

ENRICH SCOTLAND

enabling research in care homes



February 2025



February it is and some of you may still be celebrating the Chinese New Year with 2025 being the year of the snake. This apparently symbolises intelligence, wisdom and personal growth so what better year could there be to jump into research, get involvement in a few studies under your belt and add new skills to the CV.

"...I did read that you must always put your headlights on when it's raining in China. Problem is I never know when it's raining in China..."

What's going on?

Well in January all ENRICH Scotland team members had a rare face to face meeting (not faces you want to see too often!) with plenty ideas on how to move things forward, especially taking into account the results of our survey so you'll be hearing more about about that in due course.

One direction we discussed was offering ENRICH research **roadshows** which sound grand but simply offers care homes, or geographical areas, a chance to meet local team members and for us to give talks about what being involved in research means. This could be one home or

several in a close area including staff, residents and family/friends. If anyone has any thoughts on this, positive or negative please let us know on tay.enrichscotland@nhs.scot¹

"...the Roadshow doesn't mean you can bring along the Victorian bed pan you bought at a car boot sale, apparently owned by Sherlock Holmes..."



You'll see there's several images of Scottish public art in this newsletter. No reason what so ever why they're included except to have folk wondering "...where's that?"

Care Home Managers Research Forum

In recent Care Home Managers Research Forums, we've explored key topics such as palliative care, activities and wellbeing as well as distressed behaviours, all with the aim of supporting care home staff with research-based insights and practical solutions. Your contributions and engagement have been amazing, and we want to ensure that the forum continues to evolve in ways that are accessible, relevant, and useful to you.

New ways to engage

We're aware attending live sessions isn't always easy so we're exploring alternative ways to share insights, including:

- Webinars so you can watch at your convenience.
- Podcast-style recordings, making it easier to listen while on the go.
- Short research summary videos, breaking down key findings in a digestible format.

¹<mailto:tay.enrichscotland@nhs.scot>

- Case study spotlights, where care home managers share research related experiences.

Upcoming focus - the impact of research in care homes

We're planning to explore the impact of research in care homes. What happens after a study ends, has it made a difference to care delivery and has it changed practice for your team?

If your care home has taken part in any research project (big or small) we'd love to hear from you as we'd like to hear your first-hand experience of being involved to provide insights.

Our Instagram account

We will soon be launching an Instagram account to bring you quick updates, best practices, and insights in a more visual and accessible way. Would this be something useful for you and your team? What kind of content would you like to see there?

To give us your thoughts on these updates please contact us on at Tay.enrichscotland@nhs.scot²

Best regards,

Irina McLean, ENRICH Health and Social Care Coordinator.



Study updates

Co-producing a bereavement support in care homes toolkit. Dr Maria Drummond

Last autumn, Maria Drummond met with care home staff through focus groups to discuss bereavement care. These focus groups were to understand bereavement generally, to

²<mailto:Tay.enrichscotland@nhs.scot>

identify great practice that can be shared and gaps to address. These findings will build towards creating a toolkit to help care home staff with bereavement care.

Again, a big thank you to all managers and staff who participated.

As a next step, Maria is arranging engagement events with bereavement and care home experts to brainstorm ideas for the toolkit. Attendees, will have ideas for the toolkit put to them to get feedback, and ask about what is already available.

There will be an online event on Thursday 3rd April at 10am-12 midday. This event is open to all care home staff and relatives.

To register, click here³.



Research Round Up

There are a few studies recruiting just now worth highlighting.

Care homes in **Aberdeen**, please have a look at the "**Transitioning into care**" study From **Lucy Halamova at Aberdeen University**. This is an important topic and I believe this is the last month of recruitment. By coincidence we have **Clare Halpenny from Edinburgh University** looking to explore similar experiences with **Edinburgh/Lothian care home residents**.

Dr Jenni Burton's, Scotland wide, survey is attempting to get some "real figures" around how many **residents with Advanced Dementia** are being cared for in social care. Often, the numbers attributed to the population of people living in care homes with dementia are estimated. The importance of having a more accurate understanding relates to social care provision and funding. All information and the link to the survey is below.

³<https://www.eventbrite.co.uk/e/online-co-designing-a-bereavement-support-toolkit-for-care-home-staff-tickets-1216304382149?aff=oddtcreator>

As a previous non-medical prescriber, I appreciate how important the **CLASP** study is. Reducing and stopping medication in older adults that is no longer required is an important area and in care home residents this helps reduce staff responsibilities and improve residents quality of life. This is currently **Dundee/Tayside** only.

....RECRUITING NOW....

Transitioning to care



This is the very last opportunity to contribute to this study so if in **Aberdeen** area please get get your skates on.

It is still one for **Aberdeen homes** and Lucy Halamova from your fine University is conducting the study looking at the transition into care for residents. This involves **speaking to residents and family about their journey**. From experience residents enjoy these opportunities and appreciate being part of research. Please ask a few residents and let Lucy know if any are interested on l.halamova.23@abdn.ac.uk

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



UNIVERSITY OF ABERDEEN



Remarkable research for healthy ageing
THE DUNNHILL MEDICAL TRUST

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: l.halamova.23@abdn.ac.uk (Supervisors: Dr Stephen Makin, Prof Louise Locock, Prof Louise Phillips)

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

Foot care and Dementia



Another last chance for GG&C homes.

