

ENRICH SCOTLAND

enabling research in care homes



December 2024



Well after 4 months of decorations fighting for shelf space in the shops with sun cream, pumpkins and witches hats, the holidays will soon be here. There's lots of celebrations to choose from, **Christmas, Hanukkah, Ashura, Kwanzaa, Rohatsu** and the good old **Winter Solstice** to name but a few. Yes we still have a few weeks of having to listen to how Mariah Carey wants very little and George Michael gave his heart away, but keep in mind many less trivial events happened in December such as in 1918, women being given the right to vote in UK and in 1968 the first manned flight to the moon so plenty to cheer about.

Although many may be distracted by bad taste jumpers and eating too much, the world of research trundles on. Below you'll see what studies are currently recruiting so once again a huge thank you to all those homes who have taken part in some of the studies over the past year and, to those who haven't, give yourself a right big winter treat.

"I did see a recent study looking at throat infections that occurred after putting up Christmas trees..... it turned out it was just "tinsellitis". (worthy of a M&S cracker that one!)"

What have we been up to?

ENRICH Scotland's year

ENRICH Scotland have had a very successful year increasing our register of interested care homes to over 40% of the countries total, worked with 30 study teams to support their research, completed our first own research study looking at staff retention, and RICH Voices have significantly increased there role and influence. This has been possible by maintaining a small, close but dispersed team allowing each area in Scotland to have a named team member.

We thank all the care homes out there who supported us and look forward to an even more successful 2025.

Scottish Care Care Home Conference

Like many of you, ENRICH attended the Scottish Care Care Home Conference in Glasgow on the 15th November where we also had a stand which was well attended. Given it was the day after Scottish Government had announced a delay in the "National Care Service" it was a very upbeat event with more than it's fair share of singing and dancing.

You'll see from the picture our team from the West (Diane and Maureen) like a picture and a keen eye will see Helen, ENRICH's administrator who keeps us all right, taking the photo.

Thanks to all for coming up to say hello.



NOROVIRUS VACCINE UPDATE

Nova301: Norovirus vaccine trial.

ENRICH have been gathering more information on this study and although we continue to promote we now have more clarity on the study process and how this relates to care home residents.

It is correct most residents will not meet the criteria for inclusion. Removing those without capacity and with dementia, probably excludes 70-80%. “Unstable” medical conditions, regular treatment and medication changes remove a large part of the remainder.

Some visits where medication is allocated and dispensed, can take 3-4 hours, must be at the Western General Hospital and although travel can be arranged no compensation can be given to the home if resident needs accompanied.

Participants also need to be able to use an e-tablet, or an app on their phone, and although staff can assist with practicalities of this, they cannot help in any way with the answers. This leaves very few residents who could participate but, like all research, the study team and the sponsors have learned from this experience and hopefully it will inform future studies.

As you'll see below this study is still open to over 60 year olds so put up a poster and maybe staff in that age group, or residents with family to support them may want to participate.



Care home participation in research survey



Now this is your last chance to contribute to this survey which we repeat every 2 years to better understand care home research participation. So far take up has been a bit disappointing given it's ENRICH's own and you're all registered as "interested" so come on, take 5 mins and complete.

A big thank you to all who have completed so far, and an extra round of applause to the home who's completed it 5 times (that's devotion).

So please, before something else takes priority click on link below.

SURVEY¹

 Care Home Research Participation Survey Advert 010824 (Version 2.0)

Research Participation Survey

> In 2014 and 2022 Scottish Care Homes were asked about their participation in research studies.

> We are looking for care home staff to complete a similar survey to look at differences in research opportunities and participation rates in more recent years.

> We aim to draw attention to disparities in research opportunities and encourage future research in this area.

<https://forms.office.com/e/xMvAdqqsE9>

NHS Research Scotland | www.nrs.org.uk | @NHSResearchScot

¹<https://forms.office.com/pages/responsepage.aspx?id=veDvEDCgykuAnLXmdF5JmlrDnTR1zgZHjX4kkaal7I9URUZZVlhJSUxGQIA1QkNFWFJWNIMzNDU1WS4u&route=shorturl>



Research Round Up

STUDIES CURRENTLY RECRUITING.

