

ENRICH SCOTLAND

enabling research in care homes



February 2024



Hope we're all appreciating the season's climbing out of winter and extra minutes of light that are being added daily. So message is don't waste it, get to work 10 minutes early and fill out one of those surveys the ENRICH Scotland folk keep sending out!

You'll see below we have quite a range of studies being promoted so pick a couple that are relevant to your home and share them out to your staff. Remember the results of these are likely to be fed into any future planning and policy making.

Highlight on Greater Glasgow and Clyde



No prizes this month for spotting, from the pictures, the true capital of Scotland, Glasgow, is highlighted this month and by chance Diane, our CSO from Greater Glasgow and Clyde has just returned to us and has a few words of encouragement to say below.

"Chinese New Year is being celebrated this month and it is the year of the wood dragon. Its influence in 2024 promises such things as evolution and improvement. Rightly so, as I hope to see continued evolution and improvement within research in care homes.

I am appreciative to all my Glasgow colleagues who have already signed up to be Research Ready and have become a part of ENRICH, it is nothing short of amazing the enthusiasm from staff and I hope that eagerness is contagious to all in Glasgow and beyond. If you have links to those who are not yet signed up then spread the news.

I cover the whole of Greater Glasgow and Clyde and would be happy to come out to your care home to share some information about ENRICH and to say hello".

My email is: diane.frew@ggc.scot.nhs.uk¹

¹<mailto:diane.frew@ggc.scot.nhs.uk>



And to prove Diane isn't some AI creation there she is presenting Sue at Norwood care home the coveted certificate.

ENRICH SCOTLAND CONFERENCE 2024



EDINBURGH
ZOO

No apologies for repeating this but the ENRICH Scotland conference is on March 15th, hopefully you'll already be registered, as we're fully subscribed and trying to sneak in over zoo fences is discouraged. However, just remember when entering you do have to line up two by two.

If you did miss registration please don't be disheartened as we will be recording all of the sessions and will publicise them after the event. We do have a waiting list so if you do want to attend in person, please email tay.enrichscotland@nhs.scot².

You'll see from the poster we have some great speakers and there's that opportunity to mix and catch up with all the other homes going through the same day to day ups and downs....

And poster are always welcome

**ENRICH SCOTLAND
2024 CONFERENCE**
enabling research in care homes

**BRIDGING THE GAP
BETWEEN THEORY & PRACTICE**

15 MARCH 09.30-15.30 EDINBURGH ZOO

Speakers

- ALYSON VALE**
Care Home Manager
- MARTHA POLLARD**
Care and the Pandemic Research
- MICHELLE BEATTIE**
Extension for Community Healthcare Outcomes Research
- ALEXANDRA MCCAULEY**
Care Home Manager
- MARIYANA SCHULTZ**
Psychogeriatric and Aged Research
- LEAH FULLEGAR**
Complexity Research

Workshops

- LUCY JOHNSTON**
Staff Retention and Well-being Research
- LIZ FORBES**
Pathways and End of Life Care Research
- GENERATIONS WORKING TOGETHER**
- ROSIE ASHWORTH**
Partnering & Public Involvement

This conference will be of interest to care home staff, researchers, policy makers and members of the public.

[Click here for tickets](#)

²<mailto:tay.enrichscotland@nhs.scot>

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.

SEARCH-U

This study is from Leeds University to find out what questions staff, residents and their relatives have about care homes, and which of these are most important. We want to hear from care home staff, people living in care homes, and their family members.

After piloting this survey, ENRICH Scotland staff have agreed that to get the best results we are happy to come to your home (where possible) and go over the survey with residents, staff or relatives. Please just get in touch with your local ENRICH CSO or Tay.ndntayside@nhs.scot³

The DACHA Study.

Funded by the National Institute for Health and Care Research (NIHR) and sponsored by the University of Hertfordshire. We are looking for participants to take part in a consultation, individuals who have a relationship with older people's care homes in the UK, in their capacity as a care home staff member or manager, care home resident, primary care professional, commissioner/service provider, old age specialist (clinical/research), or a relative/family carer of a care home resident, are invited to participate in this 25-minute online survey: <https://app.onlinesurveys.jisc.ac.uk/s/herts/dacha>

DACHA research team have developed a care home *minimum data set* (MDS), which aims to improve the quality of information that staff collect about people living in care homes to support the care of residents. We would like to understand how useful and relevant the DACHA minimum data set is for people working in, for or with care homes, or for people who have a direct experience of care.

