

# ENRICH SCOTLAND

enabling research in care homes



April 2025



The "Cute Kittens, or "Hunky Firemen" calendar hanging in your kitchen might suggest new year began on the 1st of January but there's no doubt the natural new year begins at the summer equinox, or let's call it spring. Going back millennia, many cultures considered this was the time to rub the sleep out of the eyes, pack up the bearskins (winter wardrobe!) and start making plans on this years achievements.

Well same goes for the research world with all those Professors, researchers, PhD students leaving the academic institutions and getting those studies they spent all winter writing proposals for, chasing funding and having nightmares about the Ethics applications, up and running.

And if you haven't already here's your chance to get your penny's worth of experience in. Many of the care home studies ENRICH Scotland promotes are designed to gather the opinions from people who know best. Managers, carers, residents, families, cooks, domestic staff, basically anyone involved with care homes.

So start sharing that knowledge, have a look below and see where you can make a difference.

*".....speaking of sharing, why can only one company make Monopoly....."*

.....on a side note if anyone can identify the whereabouts of all the Scotland in spring pictures on the newsletter they'll win an ENRICH flip-flop.... and you can choose, right of left....



## What's going on?

In May **ENRICH staff** are having a face to face meeting in Edinburgh to discuss **future priorities**. Although you're not invited (not enough cups!) if you have any thoughts on how best ENRICH Scotland can support care homes be involved in research please let us know at [Tay.enrichscotland@nhs.scot](mailto:Tay.enrichscotland@nhs.scot)<sup>1</sup>.

At the moment ENRICH is continuing to support heavily **Jenni Burton/Alzheimer's Scotland's survey** in an attempt to get accurate figures on how many residents with **advanced dementia** are being cared for in care homes. This survey may only take 10 minutes but getting an accurate figure for this unrecognised group is of high importance to us all so please if you haven't already completed here is the link.

**CLASP** is still recruiting in Dundee looking at reducing insulin use in care homes and **Clare Halpenny's** study, named "**What matters to me**" in Edinburgh/Lothians is looking for residents who are happy to talk about their transition into care.

So as I said above, now is a good time to get involved.

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<sup>1</sup><mailto:Tay.enrichscotland@nhs.scot>



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Here are some of the ENRICH team at the Care Roadshow at our national stadium on 1st April. Luckily there was no football played so disappointment wasn't on the the agenda.



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### **Care Home Managers Research Forum**

I know this was in last newsletter but given the importance of the forum I think there's no harm in repeating. At the last Care Home Managers Research Forums, key topics were explored such as palliative care, activities and wellbeing and distressed behaviours, with the aim of supporting care home staff with research-based insights and practical solutions.

Contributions and engagement was amazing, and we want to ensure that the forum continues to evolve in ways that are accessible, relevant, and useful to you.

### **New ways to engage**

We're aware attending live sessions isn't always easy so we're exploring alternative ways to share insights, including:

- Webinars so you can watch at your convenience.
- Podcast-style recordings, making it easier to listen while on the go.
- Short research summary videos, breaking down key findings in a digestible format.
- Case study spotlights, where care home managers share research related experiences.

### **Upcoming focus - the impact of research in care homes**

We're planning to explore the impact of research in care homes. What happens after a study ends, has it made a difference to care delivery and has it changed practice for your team?

If your care home has taken part in any research project (big or small) we'd love to hear from you as we'd like to hear your first-hand experience of being involved to provide insights.

### **Our Instagram account**

We will soon be launching an Instagram account to bring you quick updates, best practices, and insights in a more visual and accessible way. Would this be something useful for you and your team? What kind of content would you like to see there?

To give us your thoughts on these updates please contact us on at [Tay.enrichscotland@nhs.scot](mailto:Tay.enrichscotland@nhs.scot)<sup>2</sup>

Best regards,

Irina McLean, ENRICH Health and Social Care Coordinator.



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<sup>2</sup><mailto:Tay.enrichscotland@nhs.scot>

