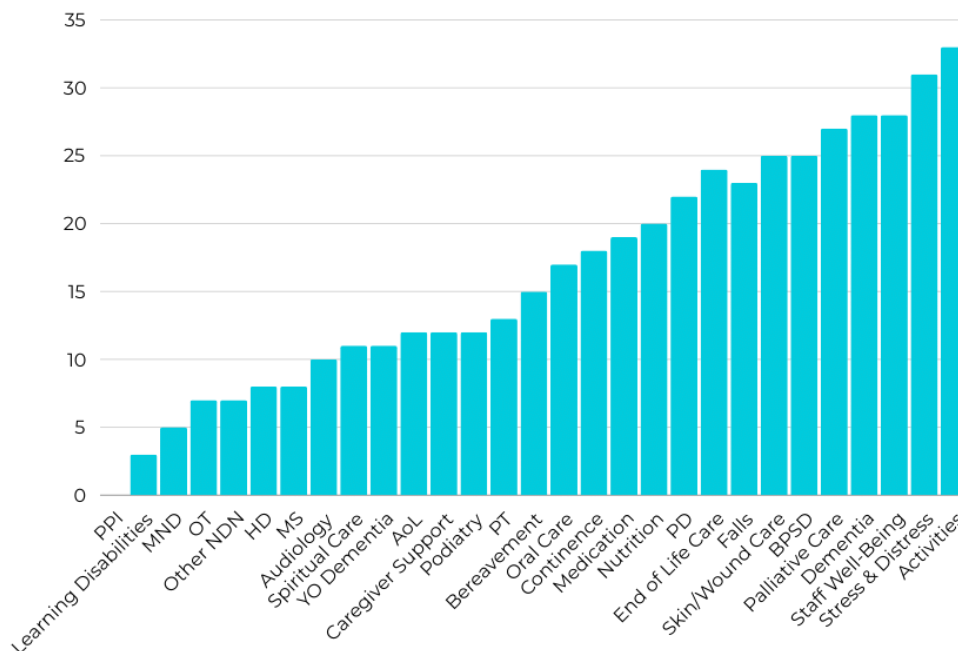
RESEARCH INTERESTS (RESIDENTIAL CARE HOMES)



AoL= Application of Learning, BPSD= Behavioural and Psychological Symptoms of Dementia, HD= Huntingtons Disease, MND= Motor Neurone Disease, MS= Multiple Sclerosis, OT= Occupational Therapy, PD= Parkinson's Disease, PT= Physical Therapy, PPI= Patient and Public Involvement, YO= Young Onset

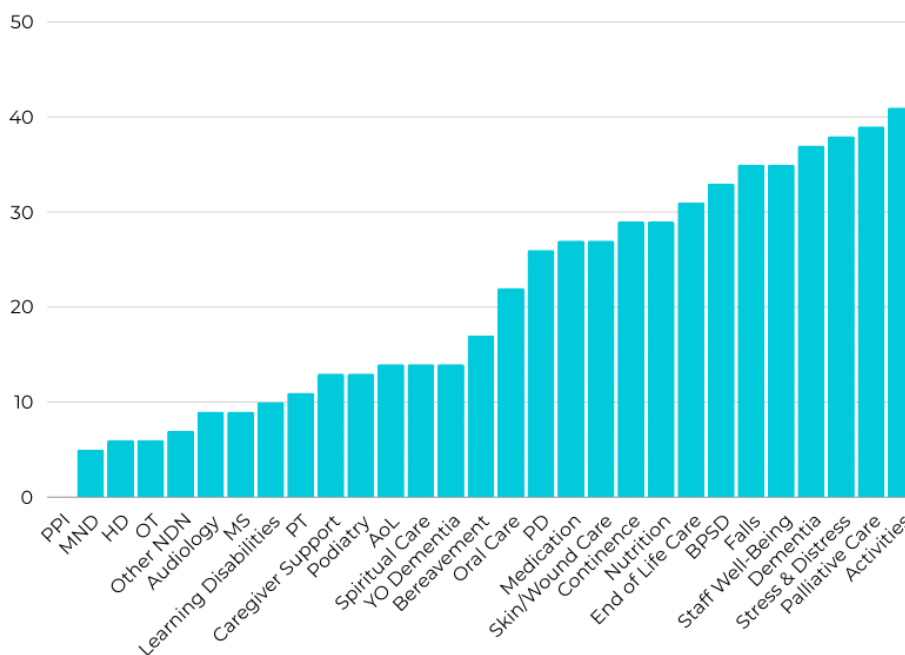
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RESEARCH INTERESTS (NURSING CARE HOMES)



