

# ENRICH SCOTLAND

enabling research in care homes



October 2023



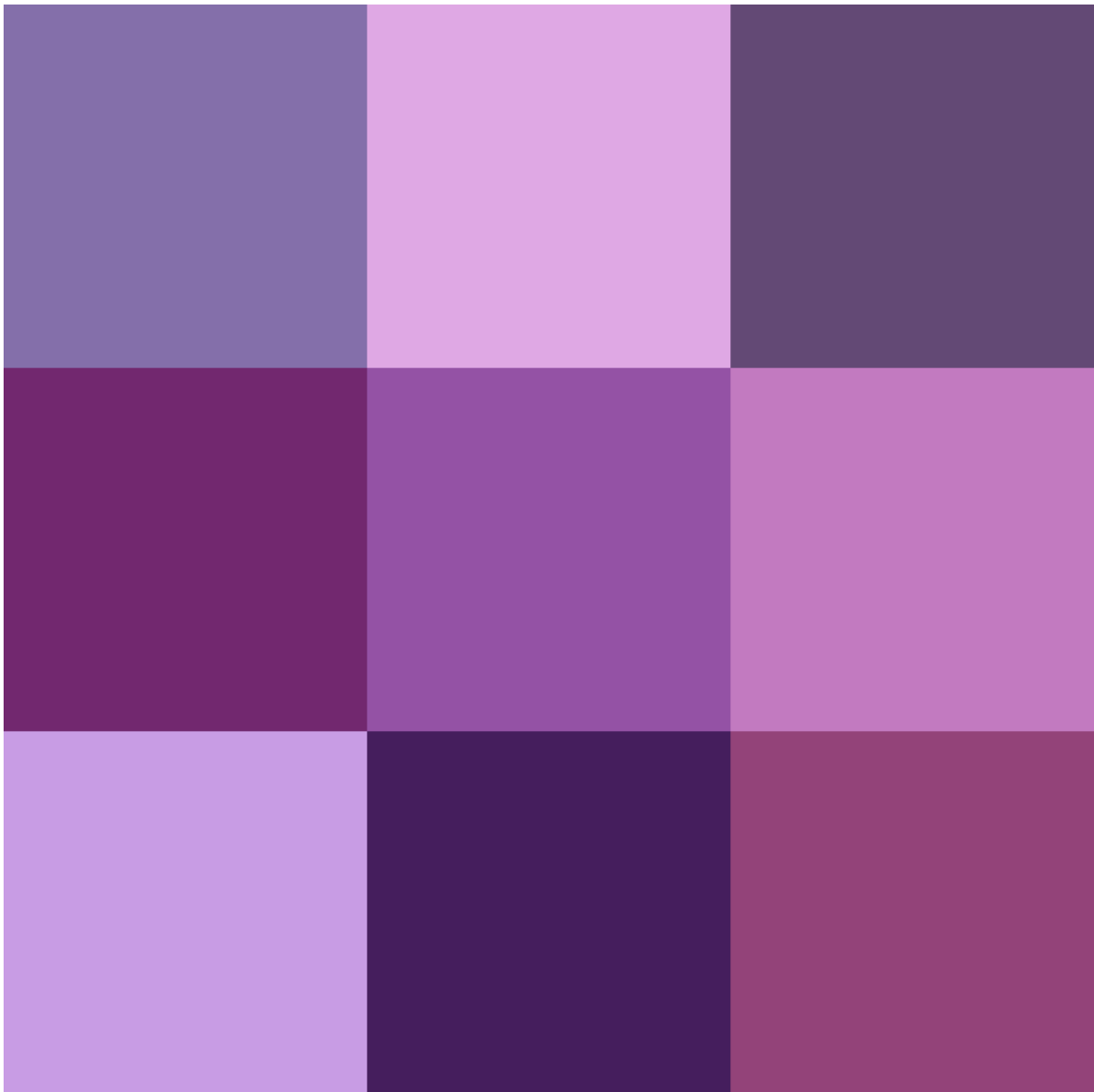
## NHS Research Scotland: ENRICH Scotland Newsletter



