

# ENRICH SCOTLAND

enabling research in care homes



August 2024

## Focus on the Scottish Borders



Happy August from all at ENRICH Scotland and given it's sunshine time I thought we'd look at the Scottish Borders region given the sun always shines here!

This is an area I personally know a great deal about given I was a Community Psychiatric Nurse here for quarter of a century and hence the care homes are no stranger to me. Scottish Borders may not be as familiar to you but, given it's been a favourite over the years for big movie locations, perhaps it is?

The most recent visit was Harrison Ford running around Melrose looking for a Chai Latte with oat milk, during takes of "Indiana Jones at Leaderfoot" (they changed the title in the end). We also must remember such movies as, "The Bruce" down in Peebles, "Mrs. Brown" in Duns and Tarzan swinging through the garden centre at Floors castle during the making of "Greystoke".

The Borders is however steeped in history, with suggestions the mythical Camelot was actually located in Roxburghshire. *"It has been said Sir Galahad and Sir Lancelot visited one of the local Inns near Kelso and asked for a room for 2 knights"*.

Back to the real world, the 'Borders boasts over 70% of all it's care homes are registered as Research Ready, which is one of the highest percentage in Scotland by region if not UK. So question is if not registered....why not?

Hit this link<sup>1</sup> and complete (that goes for all areas).

Alternatively anyone who can name the location of all Borders pictures correctly in this newsletter will win a beautiful ENRICH Scotland certificate, simply by filling above form.

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## Research Round Up



### **STUDIES CURRENTLY RECRUITING.**

**Below are studies being promoted by ENRICH Scotland, so please have a read and consider contributing. Remember to put it in your CPD/Revalidation....it all counts.**

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## Understanding Hearing Loss and Dementia

\*The Lead Researcher would like to interview a staff member who has escorted a resident to a hearing test.

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

## DO YOU HAVE DEMENTIA OR ARE YOU CARER OF SOMEONE WITH DEMENTIA?



**Take part in research!**



### Hearing tests for people with dementia...

If you are:

- Someone with **dementia** (any type or severity).
- Living in your own home or in a care home.
- You do **not** need to have hearing loss.

And/ Or

- Their family member, friend or carer.

### What's involved?

We want to understand more about hearing tests for people with dementia... What's difficult and what works for you?

- Take part in a one-off interview with a researcher to discuss your (or your relative's) experiences and thoughts about hearing tests.
- The conversation will last around 1 hour.
- It will take place on the telephone or on Zoom, or if you live in the North West, face-to-face might be an option.

You will be reimbursed for your time. A family member or carer can be with you for the interview.

**Please contact for more info:**

IRAS ID: 334240

[hannah.cross-2@manchester.ac.uk](mailto:hannah.cross-2@manchester.ac.uk)  
07392864672

V3; 09/05/2024



National Institute for Health and Care Research

Have you helped someone think about moving to a care home? Tell us about it!



### Who are we looking for?

- family/friend carer who helped an older person with decision-making about their future care

### What will taking part involve?

- 30-45 minute interview (guided conversation) in person, via phone or online.

### Why participate?

- Your experiences could help us help others in the position.
- You get £10 as our thank you for taking the time to help us.



For more information contact Lucy Halamova, MRes at: [lhalamova23@abdn.ac.uk](mailto:lhalamova23@abdn.ac.uk) (Supervisors: Dr Stephen Makin, Prof Louise Locoock, Prof Louise Phillips)

**Residents of care homes: tell us about your experience leading to the move!**



1495  
UNIVERSITY OF ABERDEEN  
Remarkable research for healthy ageing  
THE DUNHILL MEDICAL TRUST

**Who are we looking for?**

- residents of a care home (by 'care home' we mean any care facility with on-site carers or nursing staff)

**What will taking part involve?**

- 30-45 minute interview (guided conversation) in person, via phone or online.

**Why participate?**

- Your experiences could help us help others in the position.
- You get £10 as our thank you for taking the time to help us.