AoL= Application of Learning, BPSD= Behavioural and Psychological Symptoms of Dementia, HD= Huntingtons Disease, MND= Motor Neurone Disease, MS= Multiple Sclerosis, OT= Occupational Therapy, PD= Parkinson's Disease, PT= Physical Therapy, PPI= Patient and Public Involvement, YO= Young Onset

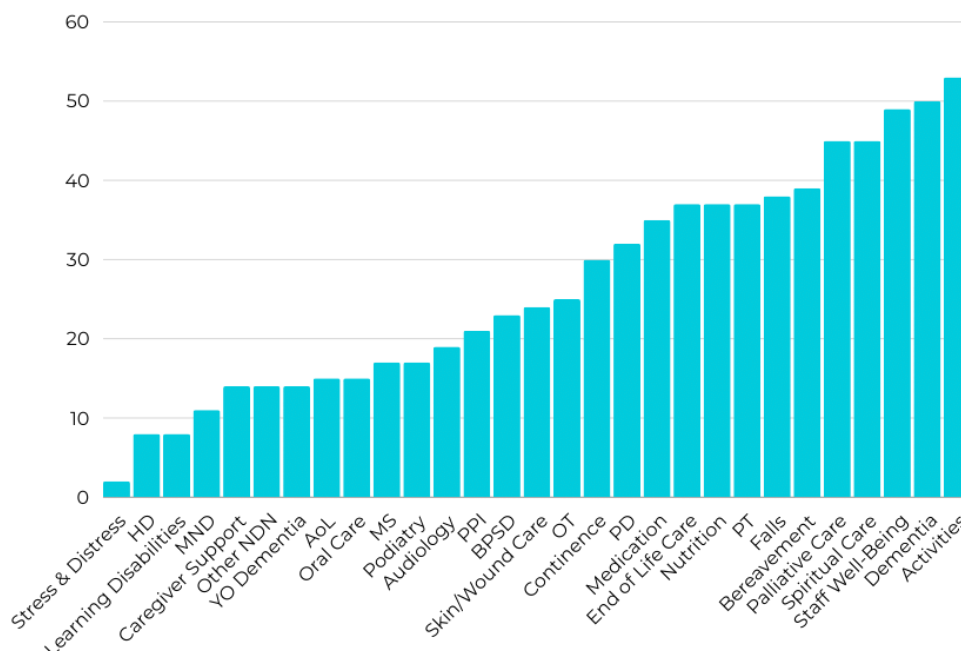
RESEARCH INTERESTS (SIMD 1-5 CARE HOMES)



AoL= Application of Learning, BPSD= Behavioural and Psychological Symptoms of Dementia, HD= Huntingtons Disease, MND= Motor Neurone Disease, MS= Multiple Sclerosis, OT= Occupational Therapy, PD= Parkinson's Disease, PT= Physical Therapy, PPI= Patient and Public Involvement, YO= Young Onset

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RESEARCH INTERESTS (SIMD 6-10 CARE HOMES)



AoL= Application of Learning, BPSD= Behavioural and Psychological Symptoms of Dementia, HD= Huntingtons Disease, MND= Motor Neurone Disease, MS= Multiple Sclerosis, OT= Occupational Therapy, PD= Parkinson's Disease, PT= Physical Therapy, PPI= Patient and Public Involvement, YO= Young Onset

It is interesting to notice that there is not much variation in priority areas between care home groups. Overall, palliative and end of life care, activities, dementia and staff well-being are popular areas. It is important to highlight that managers were not asked to pick their most urgent or rate topics, just simply select areas of interest at the time of registering as Research Ready. Moving forward, we would like to design a more robust prioritisation exercise for care home that would require ethical approval that we could then report on publicly.