**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)**

## Sign Up Now



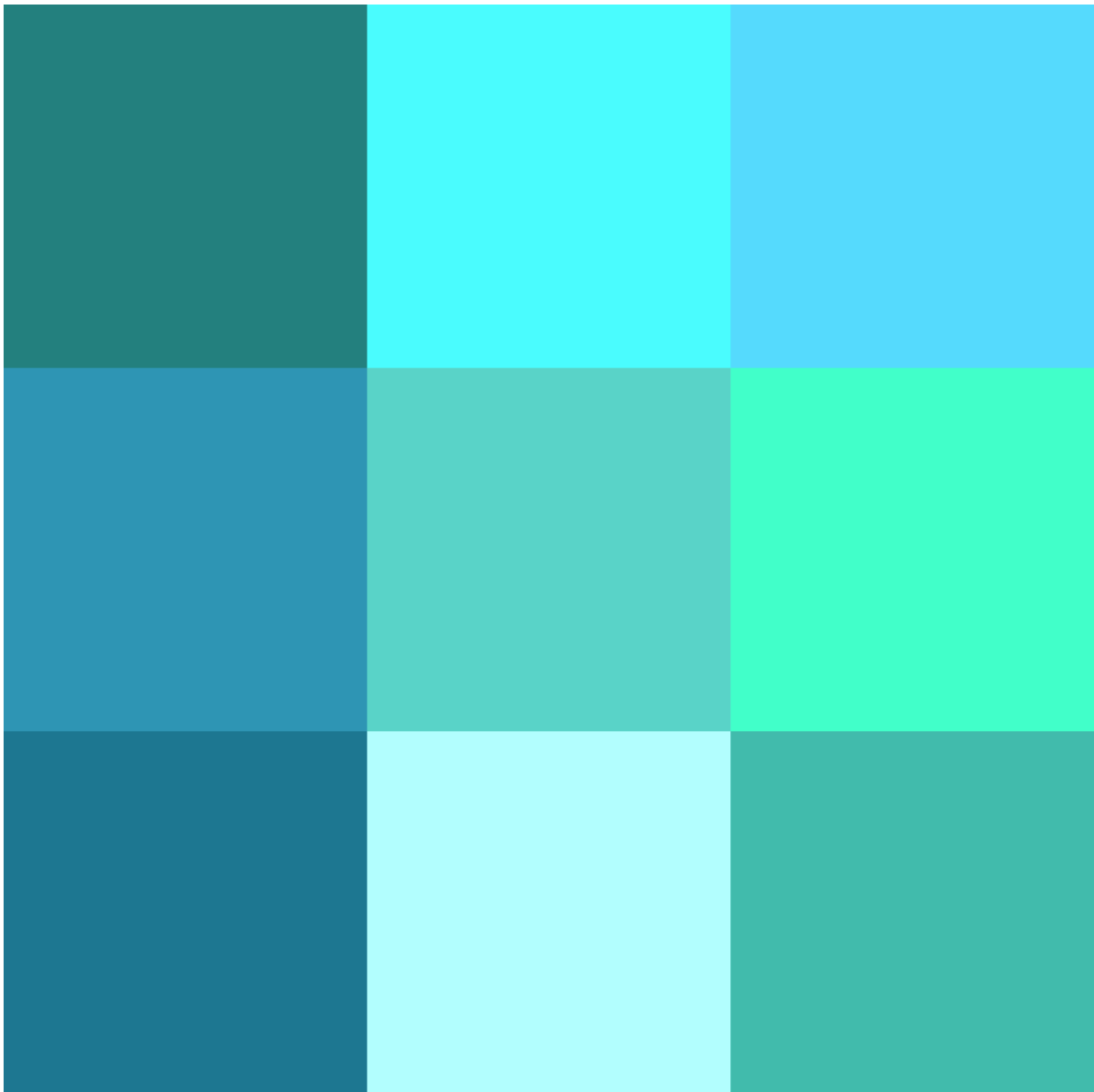
If you haven't already registered with ENRICH Scotland, please consider it. Why, I hear you ask? Well, all care homes are interested in improving practice and even if you do not think you can be involved in studies, you'll want to hear about good evidence based practice that's going on out there. Research 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 Scotland<sup>1</sup>

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

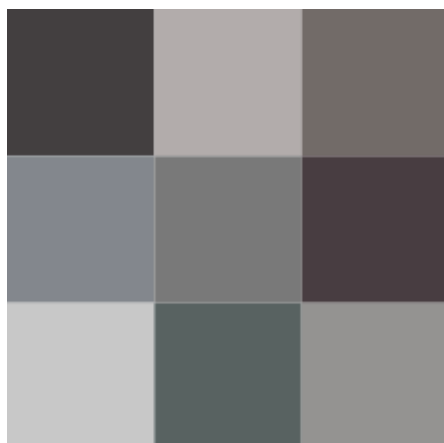
## What's new?