For more information contact Lucy Halamova, MRes at: [lhalamova.23@abdn.ac.uk](mailto:lhalamova.23@abdn.ac.uk) (Supervisors: Dr Stephen Makin, Prof Louise Locock, Prof Louise Phillips)

This study was approved by University of Aberdeen ethics committee n: 1968109

## Region specific studies

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### Tayside

#### **The perceptions of residents, staff, managers and owners of right-based concepts and their realisation in practice in care homes for older people in Scotland.**

Fiona Clark from University of Dundee is looking for a care home in Tayside to help with her study by allowing her to do observations in the care home to gain knowledge and understanding of daily life. She would then like to carry out some interviews with residents, staff and the manager.

If you would like some more information, please contact Fiona on [f.z.clark@dundee.ac.uk](mailto:f.z.clark@dundee.ac.uk)<sup>2</sup> or 07983 232944, or local CSO.

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### Edinburgh and Lothians

#### **Digital App for Speech and Health Monitoring.**

The "Digital App for Speech and Health Monitoring" study is a digital health research project organised by the Anne Rowling Regenerative Neurology Clinic and SpeakUnique Ltd at the University of Edinburgh. This study investigates the use of speech recordings and digital technologies to better diagnose and monitor neurodegenerative conditions. The study has also been designed to help people living with these conditions remotely contribute to health research.

- Short assessments where you complete the App on your own remotely at home, or if you prefer in the clinic. This takes between 15-45 minutes and;

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<sup>2</sup><mailto:f.z.clark@dundee.ac.uk>

- Full assessments where you complete the App and undertake some clinical and cognitive assessments with a researcher. You can also optionally provide a blood sample. These assessments will be done in clinic and will take 2 hours to complete.

*"we have had a very good response to this one already but always room for a few more"*

If interested contact [christine.weaver@ed.ac.uk](mailto:christine.weaver@ed.ac.uk)<sup>3</sup> or local CSO

## Up and coming...watch this space.

### **Bereavement support in care homes.**

*Researchers from the University of Glasgow are currently seeking ethical approval for a Scotland-wide study that investigates bereavement support in care homes. They will begin by carrying out focus groups, with the eventual goal of producing a toolkit of best practice for staff for offering bereavement support.*

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### **Using and Improving Scotland's care home data.**

*Dr Jenni Burton from the University of Glasgow will be developing methods of understanding and collecting new and existing care home data for use in future research. Initially this will involve interviews with care home staff to discuss care home collection methods.*

*[PCL2101.pdf \(scot.nhs.uk\)](https://www.scot.nhs.uk)<sup>4</sup>*



## We're taking root in Argyle and Bute.

A little flurry of "sign ups" from Oban and Dunoon has boosted the regions presence on the ENRICH register.

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<sup>3</sup><mailto:christine.weaver@ed.ac.uk>

<sup>4</sup><https://www.csot.nhs.uk/wp-content/uploads/PCL2101.pdf>

As you can see from the picture Ashgrove, Struan Lodge, Ardenlee, Eadar Glinn, Evite House and North Argyll House are all proud recipients of the ENRICH Scotland certificate, similar to the scrolls given with the Olympic medals (without the box!).



ENRICH meetings.....



Our next "ENRICH Researcher Forum" is on Wednesday 28th August 10-11.30am on Teams.

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The next "Lothian CHIP (Care Home Innovation Partnership) meeting" is on 28th August 1.30-4pm At St Raphael's Care Home, Edinburgh.

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The next "ENRICH Care Home managers forum" is on 11th Sept on Teams and will focus on Stress & Distress.

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If you wish information, or wish to attend any of these meetings please contact [tay.enrichscotland@nhs.scot](mailto:tay.enrichscotland@nhs.scot)<sup>5</sup>

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Conferences worth a look.



ENRICH Scotland will be holding workshops, manning stands or presenting at these events so please come over and introduce yourself.