The survey closes on 5th March 2024

³<mailto:Tay.ndntayside@nhs.scot>

***Longing for: Designing communication tools that enable care home residents and staff to explore, address, and express intimacy through participatory design interventions**

Yoni Lefevre, a PHD student, is looking for 2 care homes to support her above study. She is looking to come in and observations, one to one interviews, group sessions with residents and staff

If you are interested please contact y.m.lefevre@sms.ed.ac.uk⁴

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

If yes, 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/LcwLnrg9Fc>

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

***Artificial Intelligence and Multimorbidity: Clustering in Individuals, Space and Clinical Context (AIM-CISC)**

The study aims to understand professional, patient and carers experience of health and social care for people with multiple long-term conditions and to identify better ways of organising care. The overall design combines qualitative analysis of individual interviews and focus group discussions with co-design workshops to develop two complex interventions for evaluation in a future study.

If you wish to take part or for more info **contact** Dr Arakelyan at stella.arakelyan@ed.ac.uk⁵

***QUEST.**

Researchers at the University of Glasgow are looking for participants to take part in their new research study .

Are you interested in taking part in research to share your views about new technologies to remotely monitor health in the home?

Researchers are holding focus groups and interviews with members of the public and health professionals – visit the website

<https://www.gla.ac.uk/schools/healthwellbeing/research/generalpractice/research/quest> for more information and how to get involved.

⁴<mailto:y.m.lefevre@sms.ed.ac.uk>

⁵<mailto:stella.arakelyan@ed.ac.uk>

***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.uk⁶

***Digital Nutritional Assessment Tool**

Malnutrition remains one of the most common challenges among older adults in the UK with over 35% of people in care homes affected by malnutrition. A team of researchers at Stirling University worked with older adults, care staff and dieticians and developed a food recognition tool that links photos of food to symptoms to help identify hazardous foods to decrease malnutrition risk. They are now looking for your feedback on the tool.

You can help in one of three ways:

- 1) Take 30 photos of a range of foods in your care home to help build a recognition database and earn up to £50 for doing so,
- 2) Fill out a short survey and be entered into a draw to win amazon vouchers- just scan the QR code,
- 3) If you are a care home manager, take part in a short interview and earn £30 for helping.

If you are interested in any of the above please **contact:** jenni.connelly1@stir.ac.uk.

⁶<mailto:asena.turkman@strath.ac.uk>

Opportunities



We want to share with homes the launch of the initial AHP Open Badges (digital learning certificates), collaboration between the Scottish Social Services Council (SSSC) and NHS Tayside's Allied Health Professions (AHP) Clinical Educators.

Badges are designed to support staff working in a variety of care sectors to help maintain and improve their knowledge and skills, and contribute towards re-validation of learning (90 hours over a 3 year registration period).

For more info hit link below.

AHPs Supporting Social Care: Course: Allied Health Professionals Supporting Social Care (sssc.uk.com)⁷

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:

- 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.

⁷<https://lms.learn.sssc.uk.com/course/view.php?id=105>

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.scot⁸ **GATHERING VIEWS ON CHRONIC PAIN – UPDATE**

RICH Voices



Online Accessible Platform

The building of the RICH Voices online platform is going well and will be launched at our conference on Friday 15th March. Don't worry if you are not attending the conference as we will be sending out information about it

RICH Voices PPI request

Researchers are now contacting us to get Care Home staff, residents and families to get involved in the planning of their research studies (before they become ENRICH Scotland studies that you have seen above). They want input to check their ideas are feasible and to look at the language of the requests.

⁸<mailto:karen.rankin3@nhs.scot>

Our current PPI is from Loukia Minetou (Post grad researcher from Stirling University) who wants input from care home staff/residents and families to structure the workshops and interviews she will conduct as part of her study.

If you are interested please contact your CSO or email tay.enrichscotland@nhs.scot

Our Next RICH Voices Webinar

We are delighted to announce that our next webinar is taking place on Thursday 29th February at 2pm. Dr Victoria Shepherd from Cardiff University is going to share her research on

CONSULT-ADVANCE Study: exploring the acceptability and feasibility of advance research planning

This will include:

- Older people, including those living in care homes, are encouraged to express their preferences about their future care and treatment should they be unable to communicate their wishes
- Other countries have extended these advance planning processes to enable people to also express their preferences for taking part in future research
- This might include making an advance research directive, as well as choosing who should be involved in future decisions about research participation
- We conducted a survey and qualitative interviews to explore views about the acceptability and feasibility of introducing advance research planning in the UK
- We found high levels of support for advance research planning, and identified a number of practical barriers with strategies to help overcome them
- Future activities will include developing tools and other resources to support its introduction in settings such as care homes

To book a place on this webinar please complete this form: <https://forms.office.com/e/CVSPrb103a>

[Our Blogs](#)



Blog⁹: 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!¹⁰

ENRICH Stay Connected to Clinical Research in Scotland



- Sign up to the NRS newsletter, Research Bulletin¹¹
- Follow the NRS on Twitter¹², LinkedIn¹³ and www.nrs.org.uk¹⁴.

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

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

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

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

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

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

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

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.scot¹⁵

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<mailto:tay.enrichscotland@nhs.scot>