Welcome to the October ENRICH Newsletter, and hopefully you'll have noticed it's in a new format. The main reason to change was I'd listened to many care homes telling me the old set up was difficult to save and print and I've been assured this is the answer to all those problems. So run off a few and leave them around for residents, relatives and staff to read and they'll be hooked.

*"I recently heard music coming out of our printer in the office.....then I realised it was jammin' " ( a joke for Bob Marley fans..)*

## Research Round Up



Asena Merve Turkmen is a PhD student from the University of Strathclyde who is **exploring the experiences and needs of older LGBT+ people who use drugs**. She is looking for participants to tell their story with an online or over the phone interview in a safe space. It will take between one and two hours. Answers will be protected, confidential and anonymised. Findings from this study will provide information that is useful to researchers, advocates, policy makers and drug service providers to improve support services (LGBT+, ageing, substance use) for this population. **This study is an example of research that wasn't designed specifically about people living in care homes but is an opportunity for care home residents to have their experiences included and allow equitable participation. Asena can be contacted at [asena.turkmen@strath.ac.uk](mailto:asena.turkmen@strath.ac.uk)**

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 would like any further additional information, please contact Dr Spacey via email: [a.spacey@salford.ac.uk](mailto:a.spacey@salford.ac.uk).

## Engagement

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

Karen Watchman ([karen.watchman@stir.ac.uk](mailto: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><sup>3</sup> She is

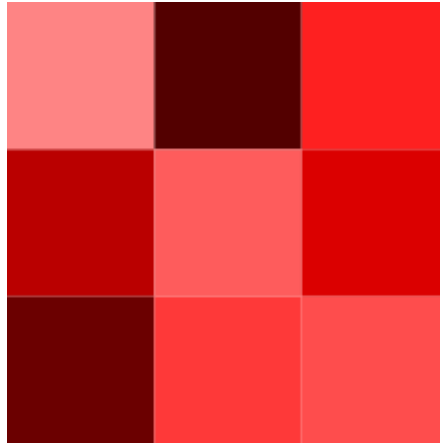
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<sup>2</sup><mailto:karen.watchman@stir.ac.uk>

<sup>3</sup><https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2F%2Favn3EgPhbJ&data=05|01|Bernie.McInally%40nhslothian.scot.nhs.uk|a5f1bc34629a4b3022e608dbc4c1d611|10efe0bda0304bca809cb5e6745e499a|0|0|638320109039957154|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAiLC>

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!)

## Past and Future Events



1 - Tayside Care Home Connections Event, The Steeple Dundee.

Lesley (Tayside) and Bernie (posing in the photo!) were lucky enough to attend the Dundee Care Home Event in September. The event was planned in collaboration with Tayside Care Homes and packed with lots of interesting discussions and networking opportunities. Highlights of the day included the amazing Tommy Whitelaw who had us all in tears and then up on our feet singing and dancing to Katy Perry. We also heard from St Andrews University with Cheryl Roy Balhousie Clement Park Manager about their involvement with the AIR research study, and many more. We even signed

