

ENRICH SCOTLAND

enabling research in care homes



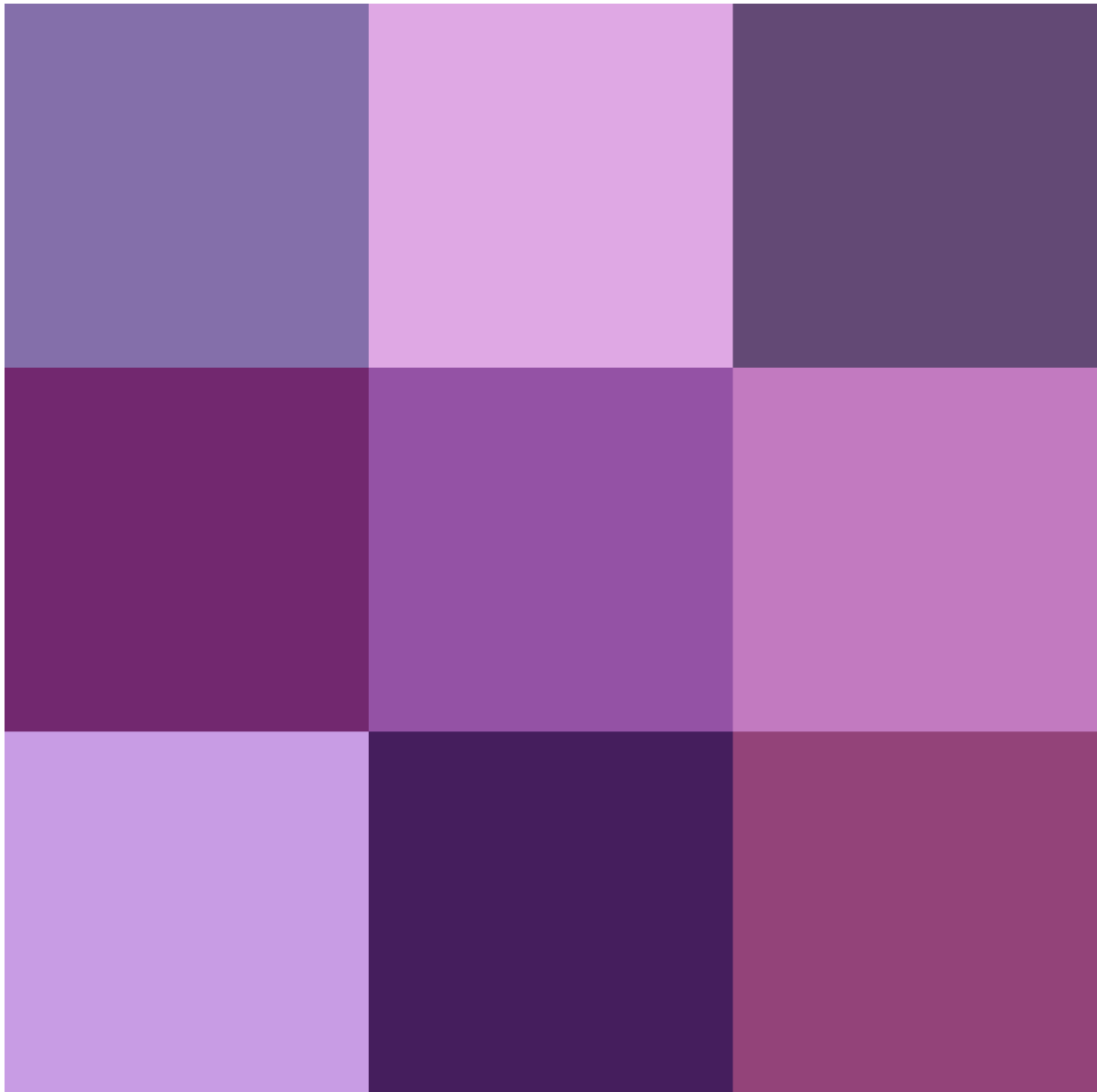
Newsletter 2023



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

Sign Up Now

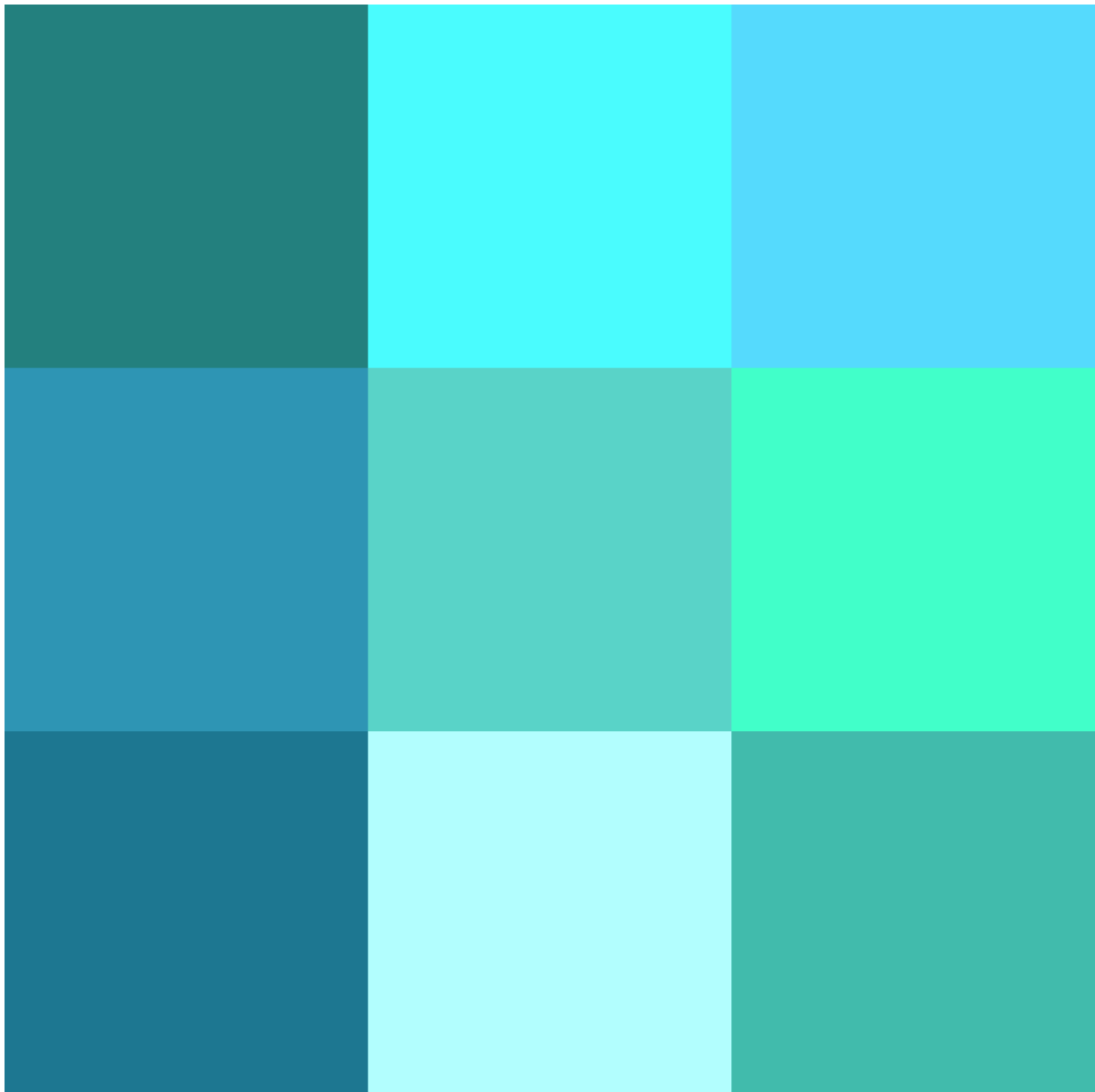


If you haven't already registered with ENRICH Scotland, please consider it. Why, I hear you ask? Well, all care homes are interested in improving practice and even if you do not think you can be involved in studies, you'll want to hear about good evidence based practice that's going on out there. Research involvement can be as simple as filling in a survey and the results of these will help shape practice. So, if you want to contribute hit this link and sign your home up. There's no obligation and you get a certificate to hang proudly for all to see.

ENRICH Scotland Sign-up Form | NHS Research Scotland | NHS Research Scotland¹

¹<https://www.nhsresearchscotland.org.uk/research-in-scotland/facilities/enrich/sign-up-form>

What's new?



"I visited London at beginning of the month for a couple of days but I fainted when on the London Eye... I came round eventually"

Yes it is November already and 2023 is disappearing fast.

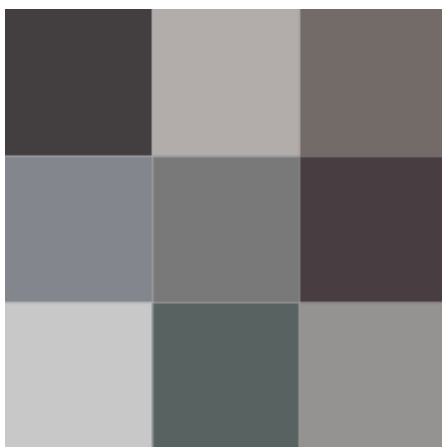
Thanks to all those who gave feedback on the new format, much appreciated and keep in mind always open to suggestions so if you want something included please get in touch. Always like to hear about innovations being put into practice in care homes, different approaches to medication use, altering diets, social activities etc, because when we check chances are these have been the topic of a research project at some point or other and we can help share the message.