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Care Home Innovation Partnership

“It has been invaluable to us as an organisation, working with ENRICH to be involved in research that will enhance the lives of those we work with to support as well as the staff team. Recently we have been involved in the Listening CHAIR and are looking to develop one of the findings into a QI project. All the comments have helped us to improve areas for the staff, which will hopefully aid with our retention as well as recruitment. We are also pleased to be working with DataLoch, to hopefully help to pioneer this data sharing model for others in the future. Being at the forefront of research is far less scary and more exciting than we expected and really is setting the precedent for the future of care.”

- Cheryl Henderson, Education and Dementia Co-Ordinator of Elder Homes

ENRICH Scotland continues to offer administrative support to the Lothian Care Home Innovation Partnership to seven care home managers. The network works closely with NHS Lothian Quality Improvement Team to develop and deliver a range of projects initiated by the care home managers, provide a supportive network and share best practice. Current projects include supporting the delivery by NHS Lothian of OSCaRS (Online Supportive Conversations and Reflection Sessions) – a project which initiated as a research project with CHIP. Other projects include Listening CHAIR, Namaste Care, Student Placement, UTI project, PainCheck app, roll out of electronic care planning, end of life medications, process of moving into the care home, and working with DataLoch on data transfer.

All the projects are to be consolidated and will look at other innovations and improvements following on from some of the work in ENRICH about what improvements are high priority, and from the feedback at the conference where care homes were asked what their top priorities were to concentrate on in research.

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Care Home Managers Research Forum

We received feedback from care home managers who had a keen interest in research that they would like an opportunity to meet similar managers from across Scotland. In September 2023 we started the Care Home Managers Research Forum and have now held five meetings. At the second meeting, we were asked to invite researchers we are working with to present their projects. It was suggested that by getting to know the teams behind the studies, care home managers would be more likely to encourage participation within their care home. Moving forward, we will continue with this format as it was so well received by both managers and researchers.

Below is a flier shared via email and on social media of a recent meeting.

Care Home Managers Research Forum

Are you a care home manager in Scotland who is interested in enabling research in your care home? If so, join us via Teams at our next Care Home Managers Research Forum to hear more about current research opportunities. If you are a registered nurse, attendance could count towards CPD hours for revalidation.

29 November 2023
2.30pm - 3.30pm
Teams

EMAIL TAY.ENRICHSCOTLAND@NHS.SCOT TO REGISTER

Speaker
Reena Devi

Speaker
KIRSTY HAUNCH

Speaker
ASENA TURKMEN

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Supported Studies

“It was interesting to converse about life in care home with other people than care home staff and it was also satisfying that a resident/client can contribute to a research study. A nice thing about this particular one was that did not involve filling in forms.”

- Resident (name withheld) from a participating care home.

ENRICH Scotland has increased research capacity in Scottish care homes by supporting study recruitment and delivery as well as acting as specialist advisors to researchers unfamiliar with care home research who are designing studies for this environment. The core group review studies that request support using a pro-forma. This allows the team to assess the value of the research and assistance that is being sought. This individualised approach also ensures the support we can offer study teams is specific to that project while balancing our capacity within the team.

From December 2022 to March 2024, we have supported 30 study teams:

- Recruitment onto studies (n=24).
- Study delivery (n=1).
- Expert advice (n=2).
- Recruitment onto advisory or PPI panels (n=4).
- Support with data analysis and write-up (n=1).

