

# ENRICH SCOTLAND

enabling research in care homes



January 2025



Well here we are, holidays over (for those who got a break!), a quarter of the way through a new century and a year we hope will be, like many of you already are, "research ready".

Time to ignore those doubts, grasp research full on and as Robbie Burns would say, "...dare to be honest and fear no labor". From experience, speaking your mind and not being afraid of hard work is a necessary requirement to working in the care sector so being part of change and affecting progress through research should be a easy choice for most out there. If not already why not pop it down in your new year resolution list, "*this year I'll take part in a study*", and hopefully, unlike the new gym membership, this will last past February?

*"One of my aims this year is to put a band together and call them "The Duvets"..... it's a cover band....."*

## What have we been up to?

As we said in December newsletter, 2024 was a bumper year for recruiting care homes to our register but 2025 will be about getting those homes involved in research. We know not

every study suits every home, although there will always be one or two that are of interests or is relevant to what's happening in your home.

A good example here was our own survey which will influence what direction ENRICH Scotland goes in the future. A massive thank you to the 121 who completed and returned the survey. Anyone who knows research will tell you that 30% return on a survey is impressive. We do, however, have over 400 homes signed up to ENRICH, saying they are interested in research, so perhaps a higher return might have been expected. Just keep in mind every piece of information you give to us, or any study, will end up being data, put out there in these multi media, sharing information times, and this is where policy makers search for evidence when decisions are being made.

2025 is an exciting time for care home research. You'll see below (WATCH) the desire to include care home residents in clinical research is strong and, although it may be a daunting thought, ENRICH will always be there to support all homes.



## **WATCH-Widening Access to Trials in Care Homes**

This is a large, UK wide project with the clear aim of;

**“producing best practice guidance in recruitment of care home residents into vaccine trials in the UK”.**

No one could deny how impressed we all were with the speed that vaccines were delivered during the Covid 19 pandemic and from that the UK Vaccine Innovation Pathway (VIP) was established. In short, it was to take the lessons of Covid 19 and use them to accelerate clinical trials reducing the unnecessary barriers that may have previously been present. One of the challenges of this was to “widen participation of participants”, focusing, amongst others on “residents of care homes”.

A simple reason of the need for this was the Covid 19 vaccine went through was trials without care home residents, even though they were one of the first cohorts to benefit from the vaccine.

ENRICH staff are members of this project group and we will keep care homes up to date with any progress but, in meantime if you have thoughts on how this could be best implemented or barriers that may be present, please let us know and we can feed in your thoughts.

The QR code will give more information on VIP but please get in touch with any questions.



### Care home participation in research survey



This survey is now closed with 121 responses, which is great news and thanks to all, we have a bit of analysis to do... Watch this space for outcomes.

## Research Round Up

### STUDIES CURRENTLY RECRUITING.

As usual below are studies being promoted by ENRICH Scotland. For those in Grampian please consider the "Transitioning into care" study, Edinburgh can have its very own robot and Glasgow is still looking to help with those feet.

*"being from Glasgow myself, good feet ran in our family"*



### UK's first ever Norovirus vaccine trial

This is open for another month and, although we pointed out in last months newsletter that residents will seldom fit the criteria, they are still recruiting from over 70s.

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.scot](mailto:ggc.glasgow.crf@nhs.scot)<sup>1</sup> or 0141 232 7600

Lothians- [oth.RIDUresearch@nhs.scot](mailto:oth.RIDUresearch@nhs.scot)<sup>2</sup> or 0131 537 2840.

Grampian- [roy.soiza@nhs.scot](mailto:roy.soiza@nhs.scot)<sup>3</sup>

**Help to see if we can protect people 18 years of age or older against symptoms caused by the norovirus stomach bug with an investigational mRNA vaccine**

**Find out more about the Nova 301 Trial.**  
The trial will see if an investigational vaccine (a vaccine that is being studied) may help protect against symptoms caused by the norovirus stomach bug in people 18 years of age or older.