On above topic keep in mind ENRICH want to see poster presentations from care homes at our conference in March, and we're here to help if unsure where to start.

A REQUEST FROM US.

Every year ENRICH has to report to the Chief Scientist Office (part of Scottish Government) to renew funding. Hopefully it has taken root how important supporting care homes and research into care is and funding will continue. However, to help get that message across it's great to have feedback we can include from those who count, yes the care homes themselves. The request is therefore, if you have any thoughts on ENRICH (perhaps have been involved in the studies we've promoted, been involved with CHIP or any of our forums, or look forward to this wonderful, informative newsletter to keep you updated) please drop us a line and we can include in our report. Same request if you think we could be doing something different, let us know.

Research Round Up



We're promoting this survey which is relevant to every home out there so please hit link below and complete the survey. Its led by **Marie Curie** and **UCL**.

"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."

Get involved – Palliative and end of life care Priority Setting Partnership (wordpress.com)²

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

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

²<https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpalliativecarepsp.wordpress.com%2Fhow-you-can-support-us%2F&data=05%20|01|Bernie.McInally%40nhslothian.scot.nhs.uk|07ee03318dca4153304408dbd08d4b6f|10efe0bda0304bca809cb5e6745e499a|0|0|638333078727452713|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDEiLCJQljojV2luMzliLCJBTiI6I6k1haWwiLCJXVCI6Mn0%3D|3000||&sdata=QuP1G5JSyANNbLaPGbAvOXR7OXM27mh80uQhZDUDFI0%3D&reserved=0>

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 would like any further additional information, **please contact Dr Spacey via email: a.spacey@salford.ac.uk**.

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.turkmen@strath.ac.uk

Engagement

Learning Disability and Dementia – Supporting Transition to a Care Home .

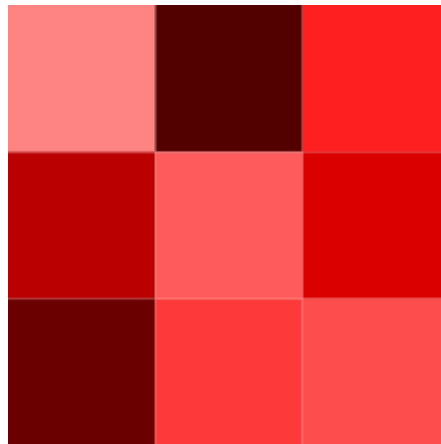
***** closing date 1st December******

Karen Watchman (karen.watchman@stir.ac.uk) at the University of Stirling **is looking for feedback on current work about people with a learning disability living in care homes**. This is not research but is about getting research into practice by developing a product or service. As part of this, Karen is looking to develop training for care home staff about learning disability and dementia, but does not want to make any assumptions about how to do this or what should be included. By completing this short survey you can help to shape this work. <https://forms.office.com/e/avn3EgPhbJ>⁴ She is particularly keen to find out what format would work best, face to face, online, pre-recorded, real-time, blended learning, train the trainer, care home learning disability and dementia champion ... or something else. Karen would also welcome emails to discuss further or to hear if you may be interested in piloting this new work over the coming year (no commitment required at this stage!)

³<mailto:karen.watchman@stir.ac.uk>

⁴<https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2F%2Favn3EgPhbJ&data=05|01|Bernie.McInally%40nhsllothian.scot.nhs.uk|a5f1bc34629a4b3022e608dbc4c1d611|10efe0bda0304bca809cb5e6745e499a|0|0|638320109039957154|Unknown|TWfPbGZsb3d8eyJWljoiMC4wLjAwMDAiLCJQljoiv2luMzliLCJBTiI6lk1haWwiLCJXVCI6Mn0%3D|3000||&sdata=ZKyk5N1E7J43sg6bp1aiT%2B6NYyBLum5uJfWfGe%2FFW4%3D&reserved=0>

Past and Future Events



“Scotland’s Health, Research and Innovation Conference, 50th anniversary, took place at the Queen Elizabeth University Hospital on the 31st October where ENRICH had a stand and RICH Voices presented a poster.