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Case Study One: SEARCH-U

Researchers from the University of Leeds have a portfolio of research called “Nurturing Innovation in Care Homes Excellence in Leeds” (NICHE Leeds). One of the projects they are currently working on is investigating priorities of future research within care homes. The first phase of the study involved reviewing existing evidence and talking to residents, family and friends, and staff to hear what matters to them. The information was then summarised, and the next phase involved collecting survey data from care home residents, family and friends and staff to find out which topics are the most important. The ENRICH Scotland team have been supporting the research team with administering the survey: recruiting and collecting survey data from care home residents, family and friends, and staff.

Dr Reena Devi (Associate Professor in Applied Health and Care Research) said, “The ENRICH team have a wide network of care homes – and their efforts with data collection have enabled us to expand the geographical reach of data collection for our study. The team have been brilliant! To date the team have recruited 165 participants over the past 2 months! Without their support we would not have been able to include Scottish care homes in our study sample. The team worked really well together, regularly communicated updates, and made an important contribution to this study.”

A resident participating in this study said to Kirsty Hynes (Studies Officer for Grampian), “It was lovely to have a yap with you... Thanks for taking an interest.” And another resident said to Lesley Cousland (Studies Officer for Tayside), “Thank you for helping me with the survey, it was nice to do something different.”

This close working relationship means that the research team at NICHE Leeds expect to be able to share some preliminary results with us by the end of May 2024, which we can then feed back to participating care homes. Being able to disseminate findings so quickly to the people involved demonstrates the importance of prioritising study delivery within our scope of practice and is why we aim to do more in 2024/2025.

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Case Study Two

The ENRICH Scotland team partnered with researchers from the School of Health and Social Care, Edinburgh Napier University on a £100,000 24-month programme of research aimed at supporting practice change to improve care home staff retention and wellbeing.

Lucy Johnston, Senior Research Fellow at Napier and Programme Lead said of working with us, “The ENRICH team have added value to our work in many ways. The ability to draw on their expertise in relation to engaging care homes in research has enhanced our work. This type of partnership is also critical to our overall aim of research findings being used to improve practice. Working collaboratively with ENRICH Scotland, we can better inform and support evidence-based change, develop research knowledge and capacity within the broad care home community and establish enduring productive relationships that can build on the outputs and outcomes of this work”.

Understanding Retention in Care Homes (CHURN Study)

The Senior Clinical Studies Officer, Maria Drummond, acted as Primary Investigator of this qualitative descriptive research study. With Lothian Studies Officer, Bernie McNally they recruited and interviewed ten care home managers in December to February 2022/23. The interviews focussed on manager views and experiences of recruiting and retaining care staff, and what in-work and external influencers they think impact the sector. Data analysis took place between April and September 2023. The first report formed from these interviews informed focussed workshops with care home managers and Lothian Care Academy in October and November 2023. A draft of a paper that will be submitted to an academic nursing journal was completed in February 2024.

Dr Donald Macaskill, CEO of Scottish Care said of these findings, “It was interesting reading how much it reflected on the realities which I hear about every day and in that sense, it is very authentic indeed and reflective of the current challenges of the sectors. Regardless of employer there are commonalities of concern and I hope this together with lots of other attempts finally gets those who make decisions to act upon what they read and hear.”

Appreciative Inquiry into Retention (Listening CHAIR Project)

The aim of this work was to engage with and listen to frontline care home staff to unlock a better understanding of the at work factors that impact on staff wellbeing and retention. Over the Spring/Summer of 2023, over 120 care home staff across ten care homes in Lothian shared their views on these issues with researchers from Napier and Tayside Studies Officer, Lesley Cousland.

