

**CLAHRC Care Home Research:
National Work Stream
November 2017**



This document has been prepared by NIHR CLAHRC East of England: November 2017

Introduction

Care home residents often have complex health and social care needs, and how the NHS works with care home providers is highly variable and context-dependent. CLAHRCs have each funded and supported a range of care homes studies (see below) and support evidence-based practice in their regions and beyond.

The production of a coherent cross-CLAHRC narrative that summarises the care home focused work to date presents an important opportunity for CLAHRCs to work together to demonstrate how:

- This programme of work has shaped local and national health and social care provision, further research and improved residents' health and social care
- Maximising the impact of CLAHRC research can inform and influence national policy and practice.

Doing this now is timely as a CLAHRC focused report complements the learning from the NHS England Vanguard initiative on integrated working with care homes and NIHR Dissemination Centre's themed review on care home research. Similar cross-CLAHRC activities have led to increased collaborations in child and young people's health and mental health. Doing this now is timely as a CLAHRC focused report would complement the learning from the NHS England Vanguard initiative on integrated working with care homes and NIHR Dissemination Centre's themed review on care home research. Specifically, it offers the opportunity to articulate how applied health research in care homes has focused on the needs of patients, supported the translation of research evidence across health and social care as well as increasing research capacity in the NHS. Similar cross-CLAHRC activities have led to increased collaborations in child and young people's health and mental health.

Aim

The aim of the work stream is to pull together the research into a coherent narrative via the following:

- The cross-CLAHRC Care Homes Research event, November 2017 which has been organised to showcase current work and identify future priorities / collaborations.
- Production of a summary briefing document highlighting how CLAHRC research has made a difference.
- Identification of a working group who could take forward the production of the summary briefing document.

Next Steps

A basic scoping exercise of CLAHRC Care Home research has been undertaken.

32 CLAHRC projects and 6 systematic reviews from 9 CLAHRCs have been identified and summarised overleaf. This list is by no means exhaustive but aims to provide a starting point for discussion and quantifying current work. We know for example that there are other studies that have not focused exclusively on care homes but have included care home residents.

This paper will support the aims of the Cross-CLAHRC event on 23 November.

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1.

CLAHRC **East of England**

Project Title **Residents Research-Active in Care Homes (RReACH)
Exploring ways to involve older care home residents in
research projects**

Brief description: A collaborative research team comprising of older care home residents; older people from the community; a care home manager; and researchers, developed and delivered the study. A systematic literature review was carried out to see how older residents in care homes had been involved in past research. Older residents and staff from different care homes were interviewed to find out their views about involving residents in research. The study found that care home residents were interested in being Patient and Public Involvement (PPI) members in research. Complementing previous research (ENRICH and INVOLVE), the project also provided guidance and recommendations to the research community about delivering PPI in residential settings including specific advice on what helps (and underpins) PPI in residential settings for older people.

Project funding: 2014 to 2016.

Senior Contact/ details: Dr Anne Killett a.killett@uea.ac.uk

2.

CLAHRC **East of England**

Project Title **A Comparison of Data Collected from GP Records Versus
Home Records: How should we collect data in trials
conducted in care homes?**

Brief description: This study used data from the CAREMED trial to compare resource use between GP records and care home records. The study looked at the records of 362 residents from 15 care homes over a seven month period. There are implications for cost evaluations, as differences between the two record sources emerged including different data for utilisation of the same resource (e.g. numbers of GP visits). The data from this research highlighted the main resources and drivers of costs in care homes, and about which resource items varied the most between the two systems. This information can be used to conduct better measurement of resources used and improve costings for future health and social care budgets.

Project funding: 2014 to 2014.

Senior Contact/ details: Dr Tracey Sach t.sach@uea.ac.uk

3.

CLAHRC **East of England**

Project Title **Eating and Drinking Well IN dementia (EDWINA)**

Brief description: The project aimed to increase understanding of the problems around eating and drinking well for people with dementia, and the solutions that may help facilitate people living in residential care with dementia to eat and drink better. A systematic review was completed of worldwide research. 56 interventions which all aimed to improve, maintain, or facilitate food or drink intake among more than 2,200 people with dementia were assessed. While no interventions were unequivocally successful, eating family-style meals with caregivers, playing music, and engaging with multi-sensory exercise – could all help boost nutrition, hydration and quality of life among people with dementia.

Project funding: 2014 to 2015.

Senior Contact/ details: Dr Lee Hooper l.hooper@uea.ac.uk

4.

CLAHRC **East of England**

Project Title **Research into Older People with Dementia and their Carers use of Emergency Ambulance Services (RODES)**

Brief description: This study is informed by findings from two studies on the use of emergency services by older people with dementia (OPWD), one that focused on care home residents and another that took a broader view across the community. The aim of the RODES study was to inform the selection and development of interventions to support a more efficient use of emergency ambulance services by OPWD. The project used a mixed method approach including evidence review; audit of routinely collected data; critical incident review; and a case study of a targeted service.