ENRICH also had the privilege of being asked to present at one of the afternoon sessions and the brave **Lesley, our Tayside CSO**, rose to the challenge and left the audience speechless in their seats but well informed about the role of ENRICH. **WELL DONE LESLEY.**

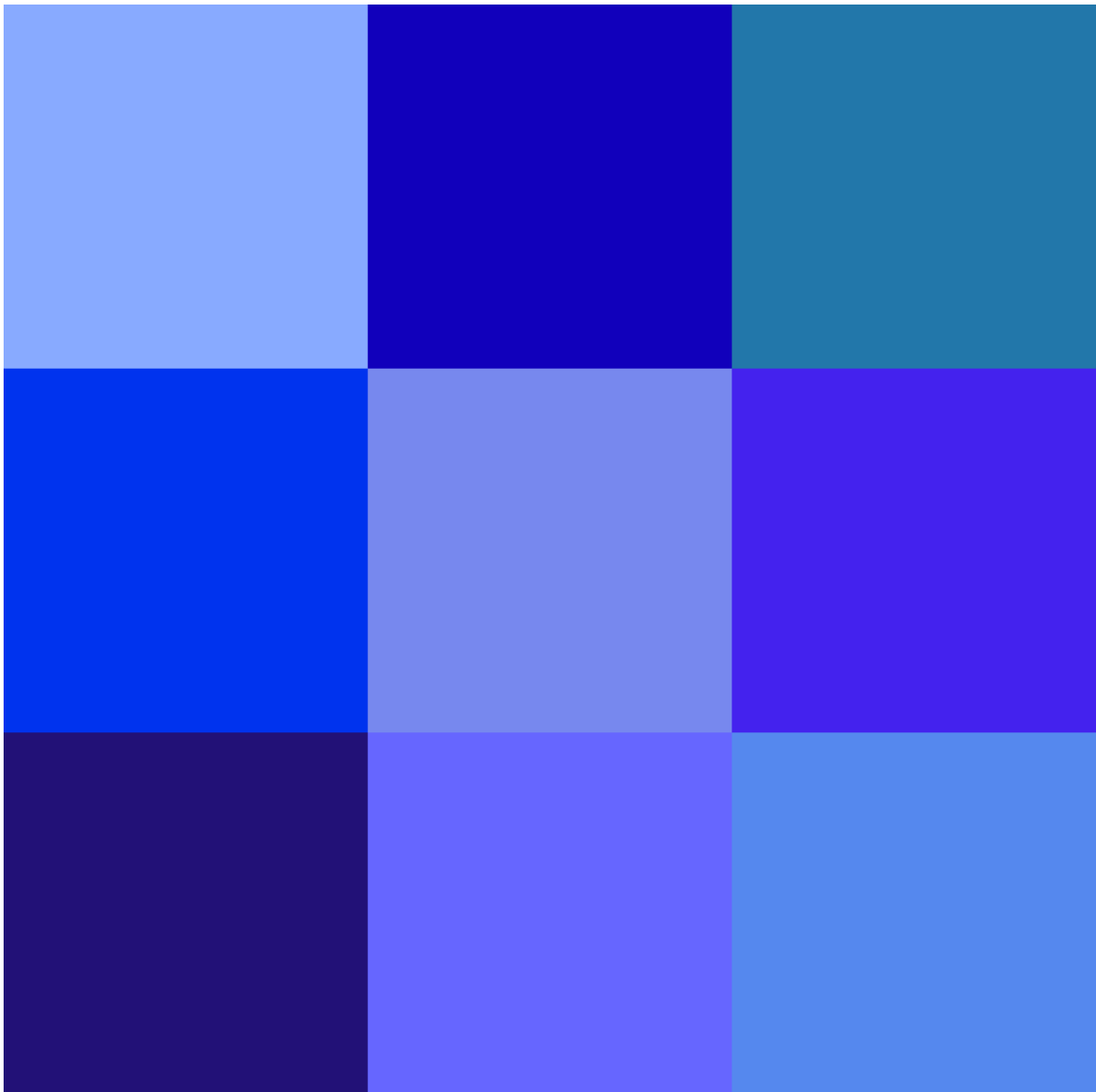
It’s fair to say that care home managers and staff were not this events target group with the theme looking at the bigger picture of world health care and how Scotland contributes. What was relevant, and what I took away from this day, was how far we have come with health improvement in the past 50 years, with leaps in treatment of cardiac and cancer care all increasing life expectancy and that Scotland continues to punch well above its weight as usual.”



1 - NHS Highlands Annual Research, Development and Innovation conference in Inverness.

ENRICH attended the NHS Highlands Annual Research, Development and Innovation conference in Inverness where we presented the ENRICH poster and also manned a NDN/ENRICH stand. Fair to say we were impressed by what NHS Highland is doing and to get our impression please check out our blog. Their might be a nice poetic surprise there so hit this link.

