

# ENRICH SCOTLAND

enabling research in care homes



January Newsletter 2024



Well, we're three weeks into January so many of you will already have joined the gym, visited once and cancelled your membership.

A great alternative is to exercise the mind and get involved with one, or more, of the studies currently being promoted below so .....

HAPPY NEW YEAR

## Highlight on Grampian



**Those with a keen eye will have noticed the headline picture was the granite city itself so here's a few words from Kirsty, our Clinical Studies Officer covering Grampian.**

*"A huge thank you to all of our Grampian care homes who have already signed up to ENRICH. We had a pre Christmas flurry which was great and I know some of you have expressed an interest in some upcoming activities. I look forward to working with you all in 2024 but, in the meantime, lets spread the word about ENRICH. If our signed up homes have links with those who are not yet signed up, please do tell them about us. I cover the whole of the Grampian area and I am always happy to come out to care homes to say hello and give some more information about ENRICH... providing the snow has shifted by then of course!*

*My email is [kirsty.hynes@nhs.scot](mailto:kirsty.hynes@nhs.scot)<sup>1</sup>"*

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<sup>1</sup><mailto:kirsty.hynes@nhs.scot>

And for the rest of Scotland....





If your care home has not already registered with ENRICH well make 2024 the year. Click here, [ENRICH Scotland Sign-up Form | NHS Research Scotland | NHS Research Scotland<sup>2</sup>](#). It'll take 5 minutes and we'll have the much coveted certificate rushed to your door and, if you are really lucky, it may be hand delivered by your local CSO, as we do like a photo for the newsletter, as you can see on the left.

In my experience all care homes are interested in improving practice and even if you do not think you can be involved in studies, you'll want to hear about good evidence based practice that's going on out there. Research involvement can be as simple as filling in a survey and the results of these will help shape future policy and practice. So hit that link above.

And in case proof is needed here is Elizabeth, Head of Enabling Technology at Leuchie House, taking charge of the much sought after ENRICH certificate soon to be displayed on one of the walls in this grand building.

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<sup>2</sup><https://www.nhsresearchscotland.org.uk/research-in-scotland/facilities/enrich/sign-up-form>

## ENRICH CONFERENCE 2024



EDINBURGH  
**ZOO**

The ENRICH conference is on March 15th so clear that day in your diary, free up a couple of deserving staff and register on the link below. Lunch is provided (there's definitely a zoo joke there!), you get a free look around the zoo and there's plenty of parking.

**In fact, last time we were there my car wouldn't start and I asked a colleague if he could give me a lift. He said "you look like you lost some weight, it's taken years off you" and drove off...!**

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

<https://forms.office.com/e/A7jL1rWmiZ><sup>3</sup>

**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 YALE, Care Home Manager
- MARTHA POLLARD, Care and the Academic Research
- MICHELLE BEATTIE, Evidence for Optimising Healthcare Outcomes Research
- ALEXANDRA MCCAULEY, Care Home Manager
- MARIYANA SCHOULTZ, Psychological First Aid Research
- LEAH FULLEGAR, Communication Research

**Workshops**

- LUCY JOHNSTON, Older People's Health and Well-being Research
- LIZ FORBAT, Balance and End of Life Care Research
- GENERATIONS WORKING TOGETHER
- ROSIE ASHWORTH, Person & Place Involvement

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

[Click here for tickets](#)

## Research Round Up

**STUDIES CURRENTLY RECRUITING.**

**Below are studies being promoted by ENRICH, so have a read and see if you can contribute.**

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<sup>3</sup><https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2Ffe%2FA7jL1rWmiZ&data=05|02|Bernie.McInally%40nhslthian.scot.nhs.uk|ab169461ffc64517c15c08dc15ae2a69|10efe0bda0304bca809cb5e6745e499a|0|0|638409085862835390|Unknown|TWfPbGZsb3d8eyJWljoicMC4wLjAwMDAiLCJQljoiv2luMzliLCJBTiI6Ik1haWwiLCJXVCi6Mn0%3D|3000||&sdata=xDagF7hpyKUXKI16R1C6P%2BCiL31oc4%2BLCdw5DtVAH1s%3D&reserved=0>

**\*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.uk](mailto:stella.arakelyan@ed.ac.uk)<sup>4</sup>

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**\*QUEST.**

Researchers at the University of Glasgow are looking for participants to take part in their new research study - **The acceptability of using technologies in the home to monitor health and wellbeing, a qualitative study.**

Are you interested in taking part in research to share your views about new technologies to remotely monitor health in the home? Researchers at the University of Glasgow are holding focus groups and interviews with members of the public and health professionals – visit our website <https://www.gla.ac.uk/schools/healthwellbeing/research/generalpractice/research/quest> for more information and how to get involved.