Project funding: 2014 to 2014.

Senior Contact/ details: Professor Claire Goodman c.goodman@herts.ac.uk

5.

CLAHRC **East of England**

Project Title **A Qualitative Study to Explore the Views of Health and Social Care Professionals Concerning Transferring Patients from Hospice to Nursing Home for End of Life Care**

Brief description: Transfers from hospital or ‘hospice palliative care units’ to care homes for end-of-life care are an increasingly common part of clinical practice but are a source of anxiety and distress for patients, relatives and healthcare professionals. This project aimed to understand the experiences of patients discharged to care homes for end-of-life care. A systematic review and narrative synthesis of literature, concerning inpatient transfer from a hospital or hospice (palliative care unit) to a care home for end-of-life care, concluded that published UK literature is very limited despite such transfers being an increasingly common part of clinical practice and a source of concern to patients, relatives and staff alike. Further research is urgently needed in this area, especially studies of patients, in order to understand their experiences and views.

Project funding: 2016.

Senior Contact/ details: Dr Tabitha Thomas tabitha.thomas@nhs.net

6.

CLAHRC **East of England**

Project Title **Dying comfortably in very old age, with or without dementia, in different care settings – a representative “older old” population study**

Brief description: Little is known about symptom control for ‘older old’ people or whether care in different settings enables them to die comfortably. To address this gap in knowledge, the study examined the associations between factors potentially related to comfort during very old people’s final illness including physical and cognitive disability, place of care and transitions in their final illness, and place of death. This involved a retrospective analysis of data for 180 study participants aged between 79 and 107 years. The findings suggest that very old people are more likely to die comfortably if they die in a care home or at home, compared with dying in a hospital. It also highlights the need to: improve training in end-of-life care for all staff in all settings and address the current shortage of palliative care doctors in the NHS.

Project funding: 2009 to 2013.

Senior Contact/details: Professor Carol Brayne
carol.brayne@medschl.cam.ac.uk

7.

CLAHRC **East of England and Yorkshire & Humber**

Project Title **Care Pathways for Individuals Diagnosed with Young Onset Dementia (YoD)**

Brief description: In the UK 5% of people living with dementia have been diagnosed with young onset dementia (YoD). This refers to people who are under the age of 65 when diagnosed. The project aims are to: explore current service provision for people diagnosed with young onset dementia; involve PPI representatives diagnosed with young onset dementia from the beginning of the study to inform the systematic review of the literature on service provision, and to undertake interviews with service providers in two CLAHRC regions. Questionnaires for service providers will be informed by people diagnosed with young-onset dementia in their role as PPI representatives.

Project funding: 2016 to 2017. Completed.

Senior Contact/ details: Dr Andrea Mayrhofer a.mayrhofer@herts.ac.uk
Dr Jane McKeown j.mckeown@sheffield.ac.uk

8.

CLAHRC **Northwest London**

Project Title **Evaluation of the Proactive Care in Care Homes Project**

Brief description: The Proactive Care project aimed to ensure equity of access to health services for care home residents by increasing the amount of proactive (as opposed to reactive) care interventions from various specialities including geriatric consultants, nursing, pharmacists, mental health and social care. Interventions were utilised to 'top up' existing services, as uptake and effectiveness varied between homes and across specialities. The experiences of staff and residents (43 interviews, observation and staff shadowing in 9 care homes) were evaluated qualitatively; and the final report was welcomed by the project board and relevant CCGs. The CCGs were considering funding further services for care homes as a result of the project. This work has informed understanding of change implementation in care homes and the challenges associated with delivering multidisciplinary frailty care in this context.

Project funding: 2014 to 2015.

Senior Contact/ details: Dr Julie Reed julie.reed02@imperial.ac.uk

9.

CLAHRC

Northwest London

Project Title

I-Hydrate: A Project to Improve the Hydration of Elderly Residents in a Care Home

Brief description: The project aims to optimise the hydration of residents in nursing homes, improve the quality and safety of care, and decrease dehydration and the morbidity associated with it. The project team comprises nurses and healthcare assistants from two care homes in West London; researchers from the University of West London; and clinicians from the CCG collaborative. The project is particularly exciting because it is located in an under-researched, care setting where many staff have limited training and are unfamiliar with research and quality improvement initiatives. The learning that will be gained from I-Hydrate has the potential to improve the health, well-being and quality of life of care home residents by demonstrating the impact of small, structured changes to the organisation and delivery of care.

Project funding: 2015 to 2017. Completed.