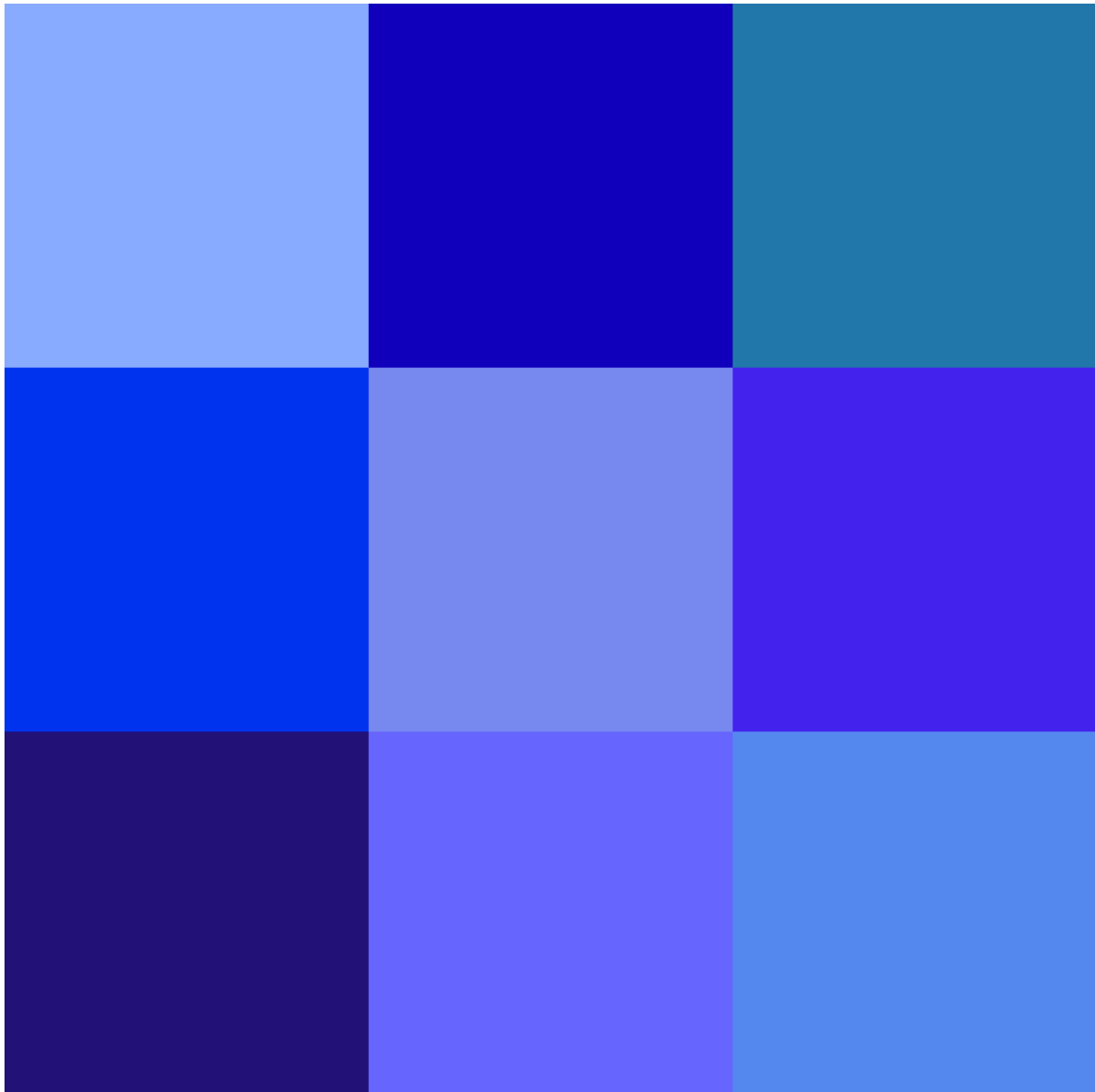
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up a few Care Homes which was great – blog to follow with a more in-depth view. Click here<sup>4</sup> to view a short video outlining the day.

The next opportunity to catch up with the ENRICH Scotland team face to face will be at "**Scotland's Health Research and Innovation Conference**" at Queen Elizabeth University Hospital on the 31st of October. We'll have a stand, most CSO's will be attending so come up and say hello.

## Care Home Managers Forum



27th September saw the inaugural meeting of the Care Home Managers Forum. A big thank you to all who showed interest and attended. Many ideas came out of the meeting but mainly the role is to allow care home managers and staff to help direct research in areas they would find helpful.

