

ENRICH SCOTLAND

enabling research in care homes



April 2024

We think it is only fitting, given the triumph of our 2024 ENRICH Scotland conference, on 15th of March, to dedicate this newsletter to highlight it's success. Despite the weather, which had the sea lions swimming for cover, turnout was even better than expected, and participation throughout the day was remarkable. Attendees didn't allow the showers to dampen the enthusiasm and, from the off, participation was impressive, from the questions put to the morning speakers right through to afternoon workshops.

Many people need to be thanked for making this conference a great day but ultimately the thanks goes out to all who attended and participated in helping us "bridge the gap".

ENRICH SCOTLAND CONFERENCE 2024



EDINBURGH
ZOO

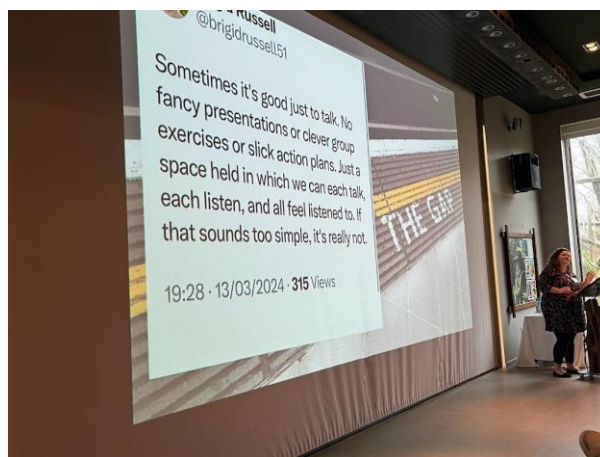
As we had a meeting the day before the Conference, ENRICH staff stayed at the Holiday Inn the night before. It was an early start so I asked the girl at reception to give me a wake up call. She said "no problem, you're getting a bit of a belly and your hair is thinning".

Conference Highlights



For those who were not able to attend the conference or want to re-watch/send on any particular presentations please click on the links below:

- Full recording of the morning:
<https://www.youtube.com/playlist?list=PLEUI1GHB4EvQr39svpWTjKQOqB0NNeF0d1>¹



Huge thank you to Alyson Vale, Care Home Provider at Abbotsford Care, who kickstarted the presentations with a thought provoking session on Mind the Gap: The Gift of Noticing and Celebrating.

Watch Alyson's presentation by clicking here²

¹<https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fplaylist%3Flist%3DPLEUI1GHB4EvQr39svpWTjKQOqB0NNeF0d&data=05|02|helen.davidson4%40nhs.scot|8a54ec8d13ff4cc2c7ee08dc4d78ba21|10efe0bda0304bca809cb5e6745e499a|0|0|638470428103762450|Unknown|TWfPbGZsb3d8eyJWljoimC4wLjAwMDAiLCJljoiv2luMzliLCJBTil6k1haWwiLCJXVCi6Mn0%3D|0||&sdata=niST3CZMvFyV RcbvY3APQv7t5FCdUCqYZUziLYPwKN8%3D&reserved=0>

²<https://www.youtube.com/watch?v=4uBvA82fGmY&list=PLEUI1GHB4EvQr39svpWTjKQOqB0NNeF0d&index=1&t=122s>



Next up was Alexandra McCauley, Care Home Provider at AKAM Care Ltd who gave a really interesting talk on Falling through the gaps: or a game of snakes and ladders.