Senior Contact/ details: Dr Jennie Wilson jennie.wilson@uwl.ac.uk

10.

CLAHRC

Oxford

Project Title

Enhanced Care Home Outcomes (ECHO)

Brief description: ECHO integrates the established care home support service with a new mental health in-reach service. Its aim is to improve the quality of care and health outcomes for people with dementia, and enable family and paid carers to feel better supported to deliver their caring role. The ECHO model of care combines new ways of working which have been shown to be effective in research trials. The study will evaluate the model's effectiveness in the 'real world' NHS setting. The implementation of the new model started in October 2014 and after a six-month pilot, a full evaluation took place between April 2015 and March 2016.

Project funding: 2014 to 2016.

Senior Contact/ details: Dr Jane Fossey jane.fossey@psych.ox.ac.uk

11.

CLAHRC **Oxford**

Project Title **Dignity Plus: Improving Care Home environments**

Brief description: The Prime Minister's Challenge 2012 provided a grant to improve care environments for people with dementia in health and social care settings across Oxfordshire. This study used qualitative methods to evaluate resident, family and staff perceptions of the changes to care home environments. Participants were involved in the project at two-time points: the end of the period of building improvements and 12 months later. The study aimed to identify factors that were successful in improving the care of people with dementia.

Project funding: 2014 to 2016

Senior Contact/ details: Dr Jane Fossey jane.fossey@psych.ox.ac.uk

12.

CLAHRC **Greater Manchester**

Project Title **Preventing pressure ulcers in nursing homes**

Brief description: Comprising three studies, the overall aim of the project is to improve the prevention of pressure ulcers in nursing homes. Four nursing homes across Greater Manchester participated in at least one of the three studies. The studies involved qualitative interviews to explore the barriers and facilitators to pressure ulcer prevention in nursing homes. It also comprised a workshop to develop a care bundle, and the implementation of the care bundle in a nursing home setting in order to assess feasibility and acceptability. With some modifications, the care bundle appears to be an acceptable and feasible intervention to improve the prevention of pressure ulcers in nursing home settings.

Project funding: 2014 to 2017 (PhD studentship)

Senior Contact/ details: Jacqueline Lavalley
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Supervisor: Professor Dame Nicky Cullum
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CLAHRC **Greater Manchester**

Project Title **Supporting Family Carers in Delivery of Practical Care for Patients at Home towards the End of Life: An Implementation Study**

Brief description: An educational booklet called 'Caring for Someone with Cancer' was previously developed to help District Nurses and family carers with the practical aspects of end of life care. This study aims to evaluate the acceptability and feasibility of utilising the educational booklet in a nursing and care home setting. This includes: identifying barriers and facilitators to successful implementation of the carers' booklet; and designing implementation strategies appropriate to the local context. One finding is that the booklet has been integrated locally into the Six Steps Training Programme for the end of life care in care homes. An analysis of the study will result in recommendations for the future implementation of the booklet in care homes.

Project funding: 2014 to 2018 (PhD studentship).

Senior Contact/ details: Amy Mathieson
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Supervisor: Professor Gunn Grande
Gunn.Grande@manchester.ac.uk

CLAHRC **Greater Manchester**

Project Title **Support for Stroke Survivors in Care Homes**

Brief description: The 2007 National Stroke Strategy and the NICE Quality Standards for Stroke in Adults (2016) recommend that all stroke survivors and their carers receive regular reviews of their health and social care needs, including a review six months after the patient has left the hospital. The Greater Manchester-Stroke Assessment Tool (GM-SAT) was developed to review a wide range of potential post-stroke care needs from medication management and secondary prevention, through to mood, fatigue and social engagement. The GM-SAT was designed specifically for the six-month post-stroke review, and originally for use with community-dwelling stroke survivors. This project has evaluated the usefulness, acceptability and feasibility of a modified GM-SAT for use with stroke survivors who are resident in care homes.

Project funding: 2014 to 2016.

Senior Contact/ details: Dr Audrey Bowen audrey.bowen@manchester.ac.uk

15.

CLAHRC

South West Peninsula

Project Title

Mealtime interventions and the health, quality of life and wellbeing of older people in residential care

Brief description: This research is part of a PhD project aimed at developing a mealtime intervention to improve the health and well-being of older people in residential care. This study aims to: gain an insight into residents' perspectives on mealtimes in care homes so as to inform the development of any intervention; understand how residents' social interactions affect their enjoyment of meals; and elicits some of the barriers and facilitators to providing the optimal mealtime experience.

Project funding: Ongoing.

Senior Contact/ details: Ross Watkins

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16.