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**\*Improving bladder and bowel care for people living with dementia.**

Emily Thomson from Glasgow Caledonian University is seeking to understand what issues are most important to improve bladder and bowel care for people living with dementia. She is interested in the perceptions of people living in the community with dementia but this can be done retrospectively with people who are now living in care homes to consider how their care was while they were living at home and what could have been done better at that time.

**Contact** [emily.thomson2@gcu.ac.uk](mailto:emily.thomson2@gcu.ac.uk)<sup>5</sup>

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"The aim of the **\*Palliative and End of Life Care Research Priorities Project** is to identify the unanswered questions about palliative and end of life care from patient, carer and clinical perspectives and then prioritise those that patients, carers and health and social care professionals and the commissioners of health and social care services agree are the most important for research to address." This survey is led by Marie Curie and UCL and is relevant to every care home so please hit the link below and complete the survey.

Get involved – Palliative and end of life care Priority Setting Partnership ([wordpress.com](https://www.wordpress.com))<sup>6</sup>

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<sup>4</sup><mailto:stella.arakelyan@ed.ac.uk>

<sup>5</sup><mailto:emily.thomson2@gcu.ac.uk>

<sup>6</sup><https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpalliativecarepsp.wordpress.com%2Fhow-you-can-support-us%2F&data=05%201%20Bernie.McInally%40nhslothian.scot.nhs.uk%207ee03318dca4153304408dbd08d4b6f%2010efe0bda0304bca809cb5e6745e499a%200%20638333078727452713%20Unknown%20TWfPbGZsb3d8eyJWljojMC4wLjAwM>



I've completed this survey myself and really is 5 minutes so please hit the link above.

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**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.uk](mailto:a.spacey@salford.ac.uk)<sup>7</sup>

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#### **\*Drug use in later life.**

**Asena Turkman. University of Strathclyde.**

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.uk](mailto:asena.turkman@strath.ac.uk)<sup>8</sup>

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#### **\*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](mailto:jenni.connelly1@stir.ac.uk).

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[DAiLCJQjoiV2luMzliLCBTiI6lk1haWwiLCJXVCI6Mn0%3D|3000||&sdata=QuP1G5JSyANNbLaPGbAvOXR7OXM27mh80uQhZDUDFI0%3D&reserved=0](https://www.salford.ac.uk/research/advance-care-planning-education-delivered-by-hospice-specialists-to-care-home-staff-in-post-pandemic-conditions)

<sup>7</sup><mailto:a.spacey@salford.ac.uk>

<sup>8</sup><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)<sup>9</sup>

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### 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. 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.scot<sup>10</sup>
- GATHERING VIEWS ON CHRONIC PAIN – UPDATE**

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<sup>9</sup><https://lms.learn.sssc.uk.com/course/view.php?id=105>

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## RICH Voices



### Online Accessible Platform

RICH Voices (our public involvement group for ENRICH Scotland) are developing an online accessible platform for holding academic papers, podcasts etc. The first planning meeting took place with Care Home Managers/staff before Christmas to hear ideas of what they would like to see on the platform. The 2nd meeting on 7th February is about testing the platform and getting feedback on it. We would welcome anyone who wants come along to that meeting. Please email [tay.ppipartners@nhs.scot](mailto:tay.ppipartners@nhs.scot)<sup>11</sup>

### 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 studies that you have seen above). They want input to check their ideas are feasible and to look at the language of the requests.

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](mailto: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

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<sup>10</sup><mailto:karen.rankin3@nhs.scot>

<sup>11</sup><mailto:tay.ppipartners@nhs.scot>

- 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>

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### Our Blogs

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**Blog<sup>12</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>13</sup>

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<sup>12</sup><https://enrichscotland.wordpress.com/>

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

## ENRICH Stay Connected to Clinical Research in Scotland



- Sign up to the NRS newsletter, Research Bulletin<sup>14</sup>
- Follow the NRS on Twitter<sup>15</sup>, LinkedIn<sup>16</sup> and [www.nrs.org.uk](http://www.nrs.org.uk)<sup>17</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>18</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>14</sup><https://nrs.us10.list-manage.com/subscribe?u=c8fe2cc5b484476d8b29be110&id=a399787cc8>

<sup>15</sup><https://twitter.com/NHSResearchScot>

<sup>16</sup><https://www.linkedin.com/company/nhsresearchscotland/>

<sup>17</sup><http://www.nhsresearchscotland.org.uk/>

<sup>18</sup><mailto:tay.enrichscotland@nhs.scot>