



NRS Ageing Specialty Group

NRS Ageing Specialty Group is affiliated to NIHR CRN: Ageing

Bulletin, Autumn 2020

Here's a quick round up of recent activity and events relevant to research for older people, featuring:-

- [Welcome](#)
- [COVID-19 Studies in Scotland](#)
- [ENRICH Network](#)
- [NRS Small Grant Awards](#)
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Welcome

This is the last update from me as NRS Ageing Specialty Lead. In the last 5 years we have:-

- raised the profile of interdisciplinary ageing research across Scotland
- created stronger links with other Networks and Specialty Groups, especially Neuroprogressive and Dementia, and Stroke
- supported the range of research studies on the NRS Ageing Portfolio
- integrated the NRS meeting into the BGS Spring Scientific meeting, highlighting the range of research ongoing in Scotland
- supported 4 NRS/Cochrane fellows (with Stroke Research Development Grant from Health and Care Research Wales) to develop skills in systematic review and meta-analysis, leading to 2 Cochrane reviews
[Aromatherapy for dementia](#)
[Cholinesterase inhibitors for vascular dementia and other vascular cognitive impairment](#)
- awarded 9 small grants, supporting researchers from all Scottish Universities on a wide range of projects
- developed information leaflets to explain the role of NRS Ageing Specialty Group
- had information stands at a range of conferences
- provided submissions to Scottish Government on COVID-19 testing, and review of AWI legislation

The devastating impact of COVID-19, particularly on older people, and those that care for and support them, has highlighted more than ever the need for research into all aspects of Ageing. The NRS Ageing Specialty group will continue to support studies to improve the health of all older people. We support a wide range of studies, from randomised controlled trials, through cohort and data linkage studies, to studies using a wide range of qualitative methodologies. Any study that receives R&D approval is eligible for the NRS portfolio, but we're also aware of the huge amount of research that does not require R&D approval, including studies based in Universities, recruiting from the community or care homes. We are working with ENRICH Scotland and in discussion with the CSO about how this important work can be recognised on the portfolio, but we're keen to continue to support it by sharing expertise, such as in the community that receive this newsletter.



I'm delighted to pass the NRS Ageing Specialty Lead role to Dr Terry Quinn and look forward to continuing to play my part by undertaking studies to understand and improve the health of older people, working across disciplines and supporting the training and mentorship of all those interested in research.

Welcome Terry, and thanks to all of you for your ongoing work to improve the care of older people.

Best wishes
Susie

COVID-19 Studies in Scotland

The CSO funded several studies for Rapid Research in COVID 19 which are relevant to older people. For more info, see: <https://www.cso.scot.nhs.uk/rapid-research-in-covid-19-programme/>

A Randomised Phase II/III trial in a community setting, assessing use of camostat in reducing the clinical progression of COVID-19 by blocking SARS-CoV-2 Spike protein-initiated membrane fusion.	Professor Kevin Dhaliwal
Platform Randomised trial of INTERventions against COVID-19 In older peoPLE	
COPE Study: COVID-19 in Older PEople - the influence of frailty and multimorbidity on survival. A multicentre, international observational study.	Professor Susan Moug
Minimising Impact on vulnerable patients: data-driven design, monitoring and adaptation of COVID and non-COVID clinical care pathways	Professor Corri Black

Looking after the elderly during the COVID-19 pandemic: a focus on addressing physical activity, loneliness and help-seeking behaviour	Dr Kathryn Martin
Effective interventions to support the resilience and mental health of frontline health and social care staff during a global health crisis and following de-escalation	Dr Alex Pollock
Social and health impacts of COVID-19 suppression in vulnerable groups	Professor Sarah Armstrong
Impacts of COVID-19 restrictions on loneliness in a neglected population group	Dr Alison Strang
Co-design of a carer support app: connecting carers to help prevent infection and improve resilience	Dr Liz Forbat
Sustaining the resilience and wellbeing of frontline community based care and support workers to vulnerable older people during a time of crisis	Dr Grant Gibson
Covid-19 Social distancing effects on social engagement, loneliness, wellbeing and physical activity in Scottish older adults, and an exploration of potential ameliorating strategies	Professor Anna Whittaker
Understanding and reducing the psychosocial impact of Coronavirus social distancing and behavioural changes on families of care home residents in Scotland	Dr George Palattiyll
Online debriefings with care home staff after a resident's death: improving coping mechanisms, team cohesion and communication with relatives	Ms Lucy Johnstone
Avoiding Burn Out of Care Home Workforce: sharing national learning and local initiatives that support resilience and retention during the COVID-19 pandemic	Ms Lucy Johnstone