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**Scottish Care's Annual Care Home Conference & Exhibition"**

**Shaping Tomorrow: redefining the future of Care Homes in Scotland"**

**15 November 2024 Glasgow**

Care Home Conference 2024 - Scottish Care<sup>6</sup>

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**Care Home and Care at Home Conference 2024 Title: Caring and Learning Together.**

Thursday 3rd of October 2024 all on Online MS Teams

Care Home and Care at Home Conference

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<sup>5</sup><mailto:tay.enrichscotland@nhs.scot>

<sup>6</sup><https://scottishcare.org/care-home-conference-2024/#:~:text=Scottish Care's Annual Care Home,November at the Hilton%2C Glasgow.>

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## Alzheimer Scotland Annual Conference 2024

Edinburgh. On the 20th September.

Alzheimer Scotland Annual Conference 2024 | Alzheimer Scotland ([alzscot.org](http://alzscot.org))<sup>7</sup>



## RICH Voices



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<sup>7</sup><https://www.alzscot.org/conference24>



Our Team	+
Lay Summaries	+
Video Content	+
Blogs and Articles	+
Podcast	+
ENRICH Scotland Newsletter	+
Image Library	+
Academic Publications	+
Contact Us	+



Our online platform is now live on our ENRICH Scotland website (<https://www.nhsresearchscotland.org.uk/research-in-scotland/facilities/enrich>) . We have lots of new sections with information in them. Please take some time to have a look through.

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## RICH Voices Involvement - Marie Curie Project



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Marie Curie are looking for someone from a care home to take part in their patient & public involvement activity. They would like someone to:

1. To take part in a working group with a focus on research data analysis. The data will consist of photographs taken by care home communities (one staff member, one resident, and one family member in two care homes), and the transcriptions of interviews with those taking the photographs. The topic of the photographs will be the last year of life and end of life care in care homes. The PPI members would support the selection of photographs for inclusion in an exhibition and help in the formation of short stories/vignettes to go alongside the photographs based on the interview transcripts. Examples of photographs might be a medicine cupboard not big enough to hold all the end of life care medicines and them all spilling out, or the space or surroundings that people find themselves in and what this means to them.
2. Each co-researcher would take part in 4 in-person workshops and would receive **£50 payment per workshop**
3. 20% of the population currently die in a care home. This project wants to recognize the good end of life care that already happens in care homes and also highlight the barriers in the system that can get in the way. The benefits of taking part are that it gives PPI members an opportunity to contribute their lived experience and knowledge to influence the direction of the research on an issue that affects everyone. You will be contributing to ensuring the research is relevant, useful, and considerate of the needs and preferences of people living and dying in care homes, their families and those who provide care. The drawbacks of involvement are that it is a sensitive topic and may bring up emotions such as sadness and grief. The research team includes nurses who have worked in hospices and are experienced in this type of research and providing emotional support

If you know of anyone who would be interested, please email [tay.enrichscotland@nhs.scot](mailto:tay.enrichscotland@nhs.scot)<sup>8</sup>

## THANK YOU FOR READING

.....and remember if plan A doesn't work, there's 25 more letters in the alphabet.



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<sup>8</sup><mailto:tay.enrichscotland@nhs.scot>

## Our Blogs



**Blog**<sup>9</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>10</sup>

## ENRICH Stay Connected to Clinical Research in Scotland



1 - The Team...

- Sign up to the NRS newsletter, Research Bulletin<sup>11</sup>
- Follow the NRS on Twitter<sup>12</sup>, LinkedIn<sup>13</sup> and [www.nrs.org.uk](http://www.nrs.org.uk)<sup>14</sup>.

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<sup>9</sup><https://enrichscotland.wordpress.com/>

<sup>10</sup><https://enrichscotland.wordpress.com/>

<sup>11</sup><https://nrs.us10.list-manage.com/subscribe?u=c8fe2cc5b484476d8b29be110&id=a399787cc8>

<sup>12</sup><https://twitter.com/NHSResearchScot>

<sup>13</sup><https://www.linkedin.com/company/nhsresearchscotland/>

**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>15</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><http://www.nhsresearchscotland.org.uk/>

<sup>15</sup><mailto:tay.enrichscotland@nhs.scot>