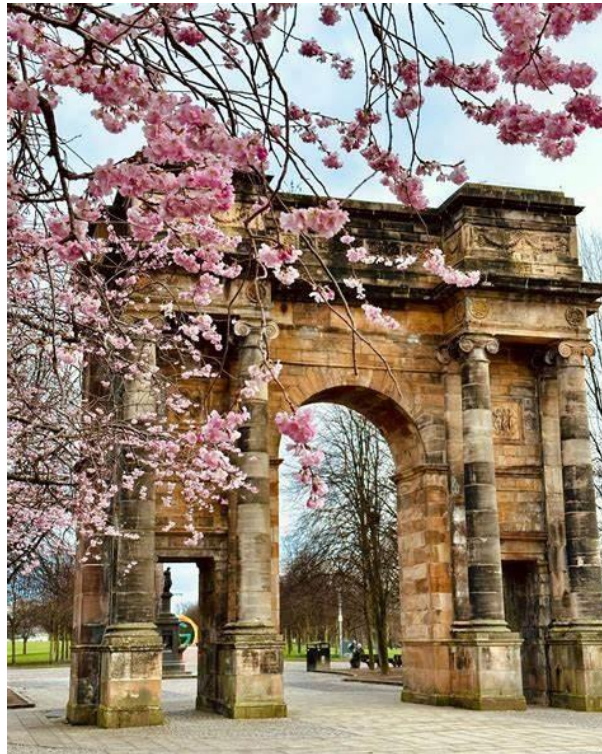
## Study updates

### **Co-producing a bereavement support in care homes toolkit.** Dr Maria Drummond

Last autumn, Maria Drummond met with care home staff through focus groups to discuss bereavement care. These focus groups were to understand bereavement generally, to identify great practice that can be shared and gaps to address. These findings will build towards creating a toolkit to help care home staff with bereavement care.

Again, a big thank you to all managers and staff who participated.

The next step was for Maria is arranging engagement events with bereavement and care home experts to brainstorm ideas for the toolkit. Two very successful events took place at Glasgow university, attendees coming from as far as the Western Isles, but there is still an online event for those unable to attend on Thursday 3rd April at 10am-12 midday. This event is open to all care home staff and relatives so to register, click here<sup>3</sup>.



**....RECRUITING NOW....**

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<sup>3</sup><https://www.eventbrite.co.uk/e/online-co-designing-a-bereavement-support-toolkit-for-care-home-staff-tickets-1216304382149?aff=oddtcreator>

## Estimating the prevalence of advanced dementia in Scotland's care homes: a national survey

Many homes across Scotland provide specialist care and support for people living with dementia however, we do not know how many people are currently living with advanced dementia in Scotland's care homes.

Researchers from the University of Glasgow have been asked by Alzheimer Scot to investigate this with the aim of shining a light on this population and their needs. We would greatly appreciate your help and support. We are doing a short online survey, looking for one response per care home, to build up a picture of the numbers of people living with advanced dementia and their funding and looking for your professional perspectives on the recognition of advanced illness.

The study documents (participant information, privacy notice and consent form) can be accessed from SURVEY<sup>4</sup> link to participate.

In recognition of your time and our gratitude, we are offering the chance to win a pair of tickets with travel expenses and the cost of staff time (to enable backfill to be arranged within the care home) to attend either the Alzheimer Scotland Conference or the Scottish Dementia Research Consortium Conference in 2025.

This research is funded by Alzheimer Scotland and supported by ENRICH Scotland.



## CLASP-Reducing/stopping insulin dependency in older adults.

This is a currently a **Tayside** only study.

Many care home residents with **type 2 diabetes** are on insulin injections, an extra challenge for care home staff. This study is looking to find a safe approach to reducing or stopping these treatments, improving quality of life, reducing tasks for care home staff and possibly reduce district nurses time.

Requirements are 70 and above, have type II diabetes and on insulin.

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<sup>4</sup>[https://uofg.qualtrics.com/jfe/form/SV\\_b2BbhYwY8yJ8K5U](https://uofg.qualtrics.com/jfe/form/SV_b2BbhYwY8yJ8K5U)

For more information please contact the study team on;

[ylin002@dundee.ac.uk](mailto:ylin002@dundee.ac.uk)<sup>5</sup>

01382388586



## What Matters To Me.

Researcher **Clare Halpenny**, from **Edinburgh University**, would like to speak to residents about their experiences about moving into care to help understand the decision making experience and what the transition was like from a residents perspective.

From experience we are aware how much residents like to pass these experiences on so please have a think about residents who may be interested and contact Clare at [clare.halpenny@ed.ac.uk](mailto:clare.halpenny@ed.ac.uk)<sup>6</sup>.



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<sup>5</sup><mailto:ylin002@dundee.ac.uk>

<sup>6</sup><mailto:clare.halpenny@ed.ac.uk>

## Recent published papers.



This study we thought may be of interest. No-one denies data sharing can be anything but positive. Hopefully worth a read as ENRICH Scotland should soon be supporting a study on this very topic.

**Piloting a minimum data set for older people living in care homes in England: a developmental study | Age and Ageing | Oxford Academic<sup>7</sup>.**

## Up and coming....

**Using and Improving Scotland's care home data.**

*Dr Jenni Burton from the University of Glasgow is developing methods of understanding and collecting new and existing care home data for use in future research. Initially this will involve interviews with care home staff to discuss care home collection methods.*

You will soon be invited to take part in this research around the use of care home data in Scotland to inform policy and practice.