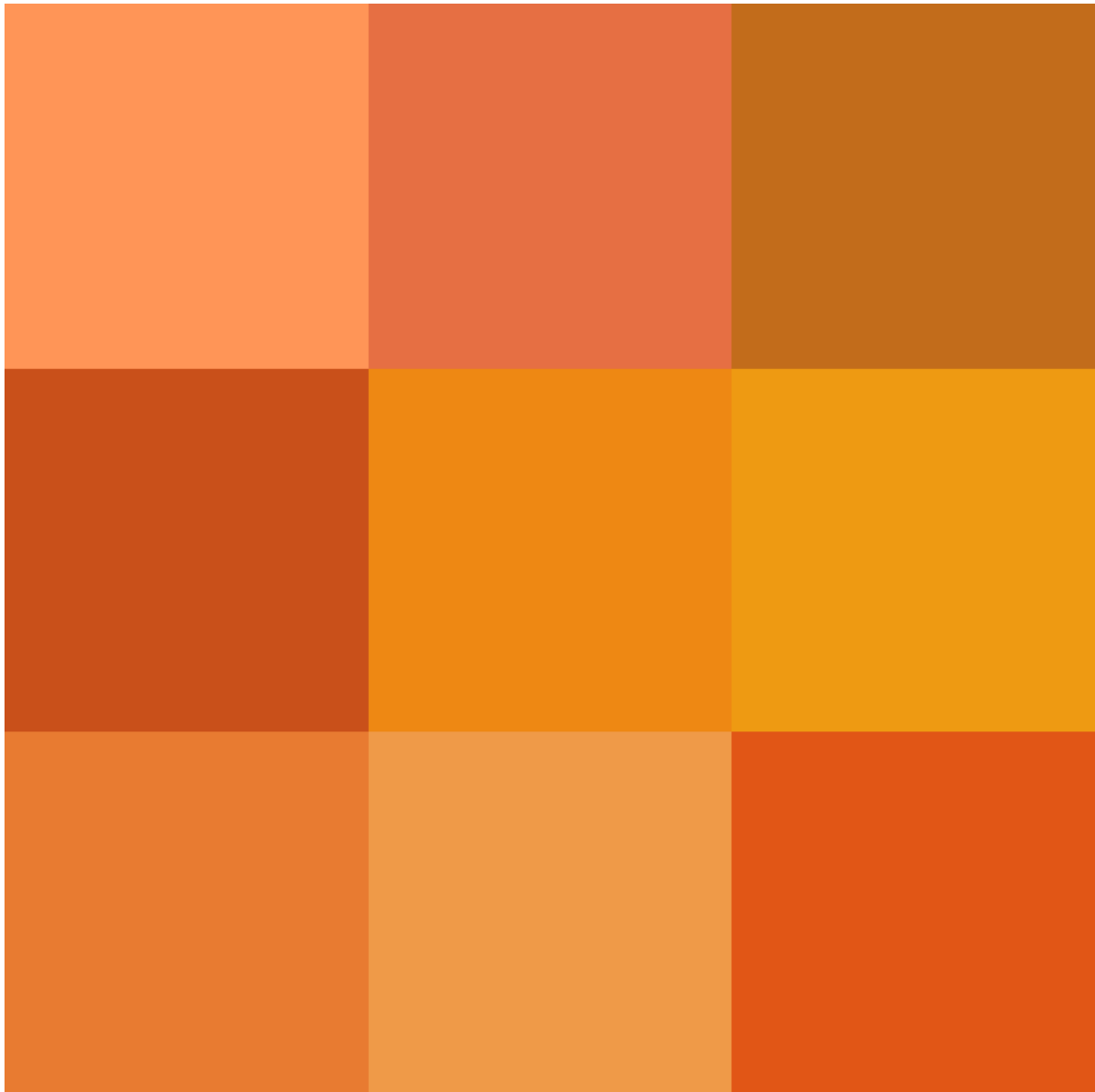
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<sup>4</sup><https://reduced.to/kqh9c>

And related to this a big thanks to everyone who has completed our Research Interest Register so far. If you haven't done it please can you click here: [https://forms.office.com/e/Dxa6WZsFRg<sup>5</sup>](https://forms.office.com/e/Dxa6WZsFRg<sup>5</sup) and take 2 minutes to complete.

Our next Researchers Forum is Wednesday 11th October and we want to take what was discussed to them to influence future research.

## Recent Reports



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.

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<sup>5</sup><https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2F%2FDxa6WZsFRg&data=05|01|Bernie.McInally%40nhslthian.scot.nhs.uk|e1c0ee6d6cb0447bf44f08dbc4a1f425|10efe0bda0304bca809cb5e6745e499a|0|0|638319972081235443|Unknown|TWfPbGZsb3d8eyJWljoimc4wLjAwMDAiLCJQljoiv2luMzliLCJBTil6lk1haWwiLCJXVCI6Mn0%3D|3000||&sdata=DTyqx1ZCpMZuJcfV945W7koTjoMRaE8EAh0yhBaW8l%3D&reserved=0>