NHS Highlands Annual Research, Development and Innovation conference in Inverness – ENRICH Scotland (wordpress.com)⁵



⁵<https://enrichscotland.wordpress.com/2023/11/08/nhs-highlands-annual-research-development-and-innovation-conference-in-inverness/>



The graphic features a light blue background with a white house icon containing a heart and a hand in the top left corner. The main title 'Care Home Managers Research Forum' is in bold blue text. Below it, a paragraph of text describes the forum's purpose. To the right, three circular portraits of speakers are arranged vertically, each with a 'Speaker' label and their name in a white box. The bottom left contains event details: date, time, and location. A registration email address is provided in a white box at the bottom.



Care Home Managers Research Forum

Are you a care home manager in Scotland who is interested in enabling research in your care home? If so, join us via Teams at our next Care Home Managers Research Forum to hear more about current research opportunities.
If you are a registered nurse, attendance could count towards CPD hours for revalidation.

 29 November 2023
 2.30pm - 3.30pm
 Teams

[EMAIL TAY.ENRICHSCOTLAND@NHS.SCOT TO REGISTER](mailto:TAY.ENRICHSCOTLAND@NHS.SCOT)

Speaker
Reena Devi

Speaker
KIRSTY HAUNCH

Speaker
ASENA TURKMEN

The second Care Home Managers Forum took place on 1st November and a huge thanks to all that attended. Some great ideas came out of this, one being to invite researchers from studies we are supporting to speak at the forum. Get in touch if you'd like to join the Forum.

Recent Reports



I'm keeping this in as it is important homes can see outcomes of the studies ENRICH are promoting and you are contributing to.

Below are links to recent published reports and papers from studies that ENRICH Scotland was either directly or indirectly involved in. All are worth a read.

Arch - Dissemination reports (arch-antibiotics.org.uk)⁶

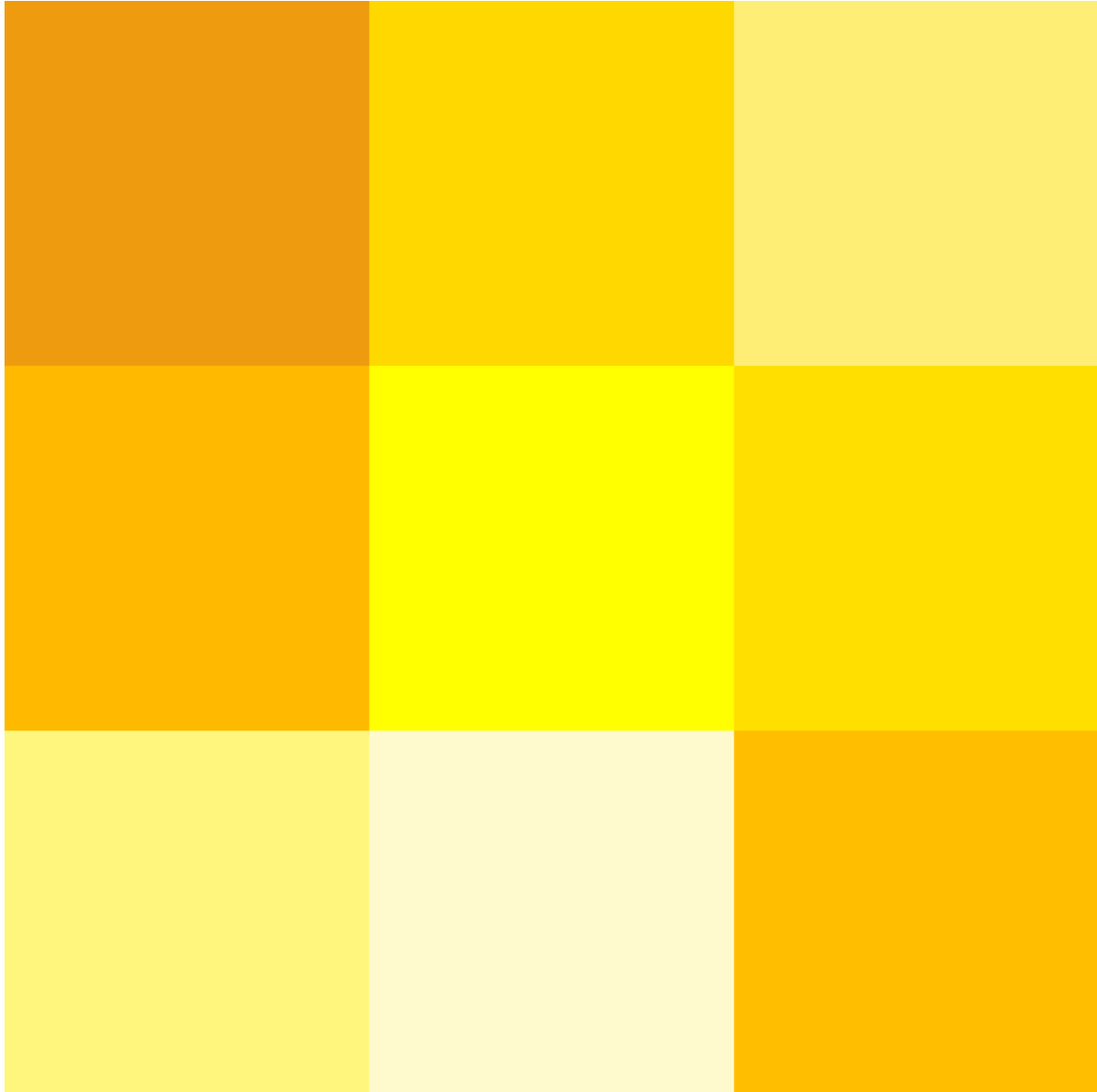
ISSR_Report_Aging_in_Place_at_the_End_of_Life_in_Community_and_Residential_Care_Contexts_Single.pdf (dundee.ac.uk)⁷