As usual below are studies being promoted by ENRICH Scotland. We now have over 400 care homes signed up on our register, around 41% of all care homes in Scotland, so if that certificate is hanging proudly on your wall then please participate in one of these projects below. There really is something for everyone and all participation counts towards CPD and revalidation.

UK's first ever Norovirus vaccine trial

This is the **UK's first-ever norovirus mRNA vaccine trial** run in partnership between Moderna and UK government with support from NIHR and the Chief Scientists Office in Scotland. The study known as 3 'Nova 301' will recruit across 27 NHS sites in England, Scotland and Wales, with Edinburgh and Lothian, Greater Glasgow and Clyde and Grampian being chosen. Remember there are currently no licensed vaccines for norovirus in the world.

Although the trial was aimed at 18 years or older, **researchers are seeking participants 60 years of age and older**, as this age group of people are generally more likely to be severely affected by norovirus and so benefit most if the vaccine is shown to be effective.

If you think any of your staff or family carers may be interested in taking part please contact your local study team at;

Glasgow- ggc.glasgow.crf@nhs.scot² or 0141 232 7600

Lothians- oth.RIDUresearch@nhs.scot³ or 0131 537 2840.

Grampian- roy.soiza@nhs.scot⁴

²<mailto:ggc.glasgow.crf@nhs.scot>

³<mailto:oth.RIDUresearch@nhs.scot>

⁴<mailto:roy.soiza@nhs.scot>

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



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 (Supervisors: Dr Stephen Makin, Prof Louise Locock, Prof Louise Phillips)

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

Are you aged 65+ and actively deciding whether to move for care? Tell us about it!



Who are we looking for?

- People aged 65+ who are actively in the decision-making process of whether or not to move for care in the near future.

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 a similar position.
- You get £10 as our thank you for taking the time to help us.



For more information contact Lucy Halamova (PhD researcher) at: 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



The FEATHER study

This is for Edinburgh and Lothian homes only

Here is a study from Heriot Watt university **to evaluate interactions with a robot, Temi, (see picture) in an attempt to identify symptoms of UTI's** by studying behavior patterns and movements for early detection.

For more information on this study please contact the research team at E.Nault@hw.ac.uk⁵



Foot care and Dementia

This is one that must resonate with all homes unless there's been a surge in podiatry/chiropractic access in recent times. Glasgow Caledonian University are now recruiting to a study looking at the provision of foot care for people with advanced stage dementia across Scotland. They are looking for care home managers who are involved in helping to make these decisions or recommending people to deliver necessary footcare to take part in a short video interview.

For more information or if you wish to take part please contact Allison.Scott2@gcu.ac.uk⁶ or scan

⁵<mailto:E.Nault@hw.ac.uk>



Up and coming....watch this space.

Using and Improving Scotland's care home data.

Dr Jenni Burton from the University of Glasgow is 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.

You will soon be invited to take part in this research around the use of care home data in Scotland to inform policy and practice.

LifeLegacy: A pilot study on an AI-driven LLM conversational avatar in a care home setting

This will be trialling an AI avatar designed to alleviate isolation and loneliness in elderly as well as basic health checks. If you want to be part of the future keep an eye open for this one.

Pharmaceutical waste in care homes.

Some of you may already have knowledge of this study as our RICH Voices team, along with some homes, have been involved in framing the questions. Hopefully the study will go live soon.



STUDY UPDATES

"This is a study ENRICH supported and some of you participated. Please see information below about the outcome, useful links and opportunity for feedback".

CHAIN

Katie Laird, Professor of Microbiology and Head of the Infectious Disease Research Group at De Montfort University, would like to share with CHAIN members information about a research that she has conducted in care homes on infection prevention and laundry. This research led to the formation of a national Laundry Management group via the Infection Prevention Society (IPS) Care Home SIG who have created guidance for care homes on infection control processes in laundries. This project was also awarded a Infection Prevention Society Bronze Award in excellence. The guidance can be accessed via IPS website (<https://www.ips.uk.net/Safe-Management-of-Linen-in-the-Health-Care-Environment⁷>),

The Infection Prevention Laundry Management Group would like to invite your feedback on the guidance. Katie would be grateful if you could pass on the information to any of your colleagues to whom this may be relevant.