Watch her presentation by clicking here³

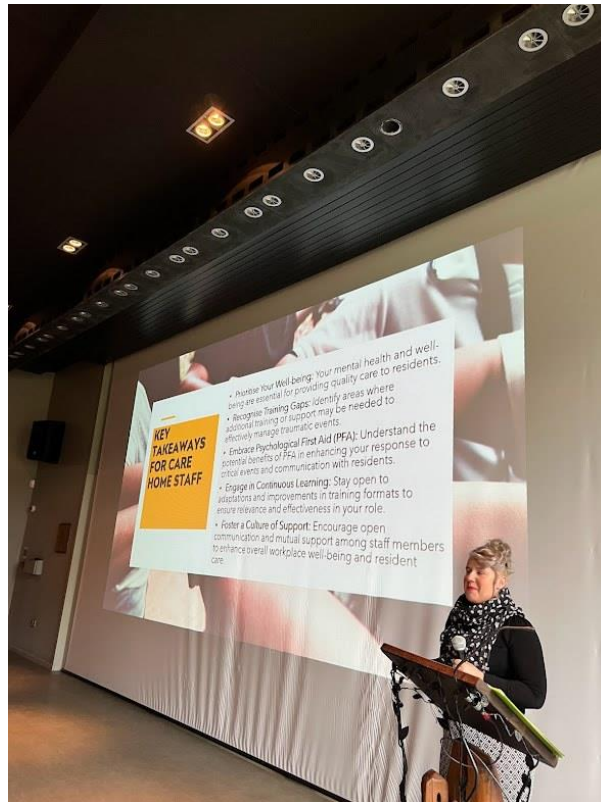


Our 3rd speaker was Dr Martha Pollard from Edinburgh University, who talked about her study 'Care staff and family care insights into freedom and pandemic-affected dementia care: Breaking chains of invisibility'. Martha's presentation generated lots of questions from the audience.

Watch her presentation by clicking here⁴

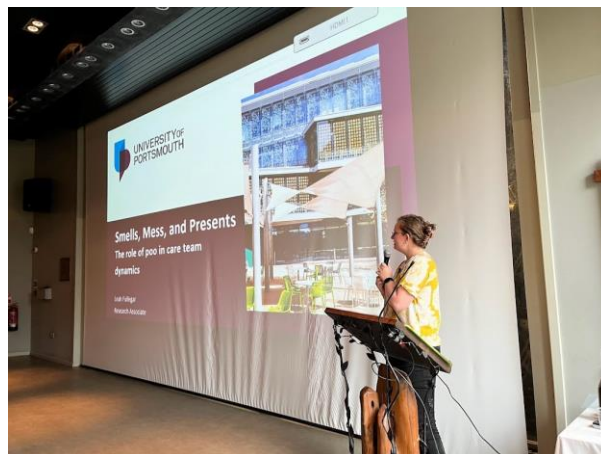
³https://www.youtube.com/watch?v=XI_LZr2zuiQ&list=PLeUI1GHB4EvQr39svpWTjKQOqB0NNeFOD&index=2&t=176s

⁴https://www.youtube.com/watch?v=Rw_uOlxwpXY&list=PLeUI1GHB4EvQr39svpWTjKQOqB0NNeFOD&index=3



Dr Mariyana Schoultz from Northumbria University was our next presenter, who talked about her study of Adapting Psychological First Aid with care-homes for care homes. Again this generated lots of questions and discussions

Watch Mariyana's presentation here⁵

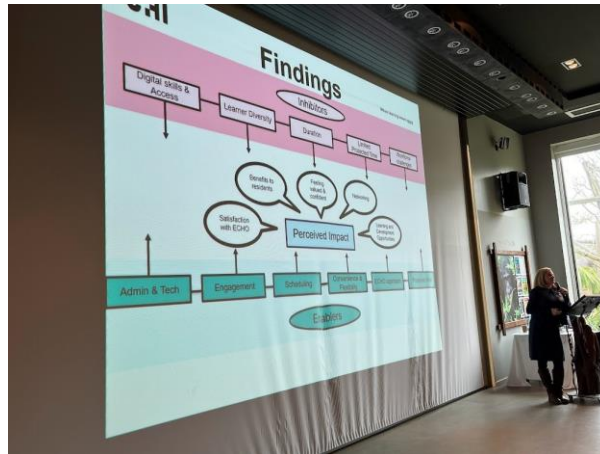


Leah Fullegar's presentation on Smells, mess, and presents: The role of poo in care team dynamics was extremely interesting and thankfully did not take place just before lunch!

We would definitely recommend you watch Leah's presentation by clicking here⁶

⁵<https://www.youtube.com/watch?v=JxFa16oFbbU&list=PLeUI1GHB4EvQr39svpWTjKQOqB0NNeFOD&index=4&t=37s>

⁶<https://www.youtube.com/watch?v=NHcmNYuyJ68&list=PLeUI1GHB4EvQr39svpWTjKQOqB0NNeFOD&index=5&t=26s>



Our final presentation of the morning before we broke for lunch was by Dr Michelle Beattie of UHI Highlands and Islands, talking about her study Connecting Care Home staff to Specialists: Enablers and barriers of Project ECHO. A really fascinating talk that should definitely be watched and shared.