**Did you know that norovirus is one of the most common stomach bugs in the UK?** 

It occurs every year and many cases are often in care homes and schools.<sup>2</sup>

The norovirus stomach bug causes unpleasant symptoms and can spread easily from person to person.<sup>2,3</sup>

Vulnerable people, such as children younger than age 5, adults older than age 60, and people with underlying health conditions, are at greater risk for serious symptoms of norovirus, which may require medical attention.<sup>4,5</sup>

**WHO CAN JOIN?**  
This clinical trial is looking for participants. To join, you must:

- ✓ be 18 years of age or older
- ✓ be in good health
- ✓ not currently have a chronic gastrointestinal disease (including irritable bowel syndrome, colitis, oesophageal reflux, or any other medical condition where you have regular vomiting or diarrhoea)

**To find out more, contact the Nova 301 Trial team below.**

RIDU Research Team  
0131 537 2840  
[loth.RIDUresearch@nhs.scot](mailto:loth.RIDUresearch@nhs.scot)

**References:**  
1. NHS Inform. Norovirus. Accessed August 2024. <https://www.nhs.uk/conditions/norovirus/>  
2. Public Health England. Norovirus. Accessed August 2024. <https://www.gov.uk/government/collections/norovirus-cases-in-england>  
3. Cheng, Y. et al. Global Burden and Trends of Norovirus-Associated Diseases From 1990 to 2020: An Observational Trend Study. *Front. Public Health* 2022; 10:790597. doi: 10.3389/fpubh.2022.790597  
4. UK Health Security Agency. Norovirus: What to do if you catch it and how to stop the spread. UK Health Security Agency. Accessed August 2024. <https://www.gov.uk/government/collections/norovirus-what-to-do-if-you-catch-it-and-how-to-stop-the-spread>  
5. Luzzati, V. et al. National Public Health Reference from Food, Product, and Food Use. *Viruses* 2021; 13(10):2035. doi: 10.3390/v13102035

mRNA-1403-P301\_Recruitment Poster\_EN\_08\_V1\_07AUG2024

**NOVA 301 TRIAL** **moderna**

## Transitioning to care

An addition to this study is the inclusion of participants who are thinking of going into a care home. It's 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](mailto:l.halamova.23@abdn.ac.uk)

<sup>1</sup><mailto:ggc.glasgow.crf@nhs.scot>

<sup>2</sup><mailto:oth.RIDUresearch@nhs.scot>

<sup>3</sup><mailto:roy.soiza@nhs.scot>



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: [lhalamova.23@abdn.ac.uk](mailto:lhalamova.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](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

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](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

## 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.uk](mailto:E.Nault@hw.ac.uk)<sup>4</sup>



## 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.uk](mailto:Allison.Scott2@gcu.ac.uk)<sup>5</sup> or scan

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<sup>4</sup><mailto:E.Nault@hw.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.





## 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-Environment><sup>6</sup>),**

**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 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**

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<sup>6</sup><https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ips.uk.net%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>

setting, we value your feedback and thank you for completing this short 2 minute questionnaire. <https://forms.office.com/e/mUcscnarbv><sup>7</sup>



## ENRICH Scotland meetings

Pop in your diary;

**Lothian CHIP meeting 10th February 2025.**

For information, or wish to attend any of our meetings please contact [tay.enrichscotland@nhs.scot](mailto:tay.enrichscotland@nhs.scot)<sup>8</sup>

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<sup>7</sup><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|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslYiOilwLjAuMDAwMCIsIAiOiJXaW4zMilslkFOljoiTWFpbClslldUljoyfQ%3D%3D|0||&sdata=gxgdx7kGFPeGLO7HXONifHDOK6msipANsZ9fzaUprPk%3D&reserved=0>

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

## RICH Voices



We would like to welcome Denise Munro to the RICH Voices team. Denise will be working with Rosie to ensure the voices of Care Homes residents, staff and families are heard in research.



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### **Family Meetings:**

Research In Care Homes (RICH) Voices visited Northgate House Care Home in November 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.

We have a few upcoming visits to Care Homes to meet with families. If you would like your Care Home to be involved or have a family meeting that you would like us to attend, please contact [tay.enrichscotland@nhs.scot](mailto:tay.enrichscotland@nhs.scot)

**THANK YOU FOR READING**

**...and research fact...**

***"it's impossible to lick your own elbow"***

## 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>.

<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>



**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>**

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

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

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

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