Moving forward ENRICH Scotland will continue to work closely with the research team and NHS Lothian Care Home Support Team to use the insights and learning from this work to develop retention and wellbeing resources and implementation

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Case Study Three

Aging-in-Place in Community and Residential Care Contexts at the End-of-Life

This research, led by a team of researchers from the University of Dundee, suggested that aging in place matters throughout the life-course, including at the end-of-life and that the socio-environmental aspects of care homes need to enable this. The team explored the current state of community-based palliative and end of life care supports and possible solutions to address the unmet needs of those who are approaching the end of life whilst living in long-term/residential care environments in the UK and Canada (with a focus on Scotland and the province of British Columbia). A total of ten participants completed questionnaires and interviews. They have now published their findings. Their report highlights a shortage of resources, global challenges, lack of information and limited access to technology are all challenges to community-based palliative and end of life care. They suggest that a cultural shift around how death and dying are discussed would allow care staff to have more positive interactions and productive conversations, alongside improved access to appropriate resources. Their report acknowledges that the ENRICH Scotland team supported this study with recruitment.

Feedback from the research team following our involvement:

“You have been fantastically helpful - I think we would have been really stuck without you to be honest.”

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Next Steps

With subsequent funding from the Chief Scientist Office, the ENRICH Scotland team will:

- Prioritise maintaining and building the network of Research Ready care homes.
- Support Research Active care home members of the Care Home Innovation Partnerships with co-designed research and research activity.
- Continue to offer individualised assessment of support to research teams that are considering involving Scottish care home staff, residents and/or relatives.
- Promote the Clinical Study Officers skillset and ability to support study delivery to research teams.
- The operations of the Social Care Research Ethics Steering Group have been temporarily paused after several meetings, primarily in response to the prevailing uncertainty surrounding the potential changes of Research Ethics Committees (RECs) structure in Scotland. This aligns with the ongoing AWI (Adults with Incapacity) consultation work which ENRICH Scotland is a part of. The work is to be restarted in 2024 after further consultations with CSO and HRA to ensure that a coherent approach is taken.
- Continue building the RICH Voices PPI group.
- Continue to disseminate the monthly ENRICH Scotland newsletter.
- Continue to facilitate the Care Home Researchers and Managers Forum meetings.
- Contribute to public consultations.
- Attend appropriate conferences and public engagement events to promote care home research.
- Record and produce a series of four podcast episodes with researchers. This continues our commitment to disseminating research findings to care home staff to support evidence-based practice.

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Strategic plan for 5 years from 1st April 2024

1. ‘Think Care Home Research, Think ENRICH Scotland’

We aim to raise the profile of ENRICH Scotland as the ‘single point of contact’ for research involving care home residents, families and/or staff by

- a) sharing information about ENRICH with NHS Boards and all relevant University departments in Scotland, and presenting at relevant conferences.
- b) building robust collaborations and nurturing relationships with key stakeholders in NHS and social care ie Local authorities, social workers, social work educators
- c) promoting care homes as central hubs for research and innovation

2. ‘Nothing about us, without us’

We aim to increase the co-creation of research that involves care home staff, residents and relatives from underrepresented populations by

- a) developing ideas for care home research (e.g. Keeping an ‘ideas bank’ of research ideas from Partners in Research, RICH Voices, CSOs etc)
- b) supporting ENRICH team or other researchers to apply for funding for these
- c) Offering enhanced support to people in rural areas, socially deprived areas and people who lack capacity to consent to research, or to participate in research e.g. Advance Research Planning.

3. Understanding ethics and governance pathways for care home research

We aim to develop a framework for obtaining ethical and governance structure for care home studies (acknowledging links and overlaps between health and social care) in the context of the wider social care landscape by

- a) Working with Chief Scientist and Scottish Government ongoing work to identify differences between boards and establish an agreed pathway for each board, and across Scotland, aiming towards a unified national approach.
- b) Identify pathways for different study types, eg trials, quantitative or qualitative observational studies, technology & innovation, data.