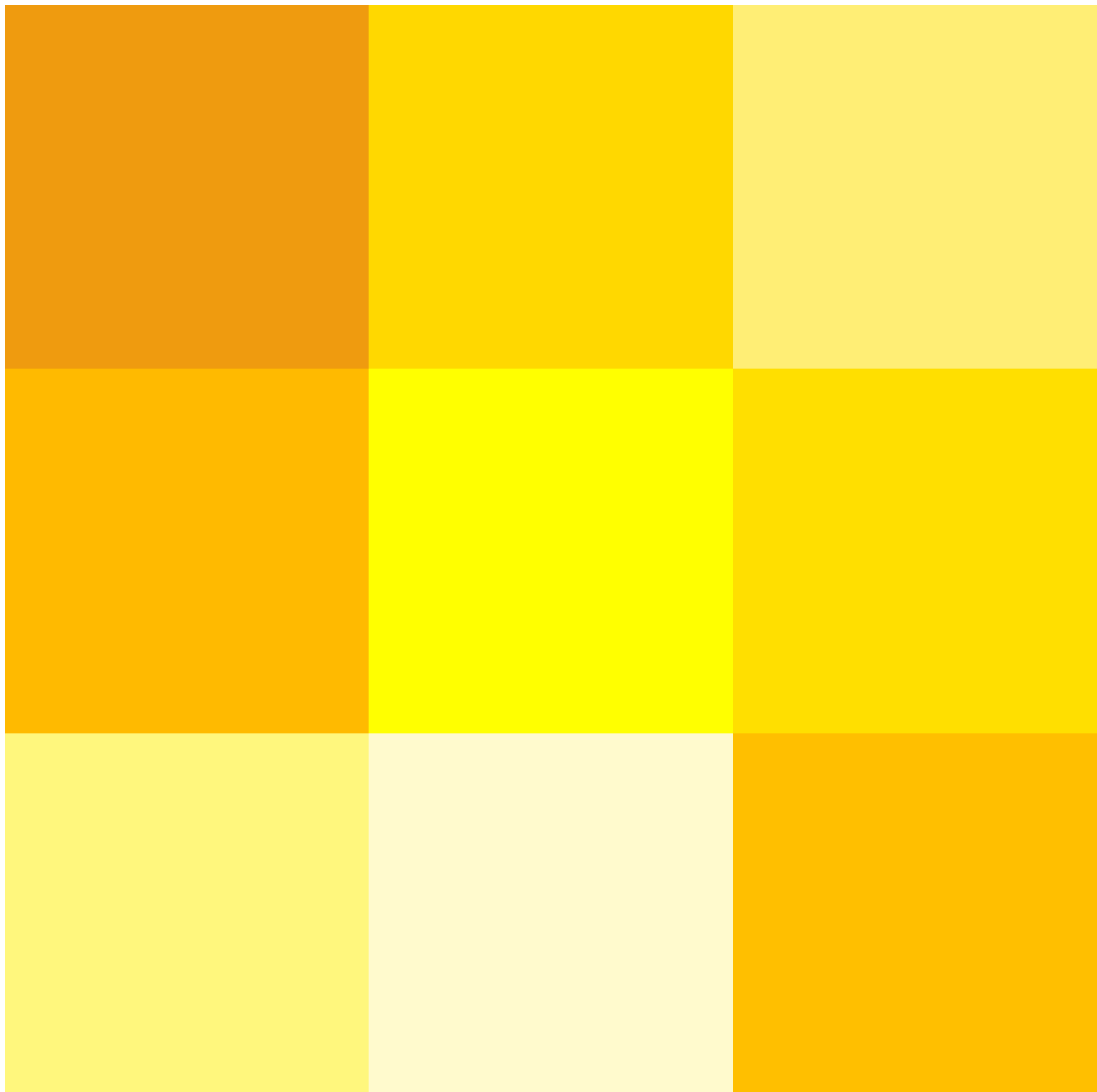
The GEARED UP Project ([napier.ac.uk](http://napier.ac.uk))

Arch - Dissemination reports ([arch-antibiotics.org.uk](http://arch-antibiotics.org.uk))<sup>6</sup>

ISSR\_Report\_Aging\_in\_Place\_at\_the\_End\_of\_Life\_in\_Community\_and\_Residential\_Care\_Contexts\_Single.pdf ([dundee.ac.uk](http://dundee.ac.uk))<sup>7</sup>

Listening and Learning: A qualitative study of Scottish care home staff experiences of managing COVID-19 between March 2020-August 2022<sup>8</sup>

## 2024 Conference



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

<sup>7</sup>[https://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](https://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)