**LifeLegacy: A pilot study on an AI-driven LLM conversational avatar in a care home setting**

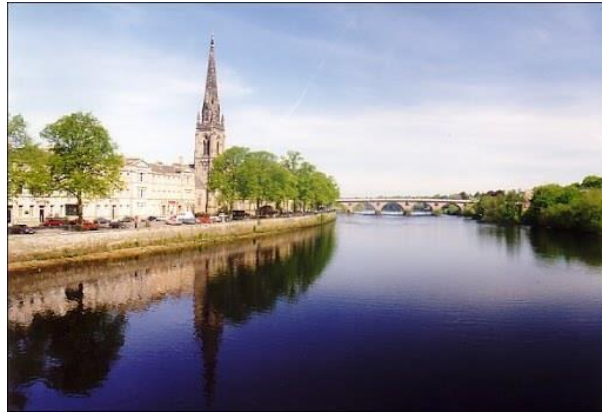
This will be trialling an AI avatar designed to alleviate isolation and loneliness in elderly as well as basic health checks. If you want to be part of the future keep an eye open for this one.

**Pharmaceutical waste in care homes.**

Some of you may already have knowledge of this study as our RICH Voices team, along with some homes, have been involved in framing the questions. Hopefully the study will go live soon.

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<sup>7</sup><https://academic.oup.com/ageing/article/54/1/afaf001/7954187?login=true>



## ENRICH Scotland meetings and conferences.

Pop in your diary;

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**Co-producing a bereavement support in care homes toolkit.** Dr Maria Drummond

Online event 3rd April, 10-12pm.

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Some of ENRICH team will be attending the Scottish Dementia Research Consortium conference<sup>8</sup> 6/7th May at the Royal College of Physicians Edinburgh.

Attendance here is free and if you have an interest in dementia there are some excellent speakers.

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**CHIP face to face meeting, Lothian**

27th May 12-2pm

More information nearer time

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<sup>8</sup><https://www.eventbrite.co.uk/e/sdrc-conference-2025-tickets-1263752410479?aff=oddtcreator>



## RICH Voices



Expanding on ways to get involved, Dr Rosalie Ashworth and Denise Munro discussed the crucial role of Patient and Public Involvement (PPI) in research. This approach invites care home staff, relatives, and even the residents themselves to step into the role of co-researcher. PPI is all about harnessing the valuable perspectives and lived-experiences of stakeholders to guide and shape research from its inception to its conclusion. This is crucial to increasing the relevancy and impact of research. Contributions can vary widely, including steering study priorities and providing feedback on research proposals, contributing to study design and materials, interpreting results, and helping to share findings in an accessible and meaningful way. There is a role for everyone in PPI, with options to fit each individual's experiences, interests, and availability.

We are so grateful to all the care homes who welcomed us, and with more care home visits lined up in the coming weeks, we are excited to continue to connect with the care home community. These visits are a cornerstone of our commitment to include more voices in the research process and to ensuring that the research ENRICH supports places your loved ones

needs and experiences at the heart of scientific inquiry. We invite all interested parties—whether you're a care home staff member, a resident, or a relative—to consider how you might like to be involved in research. Every contribution, no matter the size, plays a pivotal role in enriching understanding and enhancing the quality of life within care home settings. Together, we aim to build a collaborative, informed, and caring research community.

For more information or details on how you and your care home can get involved you can get in touch at: **tay.ppipartners@nhs.scot**

## THANK YOU FOR READING

### ...and research fact...

*"....the fear of long words is called .....Hippopotomonstrosesquipedaliophobia....."*

### *Our Blogs*



**Blog<sup>9</sup>:** 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!<sup>10</sup>

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<sup>9</sup><https://enrichscotland.wordpress.com/>

<sup>10</sup><https://enrichscotland.wordpress.com/>

## ENRICH Stay Connected to Clinical Research in Scotland



1 - The Team...

- Sign up to the NRS newsletter, Research Bulletin<sup>11</sup>
- Follow the NRS on Twitter<sup>12</sup>, LinkedIn<sup>13</sup> and [www.nrs.org.uk](http://www.nrs.org.uk)<sup>14</sup>.

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 Scotland 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)<sup>15</sup>

*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). Want to change how you receive these emails? You can update your preferences or unsubscribe from this list.*

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<sup>11</sup><https://nrs.us10.list-manage.com/subscribe?u=c8fe2cc5b484476d8b29be110&id=a399787cc8>

<sup>12</sup><https://twitter.com/NHSResearchScot>

<sup>13</sup><https://www.linkedin.com/company/nhsresearchscotland/>

<sup>14</sup><http://www.nhsresearchscotland.org.uk/>

<sup>15</sup><mailto:tay.enrichscotland@nhs.scot>