Watch Michelle's presentation by clicking here⁷



The feedback from our conference attendees was phenomenal. We are so grateful for everyone attending and engaging in our day. We look forward to our next conference in 2025 (but maybe not with the monkeys in the background!)

⁷<https://www.youtube.com/watch?v=3e1xy5JGhxM&list=PLeUI1GHB4EvQr39svpWTjKQOgB0NNeFod&index=6&t=72s>

ENRICH Scotland Care Home Managers' Research Forum



*******STOP PRESS*******

The ENRICH Scotland managers' forum has now been running for several months, initially with a good turn out and recently allowing researchers to come along and give a quick presentation

about their studies. Recently, attendance has dropped off a little which is often a sign that a meeting has lost its purpose. Given that we're all aware how busy managers are we want to make sure attendance is worth your valuable time.

The next meeting is Wednesday 17th April 2-3pm when we can discuss future of meeting. If you can spare that hour please come along and give us your opinion. Join on teams below

Click here to join the meeting⁸

Research Round Up



STUDIES CURRENTLY RECRUITING.

Below are studies being promoted by ENRICH Scotland, so please have a read and contribute. Remember to put it in your CPD/Revalidation....it all counts.

⁸https://eur01.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2F%2Fmeetup-join%2F19%3ameeting_Njc1MzkzYzYtNzQ0ZC00NGQ2LWE5ZmEtOTU0YmJmY2RiZThj%40thread.v2%2F0%3Fcontext%3D%7b%22Tid%22%3a%2210efe0bd-a030-4bca-809c-b5e6745e499a%22%2c%22Oid%22%3a%22349dc35a-ce75-4706-8d7e-2491a688ee5f%22%7d&data=05|02|Bernie.McInally%40nhs.scot|0373b237690740e4474308dc3f48cb62|10fe0bda0304bca809cb5e6745e499a|0|0|638454829101551454|Unknown|TWFpbGZsb3d8eyJWljojoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTil6Ik1haWwiLCJXVCi6Mn0%3D|0||&sdata=QnQ4fNAQ%2F0rQ4OqSWgpQnpnvdT A7yxCvhpqrtQUOxaM%3D&reserved=0

Do you support student nurses in Social Care settings in Scotland?

It's time to recognise the great work that non-nhs facilities offer in supporting student nurses in their training. For that we need to listen to the voices of the staff based in these care homes.

If that is you, we want to hear from you as part of our research study looking at the experiences of staff who support student nurses on placement in non-NHS areas in Scotland.

This involves filling in an online questionnaire, which takes no longer than 15 minutes and can be done completely anonymously. If you would like to help us understand a bit more then you have the option of being involved in individual interviews.

More details via the MS Forms link <https://forms.office.com/e/LcwLnr9Fc>

Main Contact: Dr Tamsin Smith, tamsin.smith@open.ac.uk, 0131 549 7961

****This study is looking for more Scottish participation given the variation in practice so have a look****

Dr Adam Spacey from the **University of Salford** has developed a survey for care home staff. This survey is exploring ***Advance care planning education delivered by hospice specialists to care home staff in post pandemic conditions**. The data gathered from the anonymous survey will be used to inform future advance care planning education and practice. This study follows on from findings from a literature review, which can be accessed here. The survey can be accessed here. It takes about 15 mins to complete so you can enjoy a coffee while filling it in.

If you are interested please **contact** Dr Spacey via email: a.spacey@salford.ac.uk⁹

Drug use in later life.

Would you like to take part in a research exploring **drug use in later life?**

How can you help?: I would like to hear from you : Tell your story with an online or over the phone interview in a safe space. It will take between one and two hours. Your answers will be protected, confidential and anonymised. You are free to skip any questions you do not want to answer. Participants will be compensated for their time and inconvenience with an Amazon eGift Voucher **Past or current drug use and Aged 40 and over and Live in the UK.**

If interested please **contact**: Asena Merve Turkmen (PhD Researcher) asena.turkman@strath.ac.uk¹⁰

OPPORTUNITY TO SHARE YOUR VIEWS AND INFLUENCE THE DELIVERY OF PALLIATIVE CARE

The Scottish Government has asked Healthcare Improvement Scotland to gather the views of people about palliative care services. This will complement their own research in support of the development of a **new Palliative Care strategy** in 2023. The strategy will have 2 high level aims:

⁹<mailto:a.spacey@salford.ac.uk>

¹⁰<mailto:asena.turkman@strath.ac.uk>

- Everyone in Scotland receives well-coordinated, timely and high-quality palliative care, care around death and bereavement support based on their needs and preferences, including support for families and carers.
 - Scotland is a place where people and communities can come together to support each other, take action and talk openly about planning ahead, serious illness, dying, death, and bereavement. Between now and the end of February, our engagement will be carried out through group discussions or one-to-one conversations either by phone, video or in person. We are particularly looking to speak with people who are from any of the groups noted below.
1. People living in remote, rural and island communities with health problems that mean they would be eligible for palliative care as patients or family members/carers,
 2. Older people with multiple health problems, long-term conditions and/or general frailty,
 3. Parents, children, and young people, and
 4. Carers. If you would like to take part and influence the development of this new strategy, please contact Karen at karen.rankin3@nhs.scot¹¹ **GATHERING VIEWS ON CHRONIC PAIN – UPDATE**
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SEARCH-U...Thank -U

Just want to say a big thanks to all the care home staff, relatives, **and particularly the residents**, who took part in the SEARCH-U survey over last couple of months. Being able to speak to residents and hear their opinions of what it's like to live in care homes makes our job seem worthwhile and it is what ENRICH Scotland is all about. Thank you all once again.

We will publish any results of the survey as they come along.

¹¹<mailto:karen.rankin3@nhs.scot>

RICH Voices



Conference feedback

As many of you will know, we were lucky enough to host two workshops during this year's conference. It was an excellent opportunity to spend more time with you and to develop some of the ideas we have been working on. One of the main activities is our plan to get to know our research-ready care homes better, so that you can get more tailored support to do research and research-related activities.

Following the workshops, we are now submitting an ethics application to support the work in which your local CSO will come and ask you and others within your care home two questions:

- what makes this care home feel like home for you?

-what would you like to see more research about?

Once approvals are in place we will get in touch. It would be great to have you take part.

We have also been developing an accessible research platform with the help of care home staff and RICH Voices members. The new website is available here {insert link}. The work is by no means finished, we will be continuing to add more content based on your feedback and ideas. We hope that the latest version helps you see what we are trying to achieve, and most importantly fits what RICH Voices asked for.

Finally, one of the requests from the RICH Voices workshops was to hear more from care homes **who have participated** in research or research-related activities. If you would be willing to share some of your experiences either in writing or through a recorded call, please get in touch- we would love to hear from you! **These will be made into case studies that will be showcased on the website.**¹²

¹²<https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhsresearchscotland.org.uk%2Fresearch-in-scotland%2Ffacilities%2Fenrich%2Fmaking-care-home-research-accessible&data=05|02|Bernie.McInally%40nhs.scot|9a9763484cd14f18b63008dc55506a4b|10efe0bda0304b>

Our Blogs



Blog¹³: 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!¹⁴

ENRICH Stay Connected to Clinical Research in Scotland



1 - The Team...

- Sign up to the NRS newsletter, Research Bulletin¹⁵

[ca809cb5e6745e499a|0|0|638479051066989882|Unknown|TWFpbGZsb3d8eyJWljojMC4wLjAwMDAilCJQljojV2luMzliLCJBTiI6k1haWwiLCJXVCI6Mn0%3D|0||&sdata=3G0S9ih2HnP58dWpkVDFitCYwyE2MhsALM98%2Fc p6dGw%3D&reserved=0](https://enrichscotland.wordpress.com/)

¹³<https://enrichscotland.wordpress.com/>

¹⁴<https://enrichscotland.wordpress.com/>

- Follow the NRS on Twitter¹⁶, LinkedIn¹⁷ and www.nrs.org.uk¹⁸.

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.scot¹⁹

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.

¹⁵<https://nrs.us10.list-manage.com/subscribe?u=c8fe2cc5b484476d8b29be110&id=a399787cc8>

¹⁶<https://twitter.com/NHSResearchScot>

¹⁷<https://www.linkedin.com/company/nhsresearchscotland/>

¹⁸<http://www.nhsresearchscotland.org.uk/>

¹⁹<mailto:tay.enrichscotland@nhs.scot>