

ENRICH SCOTLAND

enabling research in care homes



November 2024

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Remember, remember the 5th of November

Gunpowder treason and plot.

Surveys, interviews, focus groups and vaccines

ENRICH they got the lot.

(Guy Fawkes circa 1605)

UK's first Norovirus vaccine trial.

This is an exciting period in ENRICH Scotland's history. Not only are we supporting and promoting our first clinical drug trial but Lothian, Greater Glasgow and Clyde and Grampian have been chosen as sites.

I know all homes understand the importance of addressing the issue of Norovirus, and the devastating effects if contracted. In an ideal world all care home residents would be able to be considered for this trial but the need for local clinical research facilities and support staff have limited the geographical areas so please read the brief summary below in "Research round up" and consider if your residents would want to be part of this.

This is an important study so please consider.

“they do say someone gets an injection every 1.5 seconds in the UK. That must hurt eventually.....”

What have we been up to?

Couple of new blogs/podcasts from ENRICH for you to listen to or read.

RCN International Research Conference¹

and

LGBTQ+ in Care Home Research²

both can also be accessed from our ENRICH blog page below.



Care home participation in research survey



¹[https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fenrichscotland.wordpress.com%2F2024%2F10%2F31%2Finsights-from-the-rcn-international-nursing-research-conference%2F&data=05|02|Bernie.McInally%40nhs.scot|4ab16f9f08804446d9f608dcf9bfb54b|10efe0bda0304bca809cb5e6745e499a|0|0|638659848969332745|Unknown|TWfPbGZsb3d8eyJWljoimc4wLjAwMDAiLCJQljoiv2luMzliLCJBTil6lk1haWwiLCJXVCI6Mn0%3D|0||&sdata=jmtDgVzkTRt5HS8Oz3DEHXXZrys9Owb1KxWsh mVJYXg%3D&reserved=0](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fenrichscotland.wordpress.com%2F2024%2F10%2F31%2Finsights-from-the-rcn-international-nursing-research-conference%2F&data=05%202024|Bernie.McInally%40nhs.scot|4ab16f9f08804446d9f608dcf9bfb54b|10efe0bda0304bca809cb5e6745e499a|0|0|638659848969332745|Unknown|TWfPbGZsb3d8eyJWljoimc4wLjAwMDAiLCJQljoiv2luMzliLCJBTil6lk1haWwiLCJXVCI6Mn0%3D|0||&sdata=jmtDgVzkTRt5HS8Oz3DEHXXZrys9Owb1KxWsh mVJYXg%3D&reserved=0)

²<https://www.dementiaresearcher.nihr.ac.uk/blog-lgbtq-in-care-home-research/>

Last month I directed people to this survey which is repeated every 2 years and gives us information to let us know if ENRICH is making a difference and also if there are changes to be made. A big thank you to all who have completed so far, and a big nudge to those who haven't. It'll take 5 minutes and really does help us focus on what care homes are looking for.

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

SURVEY³

Care Home Research Participation Survey Advert 010824 (Version 2.0)

NHS
SCOTLAND
NHS RESEARCH SCOTLAND

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

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 39% 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. For this reason they would like to recruit a number from the care home population.

³<https://forms.office.com/pages/responsepage.aspx?id=veDvEDCGykuAnLXmdF5JmlrDnTR1zgZHjX4kkaal7I9URUZZVihJSUxGQIA1QkNFWFJWNIMzNDU1WS4u&route=shorturl>

If you think any of your residents may be interested in taking part please contact your local study team at;

Glasgow- ggc.glasgow.crf@nhs.scot⁴ or 0141 232 7600

Lothians- oth.RIDUresearch@nhs.scot⁵ or 0131 537 2840.

Grampian- roy.soiza@nhs.scot⁶

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.²

The norovirus stomach bug causes unpleasant symptoms and can spread easily from person to person.^{2,3}

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.^{4,5}

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

References:
1. NHS Inform. Norovirus. Accessed August 2024. <https://www.nhs.uk/conditions/norovirus/>
2. and 3. <https://www.gov.uk/government/news/norovirus-cases-increase-significantly-in-england>
4. <https://www.gov.uk/government/news/significantly-more-norovirus-cases-in-england>
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mRNA-1403-PS01_Recruitment Poster_EN_08_V1_07/10/2024

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

⁴<mailto:ggc.glasgow.crf@nhs.scot>

⁵<mailto:oth.RIDUresearch@nhs.scot>

⁶<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: 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: l.halamova.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: l.halamova.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.uk⁷



Bereavement support in care homes.

This is being lead by our very own Maria Drummond, and looking at a topic relevant to all homes and all staff in care home. Result is we have already had a great response to this study and recruitment on new homes is on hold. However, if you are still keen to contribute please let me know in case the situation changes.

Dr Drummond is one of the researchers from the University of Glasgow who is recruiting 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.

⁷<mailto:E.Nault@hw.ac.uk>



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.uk⁸ or scan



Up and coming....watch this space.

Using and Improving Scotland's care home data.

⁸<mailto:Allison.Scott2@gcu.ac.uk>

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.