⁶<https://ladder.napier.ac.uk/blog/wp-content/uploads/2023/04/GEARED-UP-FINAL-05042023.pdf>

⁷https://discovery.dundee.ac.uk/ws/portalfiles/portal/105313244/ISSR_Report_Aging_in_Place_at_the_End_of_Life_in_Community_and_Residential_Care_Contexts_Single.pdf

Listening and Learning: A qualitative study of Scottish care home staff experiences of managing COVID-19 between March 2020-August 2022⁸

2024 Conference

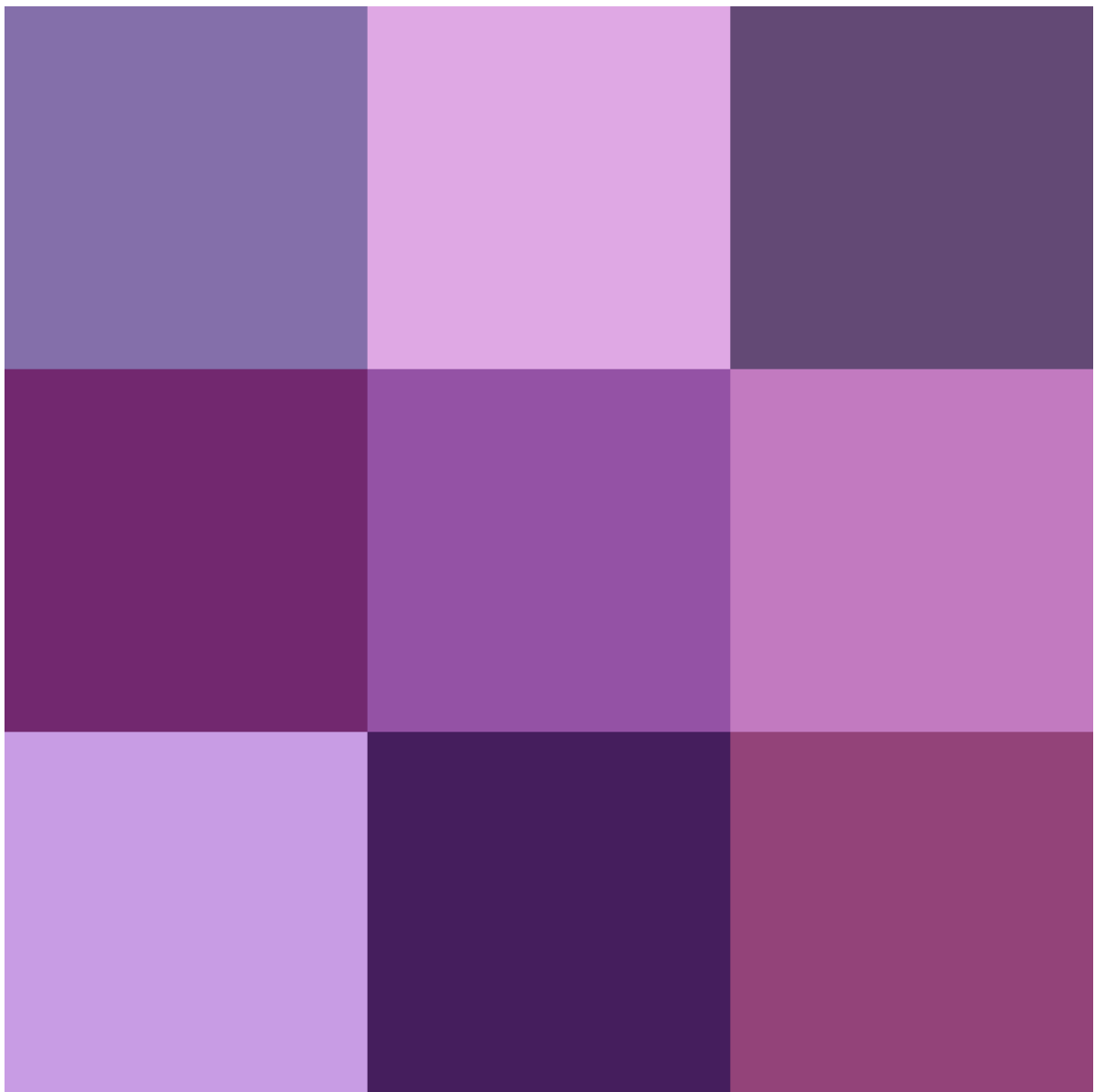


Big thanks to the care home staff assisting with the planning of our 2024 conference. At risk of repeating it will be held at **Edinburgh Zoo on the 15th March 2024**. Time is getting on so keep in mind, similar to last year, presenting a **poster** is a great way to share any great work your home is doing. If anyone is interested but unsure where to start, just get in touch.

Registration will be sent out nearer the time.

⁸<https://bmgeriatr.biomedcentral.com/articles/10.1186/s12877-023-04251-z>

RICH Voices



RESEARCH IN CARE HOMES RICH VOICES

WHAT IS RICH VOICES GROUP?

- RICH (Research In Care Homes) Voices is the patient and public involvement group for ENRICH Scotland.
- The group is funded by the Chief Scientist Office and The Advanced Care Research Centre at the University of Edinburgh.
- Our aim is to collaborate with people living or working in care homes, and loved ones of those living in care homes.
- We also welcome the input of members of the public and professionals with a particular interest in the area.

CURRENT INVOLVEMENT OPPORTUNITIES

CREATE A PODCAST
We are looking to create a podcast for those who are affected by care homes to directly share their experiences. We aim to provide a safe, inclusive and welcoming platform to share under served voices.