CLAHRC

South West Peninsula

Project Title

'My Nature' - Supporting healthcare professionals to improve older people's sensory experiences of the natural world

Brief description: Outdoor places and the natural environment can bring social health and wellbeing benefits to people who are affected by social exclusion. Building on the findings of systematic reviews and previous ESRC-funded research, this project aims to develop a 'My Nature: A Training Toolkit' to help staff in the residential and nursing care sector deliver nature-based activities. The intention is to make outdoor places and the natural environment more accessible and attractive to those affected by social exclusion. The toolkit will give staff an opportunity to develop their caring skills and enhance their job satisfaction, as well as benefitting the care home residents. CLAHRC and the European Centre for Environment and Human Health collaborated with the Sensory Trust to develop the toolkit.

Project funding: ESRC Impact Acceleration Account. Ongoing.

Senior Contact/ details: Noreen Orr

N.Orr@exeter.ac.uk

17.

CLAHRC **South West Peninsula**

Project Title **The Care Home Implementation and Knowledge Mobilisation Project (CHIK-P): Exploring the role of the care home manager in making changes and mobilising knowledge**

Brief description: This study aims to generate insight and understanding of:

(1) The role of the care home manager, progression to the role of care home manager; and to suggest improvements in support and training for continuing professional development.

(2) The role of the care home manager in relation to influencing the culture of the care home, implementing changes and facilitating knowledge-based practice on a day-to-day basis.

This qualitative study involves interviews with up to 20 care home managers.

Project funding: 2012-2017.

Senior Contact/ details: Iain Lang I.Lang@ex.ac.uk
Jo Day J.K.Day@exeter.ac.uk

18.

CLAHRC **South West Peninsula**

Project Title **Exploring the use of video calls to help prevent loneliness and reduce the risk or impact of dementia**

Brief description: This PhD project explores and assesses the acceptability of video calls between family members and residents in care homes. The study will explore data collection methods and establish the required sample size needed for a full trial. In addition, it will explore the perceptions of barriers and benefits of video calls for the main family contact, and attitudes of care home staff towards this intervention. This exploration will be undertaken through a collaborative research design that will enable residents, families and staff to be directly involved in the implementation of video-calls within the care home setting. A definitive trial will assess the impact of video calls on the mental wellbeing of care home residents including the quality of the contacts and any impact on reducing loneliness.

Project funding: Ongoing.

Senior Contact/ details: Sonam Zamir Sonam.zamir@plymouth.ac.uk

19.

CLAHRC **South West Peninsula**

Project Title **Developing a nursing intervention, using the concept of Amalgamation of Marginal Gains, to improve fundamental nursing care for people living with dementia**

Brief description: This PhD project will look at utilising the concept of Amalgamation of Marginal Gains as a way to improve fundamental nursing care for people living with dementia. The scope of care includes assistance with nutrition and hydration, mobility, elimination, hygiene and communication. The aims are to:
 (1) Undertake two systematic reviews to look at (a) the effectiveness of Amalgamation of Marginal Gains (AMG) as a method for driving change in healthcare settings and (b) fundamental nursing care for people living with dementia.
 (2) Design and test the feasibility of a nursing intervention that uses the concept of AMG as a method for driving change in the care of people living with dementia in care homes.

Project funding: Ongoing.

Senior Contact/ details: Chloë Wood cw589@exeter.ac.uk

20.

CLAHRC **South West Peninsula**

Project Title **The impact of non-pharmacological treatment approaches for chronic joint pain in people with dementia living in care homes**

Brief description: This PhD project will aim to establish the most effective non-drug treatments for people with dementia who are experiencing pain related to arthritic conditions. The study will also look at integrating non-drug treatments into the daily care routine. The three core research aims are: (1) to conduct a systematic review to establish the current evidence supporting non-drug pain treatments in dementia, with a focus on the joint pain. (2) To conduct a pilot study to examine the effectiveness of priority non-drug treatments on chronic pain in people with dementia living in care homes. (3) To conduct a small qualitative study to establish the opportunities and barriers experienced by care staff in administering non-drug treatment for pain.

Project funding: 2017-2020.

Senior Contact/ details: Jo Thompson-Coon J.Thompson-Coon@exeter.ac.uk
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21.

CLAHRC **South West Peninsula**

Project Title **Meaningful activity for people with dementia in the care home setting**

Brief description: The objectives of this PhD study are: (1) to explore the existing qualitative and quantitative literature to understand the term ‘meaningful activity’ as used by both care home residents and care home staff, and to map the various approaches/models that have been developed around ‘meaningful activity’. (2) Work with key stakeholders to understand what is practised around ‘meaningful activity’, and what supports or obstructs its successful adoption. (3) Develop a resource that enables care homes to incorporate meaningful activity into their care practices.

Project funding: 2017-2020.

Senior Contact/ details: Ruth Garside R.Garside@exeter.ac.uk
Jo Thompson-Coon J.Thompson-Coon@exeter.ac.uk

22.