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Publications from ENRICH Scotland Supported Studies

The research process is lengthy and there will be a delay from when a study closes its recruitment to when findings are publicly available. We pride ourselves on working towards closing the theory-practice gap by sharing publications of studies where we have helped with recruitment in our newsletters. In doing so, care home staff can easily access the most up-to-date evidence to their practice especially for studies where they have had input. Below is the list of publications from studies we have been involved with:

Birt L; Lane K; Corner J; Sanderson K; Bunn D. (2023). Care-home nurses' responses to the COVID-19 pandemic: managing ethical conundrums at personal cost: a qualitative study. *J Nurs Sch.* 55:226–238. <https://doi.org/10.1111/jnu.12855>.

Bradshaw A, Ostler S, Goodman C, Batkovskyte I, Ellis-Smith C, Tunnard I, Bone AE, Barclay S, Vernon M, Higginson IJ, Evans CJ, Sleeman KE. Provision of palliative and end-of-life care in UK care homes during the COVID-19 pandemic: A mixed methods observational study with implications for policy. (2023). *Front Public Health.* Mar 14;11:1058736. doi: 10.3389/fpubh.2023.1058736.

Burgher, T., Shepherd, V. & Nollett, C. Effective approaches to public involvement in care home research: a systematic review and narrative synthesis. (2023). *Res Involv Engagem* 9, 38. <https://doi.org/10.1186/s40900-023-00453-2>

Burton, J.K., Drummond, M., Gallacher, K.I. et al. Listening and learning: a qualitative study of Scottish care home staff experiences of managing COVID-19 between March 2020-August 2022. (2023). *BMC Geriatr* 23, 544. <https://doi.org/10.1186/s12877-023-04251-z>

Chapman-Wright J, Parnell SA, Bunn D et al. (2022) Perspectives: Nurses in care homes as advisors in research: benefits for all? *J Res Nurs.* Vol 27(4), pp401-405. <https://doi.org/10.1177/17449871221103839>

Cowdell, F., Heague, M., & Dyson, J. (2023). Barriers and facilitators to skin hygiene care and emollient use in residential care homes: Instrument design and survey. *International Journal of Older People Nursing*, 18, e12550. <https://doi.org/10.1111/opn.12550>

Fang, M. L., Cranwell, M., White, B., Wylie, G., Wong, K. L. Y., Harter, K., Cosgrave, L., Moulton, M., Fulton, R., Sixsmith, A., & Sixsmith, J. (2023). Aging-in-Place at the End-of-Life in Community and Residential Care Contexts. University of Dundee. <https://doi.org/10.20933/100001274>

Finucane AM, Hulbert-Williams NJ, Swash B, et al. (2023). Feasibility of RESTORE: An online Acceptance and Commitment Therapy intervention to improve palliative care staff wellbeing. *Palliative Medicine.* 37(2):244-256.

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Gibson, G., McCabe, L., Wilson-Nash, C., et al. (2022). Evaluation of the 'Connecting Residents in Scotland's Care Homes' Programme.

https://tec.scot/sites/default/files/2022-09/CRSCH%20Executive%20Summary_FINAL.pdf

Johnston, L. (2023). Care homes: Data and digital readiness. Open Access Government, Jan 2023, 106-107.

Macgregor A, McCormack B, Spilsbury K, Hockley J, Rutherford A, Ogden M, Soulsby I, McKenzie M, Hanratty B, Forbat L. (2023). Supporting care home residents in the last year of life through 'Needs Rounds': Development of a pre-implementation programme theory through a rapid collaborative online approach. *Front Health Serv.* 9;2:1019602. doi: 10.3389/frhs.2022.1019602.

Philip M Bath, Jonathan Ball, Matthew Boyd. Et al. (2022). Prophylactic Treatment of COVID-19 in Care Homes Trial (PROTECT-CH) MedRixv

<https://doi.org/10.1101/2022.08.29.22279359>

Schoultz, M., McGrogan, C., Beattie, M. et al. (2022) Psychological first aid for workers in care and nursing homes: systematic review. *BMC Nurs* 21, 96.

<https://doi.org/10.1186/s12912-022-00866-6>