'In order for further research and guidance to be developed for the residential, nursing or other social healthcare environments feedback on the usage and impact of the developed

⁷<https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ips.uk.net%2F%2FSafe-Management-of-Linen-in-the-Health-Care-Environment&data=05|02|Bernie.McInally%40nhs.scot|65e14f7eb71149583cb908dd14616040|10efe0bda0304bca809cb5e6745e499a|0|0|638689130633096401|Unknown|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOilwLjAuMDAwMClslIAiOiJXaW4zMilslkFOljoiTWFpbClslldUljoyfQ%3D%3D|0||&sdata=aThaO1u0OzNZqRn8Ng6RilTrep94%2BTbiNMw5pTYdL%2F0%3D&reserved=0>

laundry guidance is required. Information on the usability of the guidance will also aid us in developing future educational resources that will be fit for purpose for your particular setting, we value your feedback and thank you for completing this short 2 minute questionnaire. <https://forms.office.com/e/mUcscnarbv>⁸ ‘



ENRICH Scotland meetings

Having a quiet December, everyone has better things to do I'm sure but pop in your diary;

Lothian CHIP meeting 10th February 2025 (yes "25"!)

For information, or wish to attend any of our meetings please contact tay.enrichscotland@nhs.scot⁹

⁸<https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fddec1-0-en-ctp.trendmicro.com%2Fwis%2Fclicktime%2Fv1%2Fquery%3Furl%3Dhttps%3a%2f%2fforms.office.com%2fe%2fmUcscnarbv%26umid%3Dcda0fa65-04f9-4590-bd0d-a1d6832edc42%26auth%3D06e76e57000ea428f34b63fea08893688229b6ce-eeb9a0c9e5d308cbebc01d4860449166ef8ddd3d&data=05|02|Bernie.McInally%40nhs.scot|65e14f7eb71149583cb908dd14616040|10efe0bda0304bca809cb5e6745e499a|0|0|638689130633110602|Unknown|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslYiOilwLjAuMDAwMClslAiOiJXaW4zMilslkFOljoiTWFpbClldUljoyfQ%3D%3D|0||&sdata=gxgdx7kGFPeGLO7HXONifHDOK6msipANsZ9fzaUprPk%3D&reserved=0>

⁹<mailto:tay.enrichscotland@nhs.scot>

RICH Voices



Again as mentioned at the beginning of this newsletter the last chance to get your voice heard in our bi-annual Care home survey to get feedback from all our Research Ready Care Homes. It shouldn't take long as most questions are multiple choice. It will close at the end of December and we will publish the results in 2025.

Family Meetings:

Research In Care Homes (RICH) Voices visited Northgate House Care Home this week to talk to residents and family members about ENRICH and getting involved in research related activities. Diane and Rosie met with some family members and a resident and they talked about how research can be as simple as having a chat over a cup of tea, through to more complex medical trials. They were particularly keen to hear more about how to better involve people and make sure that residents and loved ones had the opportunity to

participate in things that they were interested in. Research interests will be different for everyone, but getting involved in the design, development and direction of research can help people to feel that they are part of actionable change. They talked about how difficult it was to create space for 'patient and public involvement' in care homes, but RICH Voices are committed to exploring different options and hopefully finding ways to include everyone in a way that is meaningful.

If you would like to hear more about what we are hoping to do, or get involved in shaping the work of RICH Voices, please get in touch

THANK YOU FOR READING,

...and research fact...

"3 out of 4 Scot make up 75% of the population..."

Our Blogs



Blog¹⁰: 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!¹¹

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

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

ENRICH Stay Connected to Clinical Research in Scotland



1 - The Team...

- Sign up to the NRS newsletter, Research Bulletin¹²
- Follow the NRS on Twitter¹³, LinkedIn¹⁴ and www.nrs.org.uk¹⁵.

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.scot¹⁶

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.

¹²<https://nrs.us10.list-manage.com/subscribe?u=c8fe2cc5b484476d8b29be110&id=a399787cc8>

¹³<https://twitter.com/NHSResearchScot>

¹⁴<https://www.linkedin.com/company/nhsresearchscotland/>

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

¹⁶<mailto:tay.enrichscotland@nhs.scot>