DESIGN AN ACCESSIBLE SCIENCE PLATFORM
We are looking to provide better access to scientific information by creating an add-on to the ENRICH website. We hope to share plain-english summaries of research papers and offer members the chance to review their suitability.

DISCUSSION POINTS: CHALLENGES OF INCLUSION

How do you think we can include residents in PPI?

What do you think some of the primary challenges of PPI are?

What would be your solution to accessibility in research?

We welcome your ideas!

WISH TO JOIN RICH VOICES?

Get in touch with us at TAY.PPIpartners@nhs.scot

RICH Voices have just submitted a funding application, that if successful, will help us develop an accessible research platform. The money would go towards creating a space for researchers to submit accessible information about their work, as well as hosting mixed media information about research in care homes. Watch this space.

"Challenging assumptions around dementia: user-led research and untold stories".

RICH Voices recently published book is still free online.

"Our book reflects a partnership between people with lived experience of dementia sharing their stories with academics, researchers, and clinicians to raise awareness, reflect on positive and negative experiences, and share hopes for future work and research"

Hit the link [Challenging Assumptions Around Dementia: User-led Research and Untold Stories](#) | SpringerLink⁹. Hard copies can be purchased.

Our videos continue to be well received showcasing ENRICH and RICH Voices .You'll catch them here;