BGS link for updates to COVID clinically and research related
<https://www.bgs.org.uk/resources/resource-series/coronavirus-and-older-people>

For an Age and Ageing themed issue on COVID-19
<https://academic.oup.com/ageing/pages/covid-19>

NRS Small Grants Award

Applicant	Organisation	Brief Description	Amount £
Prof Gillian Mead	University of Edinburgh	Edinburgh Life after Stroke Group: Workshop reporting on Delphi study to identify outcomes for inclusion in future trials of palliative care interventions in stroke	500
Dr Jo Hockley	University of Edinburgh	Network of partner care homes	400
Dr Maggie Ellis	University of St Andrews	Taster event and mini conference based on dementia choir concept	500
Dr Kathryn Martin	University of Aberdeen	Use of 'smart' shoe insoles to understand use in older population to optimise walking interventions	867
Prof Jan Dewing	Queen Margaret University	To offer a pilot of six Dalcroze Therapy Movement to Parkinson's patients and carers	950
Dr Stephen Makin	University of Aberdeen	Analysis of Scottish Care Home Census to determine if residents in rural homes could be supported at home	805.20
Prof Phyo Myint	University of Aberdeen	Development, implementation and evaluation of a frailty management bundle (Frailty at Front Door Bundle Project) together with HIS	500
Dr Jamie Murray	University of Stirling	To test use of a simple, time-efficient resistance based exercise intervention to combat age-related problems by improving muscle strength and memory retrieval simultaneously	540
Martin Taylor-Rowan	University of Glasgow	To develop a COVID-19 outcome measure for use in care-home based clinical trials	900

NRS Small Grants Award Reports

The Edinburgh Life after Stroke Group hosted a workshop on palliative care after stroke on 4th March 2020, to share the results of a CSO funded Delphi study to identify outcomes that should be captured in future trials of palliative care interventions in stroke. The Delphi study had found that 'shared decision making' was the top priority. The workshop was attended by seven of the Delphi respondents, clinicians, stroke researchers, a stroke survivor, a carer, and representatives from Stroke Association. Challenges to shared decision making after stroke include suddenness of stroke, aphasia and cognitive impairment (so stroke patients are often unable to express their own views), and because of the need for invasive-and potentially unpleasant-life saving interventions such as tube feeding. The group explored how to tailor information to the needs of individual patients and families, and how to embed this using quality improvement methods into stroke care. This work will now be taken forward through a grant funded by Edinburgh and Lothian Health Foundation. We are very grateful to the NRS Ageing Specialty Group for providing funding to host this workshop

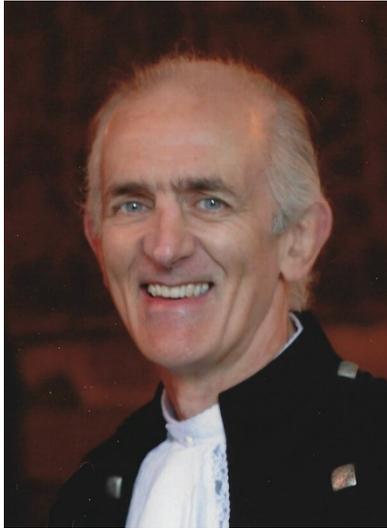
Professor Gillian Mead, University of Edinburgh

We are very grateful for the monies given to us in 2019 by NRS Ageing to support our work for the ToRCH (teaching/research based care homes) Centre vision. The monies have supported our work in two ways:

- firstly, the work in successfully applying for a CSO grant which is informing our "PinCH - Pain in Care Homes" application to NIHR in April 2020
- secondly, we have brought together six 'partner' care homes from across Lothian to undertake 'tests of change' as part of Phase 1 of ToRCH vision. We hold bi-monthly meetings. Two projects stand out in particular - one in relation to putting in different tools to help support a palliative care organisational structure and the other is about formalising 'student placements' from a range of health/social care disciplines

Dr Jo Hockley, University of Edinburgh

Remembering Professor Archie Young



We were saddened to hear of the passing of Professor Archie Young, retired Professor of Geriatric Medicine, University of Edinburgh, on 17 March 2020.

Professor Young's passion was building the scientific evidence for the importance of physical activity to health and physical function in old age and his enduring legacy is in clinical practice and education, research and translating research into practice.

A tribute to Professor Young can be found at

<https://www.bgs.org.uk/policy-and-media/remembering-professor-archibald-young>

Other News

Does your unit have any news you would like to share with the group in future communications? If so, we would love to hear from you at ageingscotland@ed.ac.uk



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<http://www.nhsresearchscotland.org.uk/research-areas/age-and-ageing> ageingscotland@ed.ac.uk