CLAHRC **North West Coast**

Project Title **Evidence for Change Project for Wellbeing of Care Home Residents: The Way We Were.... Now!**

Brief description: Lancashire County Council (LCC), East Lancashire Hospitals NHS Trust (ELHT) and Marsden Grange Residential Care Home for Older People worked with NIHR CLAHRC NWC to improve the mental well-being of older people. The project aimed to contribute to the evidence base of interventions in residential care homes for older people that improve, encourage and protect opportunities to engage in an activity. Central to the project was a resident designed “boundary object” or “talking point” that was used to test the extent to which boundary objects are effective as engagement tools. The project found that engagement at every stage proved to be a meaningful activity in itself resulting in wellbeing improvements for those residents involved. Further research is needed, including more clearly defined baseline measurements of mental well-being, and engagement work with residents with more complex needs is being planned.

Project funding: 2015.

Senior Contact/ details: Sarah McTigue s.mctigue@lancaster.ac.uk

23.

CLAHRC

Wessex

Project Title

Dementia Pathway Redesign

Brief description: In Phase 1 of this project, a Dementia Diagnosis Toolkit was developed to improve the rate and quality of a dementia diagnosis. The toolkit provided a quality assessment and diagnosis path including clinical guidance. In Phase 2 the toolkit was successfully piloted across a range of care homes in Wessex. In half of the cases where a Dementia toolkit assessment was performed, it allowed a GP to verify the diagnosis in less than 10 minutes or make an onward referral. The use of the toolkit achieved a high rate of diagnosis and minimised the time required from GPs to clarify outcomes. In Phase 3, the toolkit was further developed to include more information and advice about core staff competencies and to be more effective in clinical settings. Toolkit training was also rolled out to staff groups and all CCGs in Wessex. In Phase 4, the focus is on supplementing the toolkit with information about post-diagnosis interventions and support including anticipating care needs. The results so far have shown that when the toolkit has been used, care planning has improved for a high number of people with dementia and supports care home managers to improve care quality.

Project funding: 2015 to 2018

Senior Contact/ details: Dr Chris Kipps wessexclahrc@soton.ac.uk

24.

CLAHRC

West Midlands

Project Title

Introduction of a Pharmacy and Psychosocial Intervention in Care Homes to Limit the use of Psychotropic Medication to Treat Behavioural and Psychological Symptoms of Dementia (BPSD) – a Feasibility study

Brief description: This feasibility study will assess the effectiveness of a medication review, to reduce the prescription of antipsychotic medication, for patients diagnosed with dementia in six residential care homes. The intervention will involve: a medication review to support appropriate prescribing by an experienced specialist pharmacist; education and training to care staff to enable them to manage challenging behaviour without medication. Partner organisation: Birmingham and Solihull Mental Health Foundation Trust.

Project funding: 2015 to 2017. Ongoing.

Senior Contact/ details: Dr Sarah Damery s.l.damery@bham.ac.uk

25.

CLAHRC **West Midlands**

Project Title **Healthcare Support to Care Homes**

Brief description: The project provided training to care home staff; facilitated timely access for residents to health professionals; and aimed to reduce hospital admissions. Care homes in the project pilot received support from community nurses, tissue viability nurses, pharmacists, dieticians and GPs. Care home staff received training on dementia awareness; end of life care; and falls prevention. The role of CLAHRC WM was to advise Cross City CCG in undertaking their own evaluation of the project including formulating recommendations for the continuation of the initiative.

Project funding: 2014-2015.

Senior Contact/ details: Dr Sarah Damery s.l.damery@bham.ac.uk

26.

CLAHRC **West Midlands**

Project Title **Improving Safety in Care Homes: Evaluating the Walsall and Wolverhampton Care Home Improvement Programme**

Brief description: This study is an evaluation of a safety programme, funded by West Midlands Patient Safety Collaborative, being run at 30 care homes covering two CCG areas. The programme aims to reduce the incidence of harm and to promote a 'safety' culture in care homes. It comprises training and workshop sessions for care home staff; and requires groups of staff at individual care homes to undertake local improvement projects. The programme will be evaluated over two years and will use quantitative and qualitative methodology including quantitative assessment of changes in safety culture; hospital admissions; qualitative staff interviews; focus groups; and four care home case studies.

Project funding: 2016 to 2018. Ongoing.