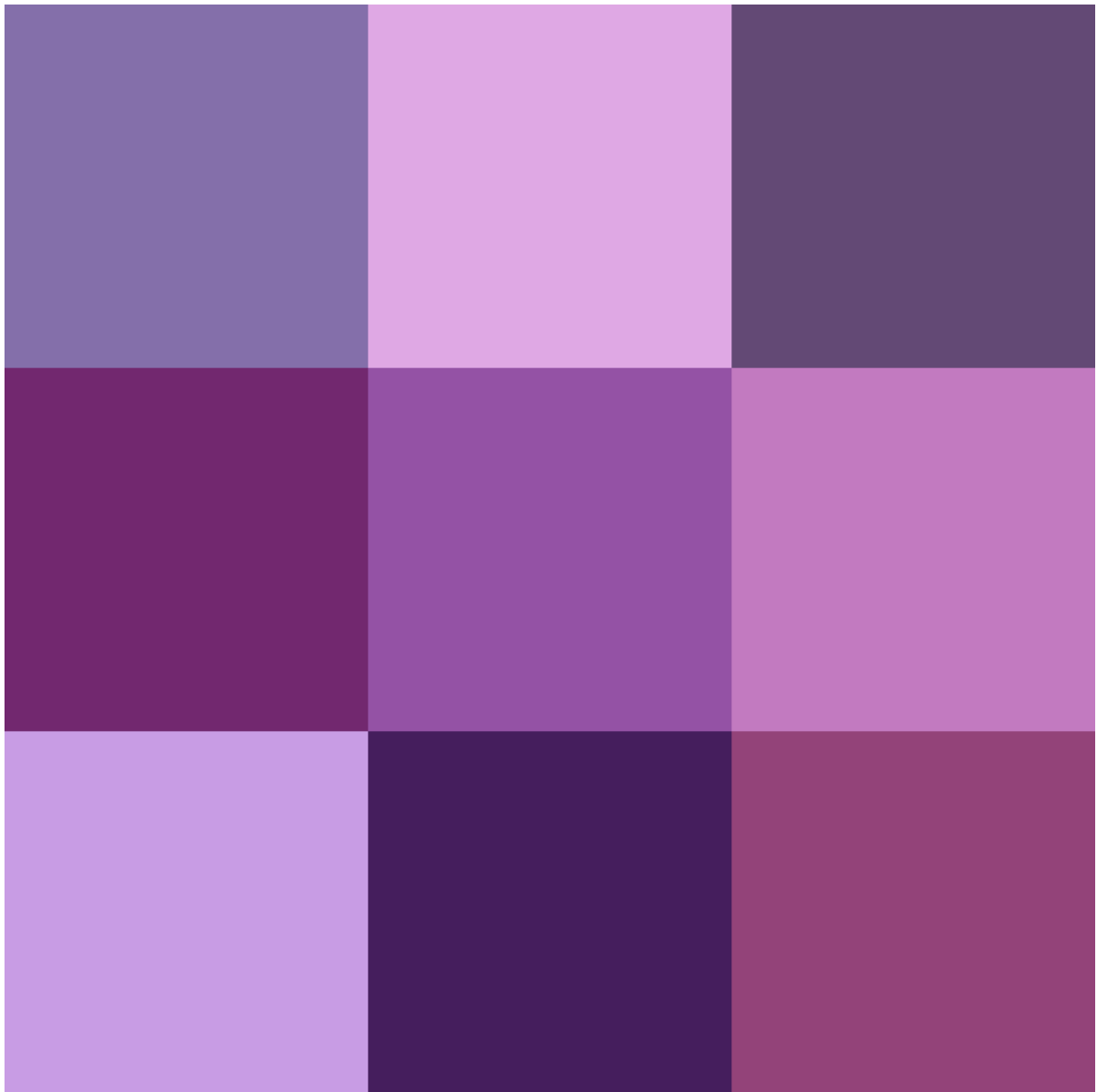
<sup>8</sup><https://bmcgeriatr.biomedcentral.com/articles/10.1186/s12877-023-04251-z>

The 2024 conference will be at Edinburgh Zoo on the 15th March 2024. 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.



Deanston, Glenfield, Dunvegan and Bagatelle Care Homes receiving their ENRICH Scotland certificates.