<https://youtu.be/1R4u8uadaGI>¹⁰

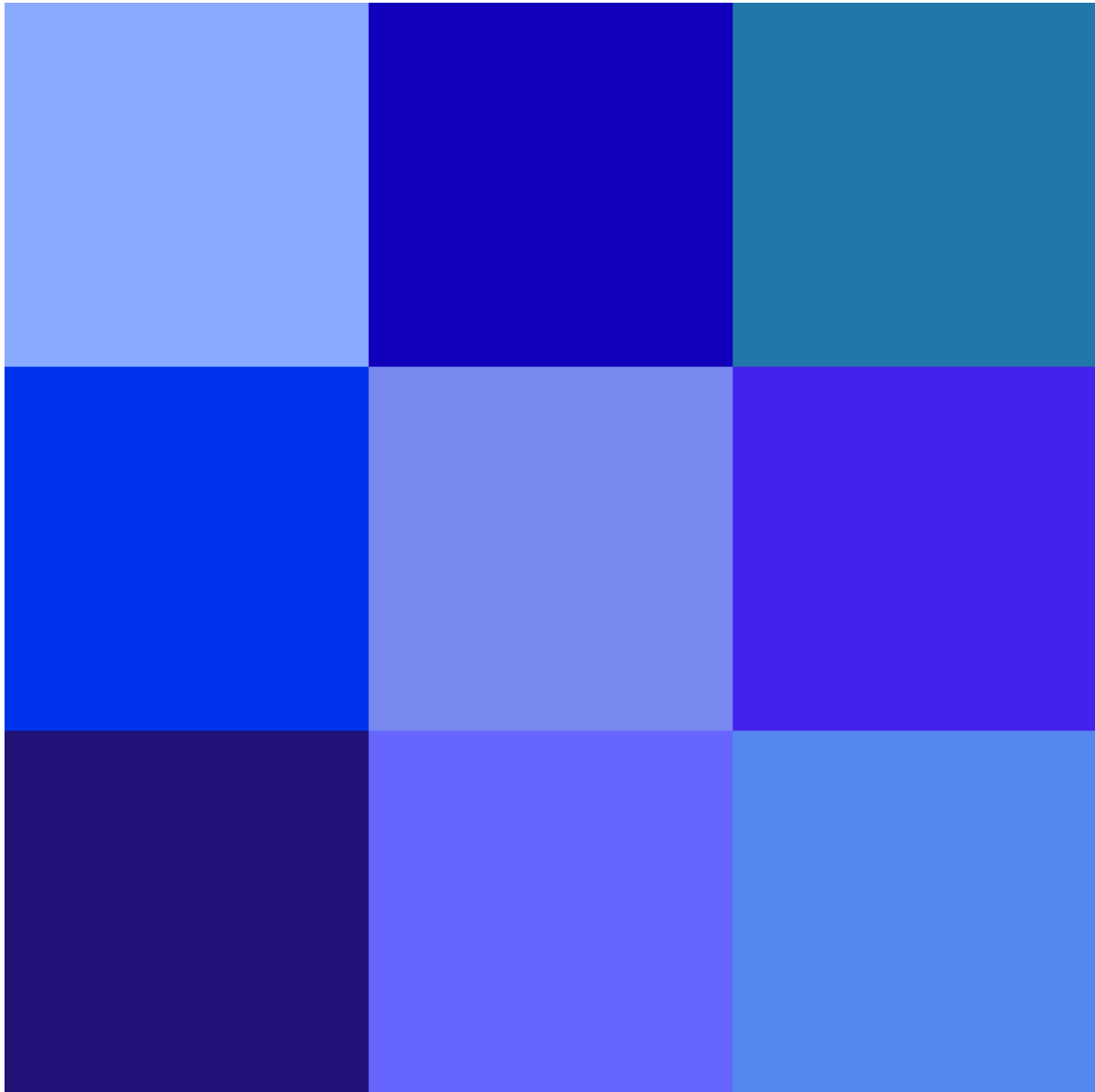
and

⁹<https://link.springer.com/book/10.1007/978-3-031-27223-3>

¹⁰<https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2F1R4u8uadaGI&data=05|01|helen.davidson4%40nhs.scot|715c71b608724e2ca68308db8460dc62|10efe0bda0304bca809cb5e6745e499a|0|0|638249324689786358|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjojV2luMzliLCJBTiil6lk1haWwiLCJXVCi6Mn0%3D|3000||&sdata=9CrdiX%2B0NlyDGmT%2BWJLU8KOG8t%2Fn2ki9%2FxpZGk0279w%3D&reserved=0>

We hope you enjoy, and if you want to sign up just email tay.ppipartners@nhs.scot to express your interest.

Our Blog



Blog¹²: 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.

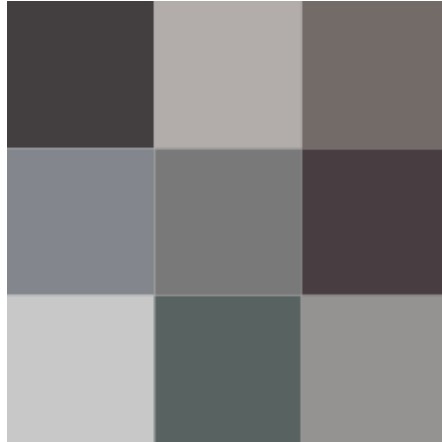
Highlight this month is an insight into attending the recent national ENRICH face to face meeting in Birmingham. You may not get much insight into the meeting but the Birmingham tourist board should be pleased with it.

¹¹<https://www.nhsresearchscotland.org.uk/research-in-scotland/facilities/enrich/rich-voices>

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

Click here to check out our blog!¹³

Stay Connected to Clinical Research in Scotland



- Sign up to the NRS newsletter, Research Bulletin¹⁴
- Follow the NRS on Twitter¹⁵, LinkedIn¹⁶ and www.nrs.org.uk¹⁷.

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.

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

¹⁴<https://nrs.us10.list-manage.com/subscribe?u=c8fe2cc5b484476d8b29be110&id=a399787cc8>

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

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

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