Senior Contact/ details: Dr Sarah Damery s.l.damery@bham.ac.uk

CLAHRC **Yorkshire & Humber**

Project Title **Investigation of the Delirium Observation Screening Scale (DOSS) for the routine detection of delirium in the Care Home Setting: The DOSS Study**

Brief description: Delirium (an acute confusional state) is a common and serious condition that is associated with increased risk of hospital admission, falls, lasting memory problems and death. There are many factors which may precipitate delirium such as dehydration, pain, constipation and medications. These risk factors for delirium are prevalent in care homes where residents may be frail, with multiple co-morbidities, often including dementia. The aim of this study is to investigate whether a simple screening tool for delirium, reliably used in the hospital setting, might be utilised routinely in care-homes, and used to assess the severity of delirium. A reliable method of routine delirium detection in care homes could have substantial benefits for care home residents, staff and the wider NHS, and form the basis for future research in long-term care settings.

Project funding: 2014 to 2016.

Senior Contact/ details: Dr Elizabeth Teale Elizabeth.Teale@bthft.nhs.uk

CLAHRC **Yorkshire & Humber**

Project Title **EnComPaSS project (Enhanced Community Palliative Care Support Services)**

Brief description: NIHR CLAHRC Yorkshire and Humber (NIHR CLAHRC YH) are working in partnership with Sensory Technologies a Canadian corporation to translate their E-shift service model for nursing palliative care patients, into the UK health market. E-Shift is a technologically enabled model of delegated nursing care, that allows qualified nurses to support non-qualified staff in delivering home care to a range of patients at 'end of life' through mobile and web-based interfaces. The study, based at St. Luke's Hospice in Sheffield is using mixed methods to establish whether an internationally proven model of care can provide an economical, efficient and effective model for delivery of community-and care home-based palliative care in England.

Project funding: Unknown

Senior Contact/ details: Dr Deborah Fitzsimmons dfitzsi4@uwo.ca
 Professor Sue Mawson s.mawson@sheffield.ac.uk

CLAHRC **Yorkshire & Humber**

Project Title **Barriers to Telecare Adoption**

Brief description: There are many benefits in using telecare; for example, having peace of mind in knowing that if an emergency took place then help would be received quickly. Telecare can also help carers. However many people who could benefit from having telecare in their homes do not have it. The Barriers to Telecare Adoption project aimed to increase understanding around the reasons why many people in Sheffield have refused or have never had telecare; and also to understand what might persuade people to accept telecare. Findings from the study have influenced the business case and communication methods of Sheffield City Council and City Wide Care Alarm's telecare service, e.g. providing more info to users about financial options and changing the images used in their advertising.

Project funding: Completed

Senior Contact/ details: Professor Gail Mountain g.a.mountain@sheffield.ac.uk

CLAHRC **Yorkshire & Humber**

Project Title **Insights in Telehealth and Care Technology**

Brief description: Digital health technologies have been posited as one potential solution to alleviate pressures placed on care services. Insights into telehealth and care technologies (InTaCT) is a funded programme of research which builds an understanding of end-users' attitudes to technology in everyday life and explores how technology might be designed to support personal health care. The study has focused on exploring the needs of groups of individuals who are currently under-represented in this research arena. These include individuals from diverse ethnic communities and communities of high socio-economic need. The findings have identified a number of barriers to inclusion and the need for designers to understand the broader physical and cultural contexts where health technologies are used. Phase two of the study will develop a digital platform for data collection.

Project funding: Ongoing

Senior Contact/ details: Dr Deborah Fitzsimmons dfitzi4@uwo.ca

31.

CLAHRC **Yorkshire & Humber**

Project Title **MALT - Mainstreaming Assisted Living Technologies**

Brief description: In forthcoming years changes to established patterns of health and social care are inevitable. Traditional forms of service will be replaced by services supported by Assisted Living Technologies (ALTs) which will include evolutions of telehealth and telecare. However, the potential value of these technologies is not yet adequately demonstrated. Telehealth is of particular interest to the NHS with over two-thirds of all PCTs having investigated the use of telehealth for the support of people with long-term conditions. The overall aim of this programme of research was to identify, explore and seek to overcome the key barriers to delivering telehealth at scale. Four main work-streams were included within the project – patient acceptance; staff adoption and implementation; business modelling and financial modelling. The project has produced a toolkit of resources to help support telehealth adoption and implementation, which are available <http://malt.group.shef.ac.uk/outputs/index>

Project funding: 2011 to 2014

Senior Contact/ details: Dr Lizzie Coates e.coates@sheffield.ac.uk

32.

CLAHRC **Yorkshire & Humber**

Project Title **Advanced Decision Making and People Living with Dementia - Planning for our Future**

Brief description: NICE Quality Standard (2010) suggest that people with dementia and their families should have the opportunity to discuss advanced decision making at an appropriate time in the care trajectory. Whilst it is important for such practices to exist, it is unclear what people with dementia and their families think about how these very difficult conversations should be undertaken; at what point in they should take place; and what challenges staff face in facilitating such discussions. The project has two broad aims: a) To inform Sheffield Health & Social Care NHS Foundation Trust in a development project on the practice of advanced care planning; b) To inform the wider development of an intervention to be used with NHS staff. The project used mixed methods including focus groups with people with dementia, their family caregivers and staff who work in services; comprehensive literature reviews; an audit of current practice; and partnership developments.