## 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](#) | SpringerLink<sup>9</sup>. 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><sup>10</sup>

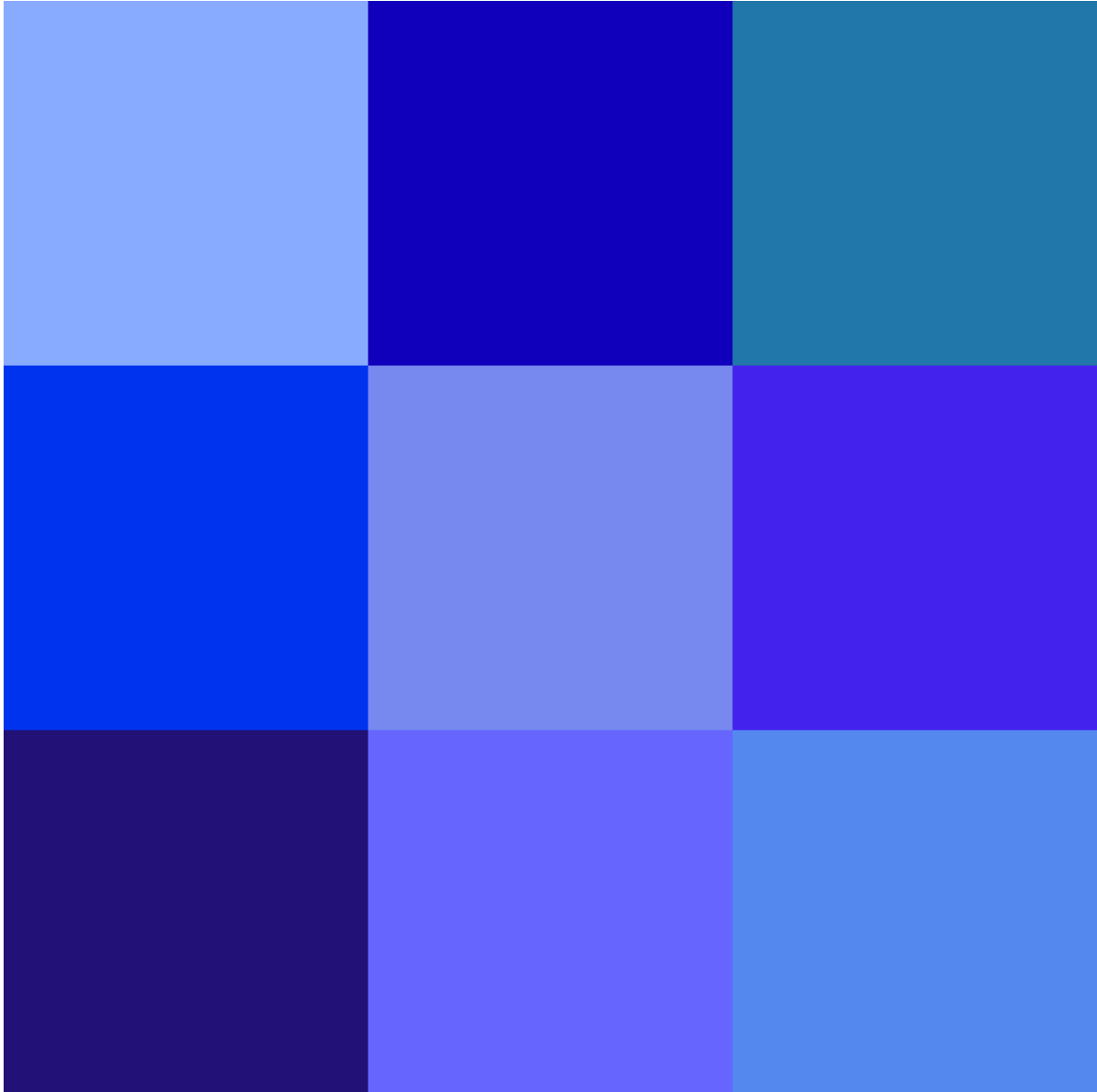
and

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

<sup>10</sup><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](mailto:tay.ppipartners@nhs.scot) to express your interest.

## Our Blog



**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.

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.

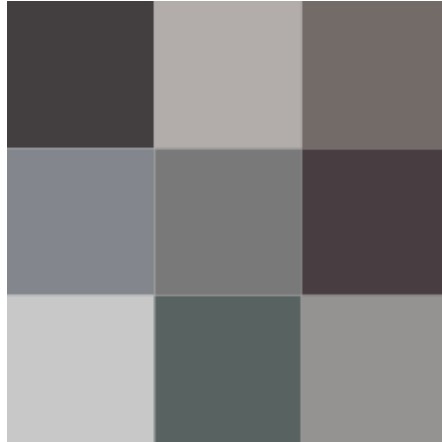
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<sup>11</sup><https://www.nhsresearchscotland.org.uk/research-in-scotland/facilities/enrich/rich-voices>

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

Click here to check out our blog!<sup>13</sup>

## 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>.

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

<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/>