

ENRICH SCOTLAND

enabling research in care homes



July is upon us, and one of the key events for ENRICH this month will be **Professor Susie Shenkin's** data-sharing meeting at **Edinburgh Zoo**.

As mentioned in our last newsletter, the Scottish Government has commissioned this study to help improve data sharing between health services, social work, care homes, GPs, and others—which everyone will agree is a much-needed development. Interestingly, the public, when asked, often assumes this kind of data sharing already happens routinely. That's why this meeting on **23rd July, from 2–4pm**, will focus on gathering views from residents, relatives, friends, and staff about what types of data they would feel comfortable being shared.

And yes, it really is at the zoo! Anyone registered to attend the afternoon session will get **free access to the zoo all day**—so why not spend the morning visiting the animals, and then join us at 2pm to share your valuable opinions?

"...I did read recently that Edinburgh Zoo was having water supply issues. In support, I sent them a 'Get Well Soon' card..."

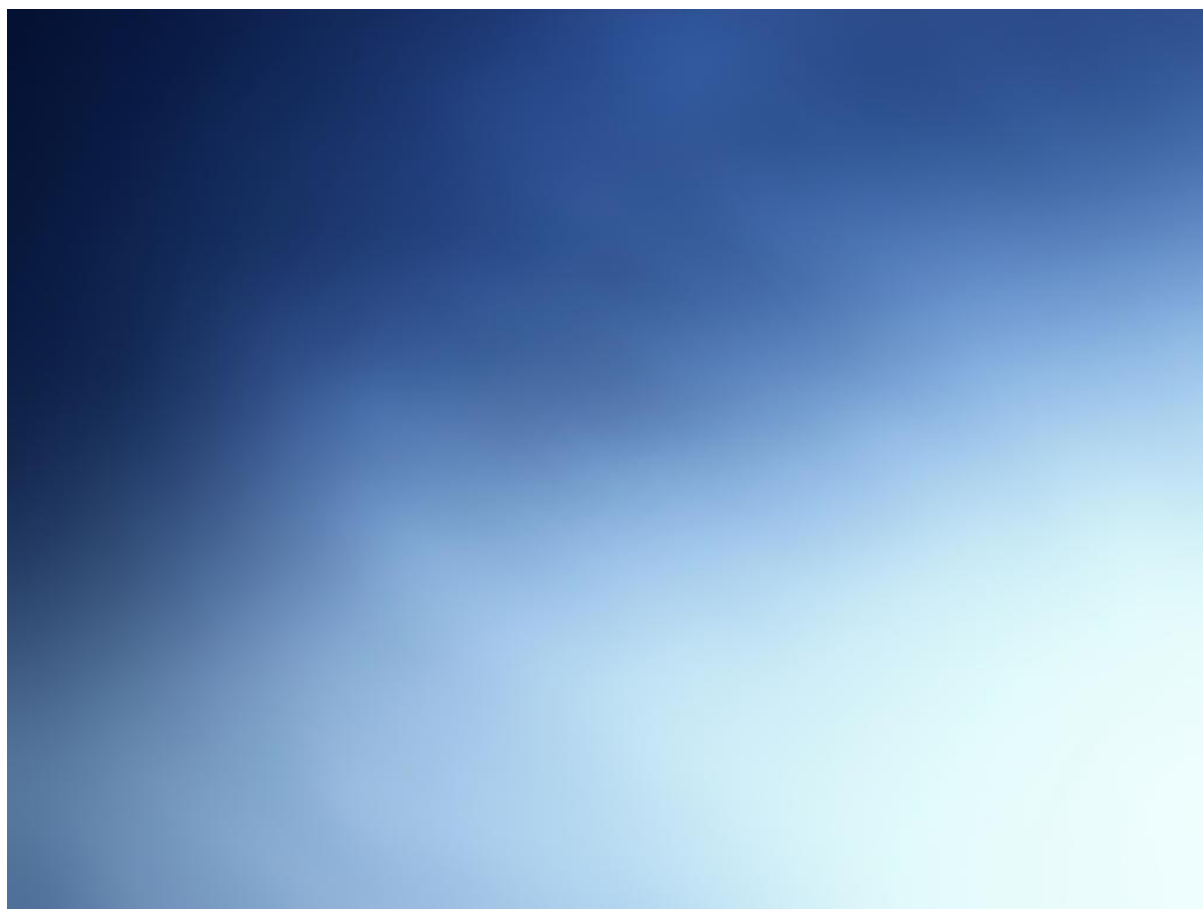


A group of penguins, including adults and chicks, are gathered on a rocky shore. Several penguins are standing on circular concrete structures that resemble portholes or manhole covers. In the background, a body of water is visible, and a few penguins are standing on the shore. The scene is set in a naturalistic enclosure.