Project funding: Unknown

Senior Contact/ details: Dr Jane McKeown jane.mckeown@shsc.nhs.uk

CLAHRC

Yorkshire & Humber

Title**Videoconferencing for remote health care provision for older adults in care homes**

Brief description: Research has shown that older adults who reside in care homes can experience challenges in accessing the healthcare that they need. A rapidly developing and increasingly popular method of delivering health care is videoconferencing, which has shown some promise in addressing some of these challenges. The aim of this project was to set out a series of recommendations to help commissioners, strategic managers and care home managers assess the readiness of any given care home setting to use videoconferencing, before its introduction. The study that underpins these recommendations has involved a literature review (URL: <https://www.hindawi.com/journals/ijta/2017/5785613/>), a regional survey of care homes and a comparative case study of three homes. Here, data was analysed to identify the factors that enable use of videoconferencing in such settings. A broad range of factors that affect the uptake and sustainability of videoconferencing were identified, in which a readiness report highlighting recommendations has derived.

Project funding: December 2017

Senior Contact/ details: Louise Newbould: LKNewbould1@sheffield.ac.uk

CLAHRC

East Midlands

Project Title: Rehabilitation for Outdoor Activities and Mobility in care homes: The ROAM Study.

Brief Description: Using a realist, mixed methods approach the study was conducted in 3 East Midlands care homes. 50 residents and 36 care workers participated in 82 hours of observations. Data was collected using Dementia Care Mapping, field notes, focus groups and questionnaires - analysis is currently in progress. Questionnaire responses are being analysed with descriptive statistics. Qualitative data is undergoing a realist analysis to establish the causal patterns for residents' garden use. Findings will be synthesised using a triangulation protocol. 62% of residents did not access the garden at all. However, those who did 84% of required supervision/assistance to access garden area. Residents were more likely to get outside if an activity coordinator was present and the weather was warm. Staff members lack the leadership, knowledge and motivation to overcome the barriers to meaningful garden use.

Project funding: Unknown

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Supervisors: Dr Neil Chadborn - Neil.Chadborn@nottingham.ac.uk

CLAHRC **East Midlands**

Project Title: **Chair Based Exercise**

Brief Description This 4-year programme of work was completed in early 2017. It comprised a CLAHRC-funded PhD (PhD awarded to Katie Robinson in early 2017) and a Research for Patient Benefit feasibility study of a chair-based exercise programme, PI Professor Tahir Masud. Both were based in Nottingham.

Not all of the research took place in care homes, as this form of exercise is also delivered in day centres. The overall programme comprised two literature reviews, the development of a consensus definition of chair-based exercise, the development of an evidence-based chair based exercise programme, a proof of concept study of the programme, and a feasibility study in preparation for an RCT.

The overall findings at present are that it is unlikely that a chair-based exercise intervention can be delivered at sufficient intensity and duration to care home residents to warrant a large scale RCT.

Project Funding: CLAHRC-funded PhD

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Tash Masud. Tahir.masud@nuh.nhs.uk

CLAHRC East Midlands

Project Title: Northamptonshire Care Homes Improvement Programme

Brief Description: The study evaluated the toolkit, the 'Care Homes Programme', facilitates a positive organisational and cultural change in practice in care homes. A quality of life tool was used to assess the satisfaction of residents and staff with their roles. Observation of the implementation of the intervention, document analysis and interviews with residents and staff were used. Seven care homes were involved, This qualitative inquiry highlighted three organisational factors: management style, teamwork, and work conditions that had significant impacts on the implementation process. Another situational factor, the size of the care homes, also had profound impacts. Some care homes had a strong hierarchical management structure, but lack of the voice of carers, lack of opportunities to use initiative, and lack of effective communication and teamwork were the challenges faced.

By implementing a quality improvement toolkit, Care Home Programme, in seven care homes in Northamptonshire, we propose a positive organisational and cultural change in practice in care homes will be facilitated. In addition, on account of the way in which the five principles of Lean methodology have been applied in the development of the toolkit, this will be the first study of its kind to examine the feasibility of using Lean in the improvement of services in the care home environment. Although we observed engagement and positive changes around specific projects were not able to demonstrate broader positive impacts on the experience of residents or staff in care homes.