Glasgow Caledonian University are still 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.uk⁴ or scan



⁴<mailto:Allison.Scott2@gcu.ac.uk>

Estimating the prevalence of advanced dementia in Scotland's care homes: a national survey

Many homes across Scotland provide specialist care and support for people living with dementia however, we do not know how many people are currently living with advanced dementia in Scotland's care homes.

Researchers from the University of Glasgow have been asked by Alzheimer Scot to investigate this with the aim of shining a light on this population and their needs. We would greatly appreciate your help and support. We are doing a short online survey, looking for one response per care home, to build up a picture of the numbers of people living with advanced dementia and their funding and looking for your professional perspectives on the recognition of advanced illness.

The study documents (participant information, privacy notice and consent form) can be accessed from SURVEY⁵ link to participate.

In recognition of your time and our gratitude, we are offering the chance to win a pair of tickets with travel expenses and the cost of staff time (to enable backfill to be arranged within the care home) to attend either the Alzheimer Scotland Conference or the Scottish Dementia Research Consortium Conference in 2025.

This research is funded by Alzheimer Scotland and supported by ENRICH Scotland.



⁵https://uofg.qualtrics.com/jfe/form/SV_b2BbhYwY8yJ8K5U

CLASP-Reducing/stopping insulin dependency in older adults.

This is a currently a **Tayside** only study.

Many care home residents with **type 2 diabetes** are on insulin injections, an extra challenge for care home staff. This study is looking to find a safe approach to reducing or stopping these treatments, improving quality of life, reducing tasks for care home staff and possibly reduce district nurses time.

Requirements are 70 and above, have type II diabetes, on insulin and access to a smart phone.

For more information please contact the study team on;

ylin002@dundee.ac.uk⁶

01382388586



1 - Dan's blood sugar?

What Matters To Me.

Researcher **Clare Halpenny**, from **Edinburgh University**, would like to speak to residents about their experiences about moving into care to help understand the decision making experience and what the transition was like from a residents perspective.

From experience we are aware how much residents like to pass these experiences on so please have a think about residents who may be interested and contact Clare at clare.halpenny@ed.ac.uk⁷ .

⁶<mailto:ylin002@dundee.ac.uk>

⁷<mailto:clare.halpenny@ed.ac.uk>



Up and coming....

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.



ENRICH Scotland meetings and conferences.

Pop in your diary;

ENRICH will be attending the **Care Roadshow** on 1st April at Hampden Park on 1st April. If you see us please come and say hello. Details for free attendance at Care Roadshows - Scotland Care Exhibitions | Healthcare Seminars Scotland | Care Roadshows⁸.

Co-producing a bereavement support in care homes toolkit. Dr Maria Drummond

Online event 3rd April, 10-12pm.

⁸<https://www.careroadshows.co.uk/scotland>

RICH Voices



Family Meetings:

Over the past couple of months, ENRICH Clinical Studies Officers (CSOs) have been visiting care homes across Scotland to talk about research and how ENRICH can support residents, family members and staff to be more confident in research.

CSOs Diane Munn, Maureen Brown, Dr Rosalie Ashworth and Denise Munro visited four care homes: Northgate House Care Home (Glasgow); Rashilee Care Home (Erskine); Burnlea Care Home (Largs); and Carnbroe Care Centre (Coatbridge). They were warmly received by staff and had the opportunity to meet with residents and family members who generously shared their time.



Expanding on ways to get involved, Dr Rosalie Ashworth and Denise Munro discussed the crucial role of Patient and Public Involvement (PPI) in research. This approach invites care home staff, relatives, and even the residents themselves to step into the role of co-researcher. PPI is all about harnessing the valuable perspectives and lived-experiences of stakeholders to guide and shape research from its inception to its conclusion. This is crucial to increasing the relevancy and impact of research. Contributions can vary widely, including steering study priorities and providing feedback on research proposals, contributing to study design and materials, interpreting results, and helping to share findings in an accessible and meaningful way. There is a role for everyone in PPI, with options to fit each individual's experiences, interests, and availability.

We are so grateful to all the care homes who welcomed us, and with more care home visits lined up in the coming weeks, we are excited to continue to connect with the care home

community. These visits are a cornerstone of our commitment to include more voices in the research process and to ensuring that the research ENRICH supports places your loved ones needs and experiences at the heart of scientific inquiry. We invite all interested parties—whether you're a care home staff member, a resident, or a relative—to consider how you might like to be involved in research. Every contribution, no matter the size, plays a pivotal role in enriching understanding and enhancing the quality of life within care home settings. Together, we aim to build a collaborative, informed, and caring research community.

For more information or details on how you and your care home can get involved you can get in touch at: tay.ppipartners@nhs.scot



Diane and Maureen discussed various ways in which individuals could become involved in research, such as participating in clinical trials, completing surveys, and helping researchers to understand the unique needs of care home residents. The team gained valuable insights into individual's views around research, barriers to involvement, and how to keep them up-to-date on research opportunities in the future.

THANK YOU FOR READING

...and research fact...

".....49% of people are below average IQ....."

Our Blogs



Blog⁹: 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!¹⁰

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

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

ENRICH Stay Connected to Clinical Research in Scotland



2 - The Team...

- Sign up to the NRS newsletter, Research Bulletin¹¹
- Follow the NRS on Twitter¹², LinkedIn¹³ and www.nrs.org.uk¹⁴.

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.scot¹⁵

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.

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

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

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

¹⁴<http://www.nhsresearchscotland.org.uk/>

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