As part of this study, a webinar titled *“In Conversation with Professor Susan Shenkin”* was held on **18th June**, where researchers were invited to join the discussion. A recording of the session is available at this link² and provides additional background on the study.

¹<https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2Fe%2Fc%2Fr1vjZGGSY&data=05|02|Bernie.McInally%40nhs.scot|2530c2366044485964ae08dd9d0cd8b6|10efe0bda0304bca809cb5e6745e499a|0|0|638839400676963410|Unknown|TWFPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYoIiwLJAuMDAwMCIsIlAiOiJxZW4zMilslkFOljoitWFpbCklldUljoyfQ%3D%3D|0||&sdata=O9eyCnLtMFDmPJ%2B4qilQdRWw%2BBEMtRpOluzN6gesVchl%3D&reserved=0>

What we've been up to...



ENRICH and RICH Voices continue working toward their goal of reaching more residents and relatives to raise awareness about care home research.

Firstly, a big thank you to all the care homes that have welcomed ENRICH staff into family meetings—we truly appreciate the opportunity to share our message. If you'd be happy for one of our team members to speak briefly at an upcoming meeting, please let us know, and we'll connect you with your local representative.

We're proud to share that nearly **45% of Scottish care homes are now registered with ENRICH**. However, we're still keen to welcome more homes, especially those interested in actively participating in research studies. If that's you, please use the same contact information above, and someone will be in touch soon.

Here are a couple of photos showing care homes receiving their ENRICH certificate. A special highlight is **Luciea at Forthbank** in Stirling—the first resident to be pictured receiving the

²https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2Fc5_GcAYSz2g&data=05|02|Bernie.McInally%40nhs.scot|5722f0dea83c4cf3086308ddb492c049|10efe0bda0304bca809cb5e6745e499a|0|0|638865264578403649|Unknown|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOilwLjAuMDAwMCIsIAiOiJXaW4zMilslkFOljoiTWFpbCIsIldUIjoyfQ%3D%3D|0||&sdata=WOTkGMTJfDde8DaMYSyc20xtlwYh2TDzZNijsODTmb8%3D&reserved=0

certificate, and a great reminder of why this work matters, taking nothing away from the trio of staff at **Fairview care home** in the same city.

Also a personal thank you to **Crookston Care Home** in Tranent for allowing me to attend their family meeting last week (I forgot the photo!)



Study updates



The GAIN study

A big thank you to all who attended the teams meeting on the 23rd June regarding the GAIN study looking at better ways to treat UTI's in care homes. This research team sought input before study design from care home staff and therefore very important this approach is supported. Recording of the meeting has been sent out to those who could not make the meeting but still wanted to contribute and keep an eye out for more updates on this study from Tayside.

SEARCH-U (Seeking Answers for Care Home Uncertainties).

I'm leaving this in for a second month as care homes invested a lot of time being involved in this study so in case it was missed in Junes edition. **SEARCH-U** was a study in care home to prioritise uncertainties by residents, relatives and staff. Many of you may remember the above study which involved ENRICH CSO's visiting your home and going through a questionnaire with residents, relatives and staff. Well the study outcomes have now been published in the **Age and Ageing Journal** available HERE³.

³<https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Facademic.oup.com%2Fageing%2Farticle->



1 - Photo from Andy our CSO, in the Highlands.

....RECRUITING NOW....



[abstract%2F54%2F5%2Fafaf125%2F8151274%3FredirectedFrom%3Dfulltext&data=05|02|Bernie.McInally%40nhs.scot|42f1c42c01c445d20b2008dd9d3217c4|10efe0bda0304bca809cb5e6745e499a|0|0|638839560668405003|Unknown|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOilwLjAuMDAwMCIsIlAiOiJXaW4zMilslkFOljoiTWFpbClslldUljoyfQ%3D%3D|0||&sdata=H07MbgkuMN9KBvYcpeTjBdb58J8kpm2nXgM%2F53II8lw%3D&re
served=0](#)

Help us explore access to Controlled Drugs (CDs) for Palliative and End-of-Life Care in UK Care Homes

Marie Curie are conducting a short survey study investigating how care home staff access controlled drugs (CDs) such as morphine and midazolam, for palliative and end-of-life care. We would like to invite UK-based care home staff, including nurses, care assistants, and managers, to take part.

Taking part in the study involves completing a 20-minute anonymous survey. Your responses will contribute to shaping policy discussions and guiding future research aimed at improving timely access to CDs in care homes, thereby enhancing care for those in need.