Project Funding:

Senior Contact/details: Dr Stephen Rogers. Sr232@le.ac.uk

CLAHRC Systematic reviews

		1.
CLAHRC	South West Peninsula	
Project Title	Effectiveness of mealtime interventions in elderly people living in residential care	
<p>Brief description: The research was a systematic review of 11 small-scale studies from the US, UK, Australia, Canada, Sweden, Taiwan and Belgium. Seven studies assessed the effect of playing music over the mealtime period, and two studies looked at the impact of changing the dining environment by improving the lighting or increasing the contrast of the crockery. One study assessed the impact of a breakfast club to stimulate group conversation, and another introduced the option of family meals served at the table rather than arriving in a pre-plated form. Whilst simple and inexpensive alterations to mealtime environments indicated promising outcomes, there needs to be further high-quality research to test both the reliability and generalisability of these findings.</p> <p>Project funding: Completed.</p>		
<p>Senior Contact/ details: Rebecca Abbott R.A.Abbott@exeter.ac.uk</p>		

		2.
CLAHRC	South West Peninsula	
Project Title	Antipsychotic prescribing in people with dementia resident in care homes	
<p>Brief description: The research was a systematic review. We found 22 studies from the United States, UK, Canada, Australia, Norway and Sweden. The studies ranged in size, from the smallest which included 21 people with dementia to a study which included 7000 people. Eleven studies assessed the effectiveness of an educational programme, four studies assessed a system of regular medication review, two studies involved multi-disciplinary teams visiting the care home and working with the staff and five studies included a range of different components. The evidence in this review suggests that the current guidelines to limit antipsychotic prescribing are difficult to implement in the day-to-day reality of practice, whilst juggling ethical concerns, staffing levels, staff competence with non-drug alternatives, and the wishes of distressed relatives and carers.</p> <p>Project funding: Completed.</p>		
<p>Senior Contact/ details: Jo Thompson-Coon J.Thompson-Coon@exeter.ac.uk</p>		

3.

CLAHRC

South West Peninsula

Project Title

Impact of Using Outdoor Spaces on the Physical and Mental Well-Being of Those with Dementia

Brief description: A systematic review was conducted in 2014 of 17 small studies from the US, UK, Australia, China, Canada, Sweden and Finland. Three of these studies looked at the impact of horticultural therapy on the wellbeing of people with dementia. Our research suggests that although there are promising relationships between garden use and reducing agitation in care home residents with dementia, future research is needed. Any further work in this area should focus on measuring key concerns inconsistent ways and on understanding and solve the causes of limited accessibility. You can [watch a video](#) of one of the team, Dr Ruth Garside, talk more about the project.

Project funding: Completed.

Senior Contact/ details: Rebecca Whear R.S.Whear@exeter.ac.uk

4.

CLAHRC

South West Peninsula

Project Title

The Care Home Implementation and Knowledge Mobilisation Project (CHIK-P): Systematic scoping review on implementing and disseminating evidence-based practices

Brief description: Making sure people who live in care homes are cared for in the best possible way is really important but the care they receive is not always as good as it could or should be. In this study, our interest is not in figuring out what makes a difference to the care of people in care homes but in looking at what has been done to make sure the things that do make a difference are put into practice. We want to know (1) has been done in relation to dissemination and implementation in care homes – and did it work? (2) What enables and what prevents dissemination and implementation in care homes? In other words, what stops it working and what helps it happen? (3) What do we know and what don't we know (i.e. what further research is needed)?

Project funding: 2012-2017.

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5.

CLAHRC

South West Peninsula

Project Title

The effects of animals on the health and wellbeing of residents in care homes

Brief description: This study is a systematic review of quantitative and qualitative evidence to address the following research questions: (1) What is the impact (short-term and long-term) of animals on the physical and mental health, and quality of life, of older people living in residential/nursing care? (2) Are there different approaches or interventions (i.e. resident pets, pet visitation programmes, spontaneous or guided interactions, short- or long-term interventions, robo-pets) that are particularly appropriate for different groups of residents i.e. those who are cognitively intact and cognitively impaired, and those who are at different stages of the dementia journey - early/mild, moderate or severe dementia? (3) What is known about the effects of human-animal interaction on the therapy/participating animal in care homes?

Project funding: Ongoing.

Senior Contact/ details: Noreen Orr N.Orr@exeter.ac.uk

6.

CLAHRC

South West Peninsula

Project Title:

Dissemination and implementation in dementia care

Brief description: Although there is evidence for the quality and efficacy of various interventions in the dementia care context, there is no systematic synthesis available on how best to disseminate and implement practices that have been shown to improve care across dementia stages and care settings including care homes. The project was funded by the Alzheimer's Society to directly address this issue. We conducted a systematic review of quantitative and qualitative evidence to address the following research questions (1) How effective are the strategies that have been used to disseminate and implement knowledge within dementia care? (2) What are the barriers and facilitators to dissemination and implementation of knowledge in dementia care? In other words, what stops it working and what helps it happen?

Project funding: Alzheimer's Society. Ongoing.

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