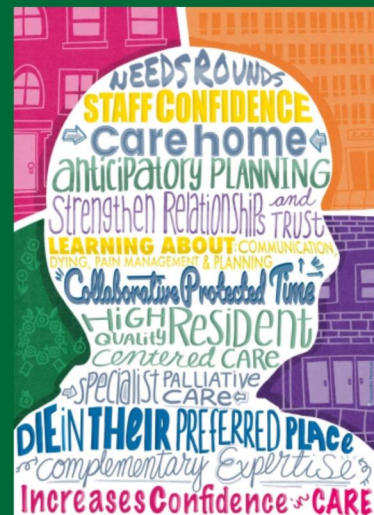
Study updates.

Palliative and end of life care.

The last months: palliative and end of life care

Come along and learn about a new approach to supporting care home residents at end of life. The workshop is for care home and hospice staff. The approach aims to increase staff confidence to support residents, strengthen inter-agency working, and improve quality of dying.

- Cost: Free
- When: 14th November (2-4pm)
- Location: Online
- RSVP: fssneedsrounds@stir.ac.uk



ENRICH meetings

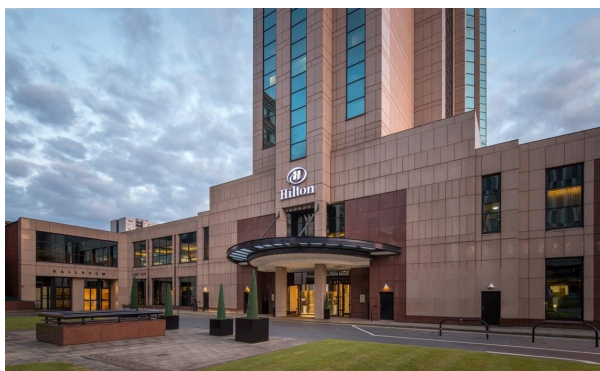


Researchers Forum: Wednesday 27th November 10-11.30am on Teams.

Lothian CHIP (Care Home Innovation Partnership): Wednesday 20th November at 2pm

If you wish information, or wish to attend any of these meetings please contact tay.enrichscotland@nhs.scot⁹

Conferences coming up...



ENRICH Scotland will be holding a workshop as well as manning stands at the **Scottish Care's Annual Care Home Conference & Exhibition**

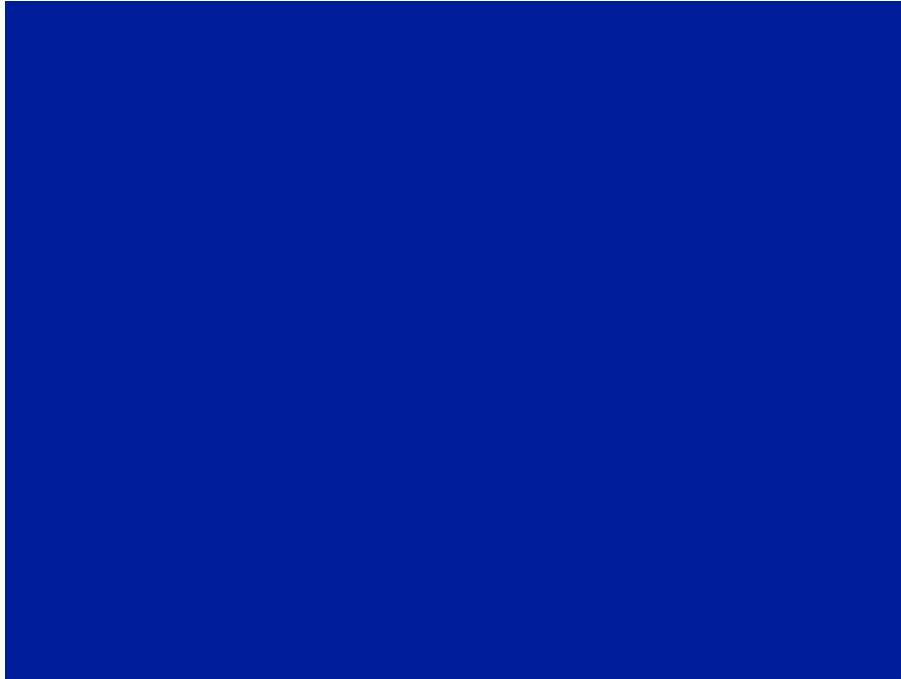
Shaping Tomorrow: redefining the future of Care Homes in Scotland

On 15 November 2024 Glasgow. Hopefully see you there.

Care Home Conference 2024 - Scottish Care¹⁰

⁹<mailto:tay.enrichscotland@nhs.scot>

RICH Voices



Again as mentioned at the beginning of this newsletter we are carrying out 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

¹⁰<https://scottishcare.org/care-home-conference-2024/#:~:text=Scottish Care's Annual Care Home,November at the Hilton%2C Glasgow.>

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...

"...studies show 9 out of 10 accidents happen within a mile of your home. So you might want to move...."

Our Blogs



Blog¹¹: 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!¹²

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

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

ENRICH Stay Connected to Clinical Research in Scotland



1 - The Team...

- Sign up to the NRS newsletter, Research Bulletin¹³
- Follow the NRS on Twitter¹⁴, LinkedIn¹⁵ and www.nrs.org.uk¹⁶.

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.scot¹⁷

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¹³<https://nrs.us10.list-manage.com/subscribe?u=c8fe2cc5b484476d8b29be110&id=a399787cc8>

¹⁴<https://twitter.com/NHSResearchScot>

¹⁵<https://www.linkedin.com/company/nhsresearchscotland/>

¹⁶<http://www.nhsresearchscotland.org.uk/>

¹⁷<mailto:tay.enrichscotland@nhs.scot>