Please forward this information to any colleagues who might be interested

- Contribute to the study by following this link: <https://bit.ly/cinch25>
- Find out more by watching a short video outlining the study: <https://youtu.be/ckCT8CzM7BA>

For more information, please contact Emyr Jones, Consultant Pharmacist, Emyr.Jones3@wales.nhs.uk⁴



What Matters To Me

A last wee shout out for researcher **Clare Halpenny**, from **Edinburgh University**, who although almost complete, would still give any residents who wish to be involved tell her their experience of moving into care to help understand the decision making experience and what the transition was like from a residents perspective.

⁴<mailto:Emyr.Jones3@wales.nhs.uk>

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.uk⁵.



A bereavement toolkit for care home staff

Last year, researchers from the University of Glasgow held focus groups with care home staff to explore bereavement care within care homes. They were interested in learning about how care home staff support other residents, family and friends of deceased residents and each other in their grief. From this, the team are currently drafting a toolkit and are looking for some care homes in the Glasgow (and surrounding areas) to visit to get feedback on the toolkit draft.

If you are interested in finding out more, contact Maria Drummond at maria.drummond@glasgow.ac.uk⁶ or your local CSO, who will put you in contact with the team.

Maria and the team at Glasgow would like to thank the care home staff who participated in last years focus groups, the insights and learning from each have been amazing.

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.

⁵<mailto:clare.halpenny@ed.ac.uk>

⁶<mailto:maria.drummond@glasgow.ac.uk>

For more information please contact the study team on;

ylin002@dundee.ac.uk⁷

01382388586



Recent published papers and blogs.

ARTICLES

Thought this recently published article may be of interest as we're aware several homes registered with ENRICH support Namaste Care in their home.

Implementing Namaste Care in nursing care homes for people with advanced dementia: a systematically constructed review with framework synthesis. BMC geriatrics, 25(1), p.17.⁸

BLOGS

There are several blogs on the "Dementia Researcher"⁹ site from ENRICH staff (not all dementia focused) so have a read, or listen, here.¹⁰



⁷<mailto:ylin002@dundee.ac.uk>

⁸<https://link.springer.com/article/10.1186/s12877-024-05636-4>

⁹<https://www.dementiaresearcher.nihr.ac.uk/tag/neuroprogressive-and-dementia-network/>

¹⁰<https://www.dementiaresearcher.nihr.ac.uk/tag/neuroprogressive-and-dementia-network/>

RICH Voices



We continue our work to meaningfully engage with residents and their families and to amplify their perspectives in care home research.

Join us on Wednesday the 13th August for our next *"In Conversations With"* webinar which will spotlight the work we have been doing with RICH Voices to support care home research. We are in the throes of organising this online event, so please keep an eye on our mailing list, website, and social media channels for more details.

Looking ahead, we are joining Professor Susan Shenkin at Edinburgh Zoo on the 23rd July to hear more about her work with data sharing, and importantly, to make sure family members and residents can give their views. We are also excited to announce our participation in the Alzheimer Europe Conference in Bologna, scheduled for 6th -8th of October. A group of staff from ENRICH Scotland will be presenting their latest research through a series of posters, and Denise Munro will deliver a brief oral presentation. She will discuss our initiatives to forge stronger connections with the care home community, enhance our understanding of their priorities, and better facilitate their involvement in research.

Last week we were joined by researchers from Dundee University and University of West of Scotland, Dr Benjamin Parcell and Professor Gordie MacKay, who presented their work on imbalance of natural gut microbes and urinary tract infections, and asked for input from RICH Voices to improve their project going forward. It is great to see new faces coming along to these sessions and providing valuable insight to help researchers create work that is going to be more relevant to people living and working in care homes (even if that means going back to the drawing board!).

Each month we will be inviting researchers to share their work to make sure care home staff and family members have the opportunity to get involved. If you are unable to attend, the recordings will be available after the meeting. You can also provide feedback in writing. We

will keep working on new ways to get people involved in a meaningful way and are open to all ideas about how we can do that. Please don't hesitate to get in touch with one of the team.

THANK YOU FOR READING

...and research fact...

".....over a quarter of the bones in your body are in your feet....." (which is interesting as feet run in my family....and noses!)



Our Blogs



Blog¹¹: 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!¹²

ENRICH Stay Connected to Clinical Research in Scotland



2 - The Team...

- Sign up to the NRS newsletter, Research Bulletin¹³
- Follow the NRS on Twitter¹⁴, LinkedIn¹⁵ and www.nrs.org.uk¹⁶.

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.scot¹⁷

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

¹¹<https://enrichscotland.wordpress.com/>

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

¹³<https://nrs.us10.list-manage.com/subscribe?u=c8fe2cc5b484476d8b29be110&id=a399787cc8>

¹⁴<https://twitter.com/NHSResearchScot>

¹⁵<https://www.linkedin.com/company/nhsresearchscotland/>

¹⁶<http://www.nhsresearchscotland.org.uk/>

¹⁷<mailto:tay.enrichscotland@nhs.scot>

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