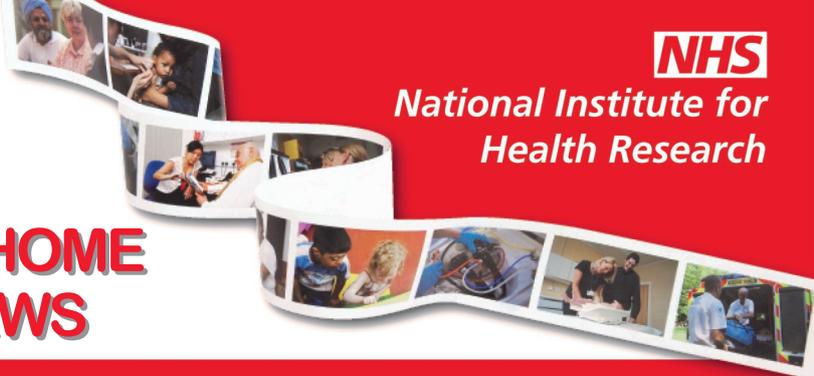


# WEST YORKSHIRE CARE HOME RESEARCH NETWORK NEWS



## WELCOME TO THE FIRST NEWSLETTER OF THE WEST YORKSHIRE CARE HOME RESEARCH NETWORK

### WHAT IS THE WEST YORKSHIRE CARE HOME RESEARCH NETWORK?

The aim of the network is to improve care in care homes by increasing the quantity and quality of care home research, through:

- Increasing awareness and understanding of research among the care home community
- Co-ordinating regional care home research
- Supporting the development of care home research
- Supporting researchers and care homes to undertake research
- Encouraging resident and relative involvement in research
- Developing a long-term strategy for the support of care home research

The network is managed by a research manager, Kirste Mellish, based at Bradford Institute for Health Research, in collaboration with local authorities, care home researchers, care home organisations and NHS staff throughout West Yorkshire.

### WHY SHOULD CARE HOMES GET INVOLVED IN RESEARCH?

Research is essential in order to provide evidence for the most effective ways of providing care; in the long term this can lead to improved care in care homes. Care home research covers a wide range of areas, including delirium, dementia, telemedicine, wound care, medication use, physical activity, ambulatory care sensitive conditions, dentistry, audiology and nutrition.

There are also short term benefits of being involved in research:

- Involvement in research is viewed positively by the CQC and local authorities
- Being involved in research may improve the quality of life for residents
- Research may provide development opportunities for staff
- Care homes may possibly have early access to innovative care

### WHAT IS EXPECTED FROM CARE HOMES?

This is dependent on the type of study, often researchers will do most of the additional work such as recruiting participants and collecting data. Care home staff may be asked to help with:

- Identifying / approaching suitable residents to take part and approaching relatives for residents who lack capacity to consent (this is the most common help needed)
- Additional data collection, delivery of interventions, participation in interviews

Use of staff time should be reimbursed by the research study. The network aims to support care homes and minimise the burden of being involved in research.

## TO FIND OUT MORE OR TO GET INVOLVED

Contact Kirste Mellish, Research Manager, [kirste.mellish@bthft.nhs.uk](mailto:kirste.mellish@bthft.nhs.uk), 01274 383424

## EXAMPLE CARE HOME RESEARCH STUDIES

### ONGOING: PITSTOP! TAKING PLACE IN 14 CARE HOMES IN BRADFORD

Pilot (small scale) cluster randomised controlled trial of Stop Delirium!

Stop Delirium! is a complex intervention to prevent delirium in care home residents, delivered by a Specialist Practitioner from Bradford District Care Trust. This involves:

- Education sessions
- Working groups (over 16 months)
- Delirium champion in care home
- Toolkit and manual for care home staff



7 care homes are using Stop Delirium!, and the prevalence and severity of delirium in these homes will be compared to the 7 care homes not using Stop Delirium!

182 of the planned 214 care home residents have been recruited to the study to date.

Results of the study are due to be available Spring 2014.

### CQC RECOGNISE RESEARCH ACTIVITY AS A POSITIVE

Many managers of care homes taking part in the PiTStop! study have displayed the certificates they receive for taking part. The commitment to quality improvement through research participation has been noted by the CQC during inspections in some homes, in particular in relation to the standards of supporting staff and service user involvement.



### COMING SOON: DCM-EPIC STARTING AUTUMN 2013

Cluster randomised controlled trial of dementia care mapping for residents with dementia

Dementia care mapping (DCM)

- Supports implementation of person-centred care training
- Observational tool with practice development cycle (4-6 months)
- A trained observer records the care experience of residents with dementia, and feeds back findings to staff who then develop individual and group action plans

Care homes will be randomised to receive DCM (30 homes) or usual care (20 homes). The study will evaluate the effectiveness and cost effectiveness of DCM for reducing challenging behaviour in 750 residents with dementia after 16 months (3 cycles).

Care homes with at least 24 residents, of whom at least 60% have dementia, are eligible.

**Please contact Kayleigh Burton, [k.v.burton@leeds.ac.uk](mailto:k.v.burton@leeds.ac.uk), 0113 343 9421 if you are interested in taking part in this study.**

## EXAMPLE CARE HOME RESEARCH STUDIES

### IN DEVELOPMENT: GRANT APPLICATION FOR TELEWOUND CARE STUDY

A research team from Bradford Teaching Hospitals and Leeds and York Universities is seeking expressions of interest from nursing home managers in the region to participate in a future research study investigating telewound care.

Building on initial pilot work in Bradford and Sheffield, the project aims to test a new way of delivering woundcare services to nursing home residents. The service will involve:

- Nursing home staff obtaining images of residents' wounds using digital cameras and capturing paper-based wound assessments with digital pen technology
- Community tissue viability nurses reviewing the data and providing remote expert advice

It is hoped that this new service will provide a more timely response for nursing home staff, and improve the delivery of wound care treatments and so improve the healing time for residents' wounds.

It may also minimise visits for residents to hospital or community services for woundcare treatments.

**If you are interested in this study and would like to find out more, please contact Angela Grange, [angela.grange@bthft.nhs.uk](mailto:angela.grange@bthft.nhs.uk), 01274 366809 / 07968 472411 (Tues—Fri am).**

Angela will also be presenting her project ideas with Kath Vowden (Consultant Nurse, Woundcare) at the Bradford Care Home Provider Group meeting on 24th September 2013.



### EXPERIENCE FROM THE TELEWOUND CARE PILOT WORK

Wellsprings Nursing Home in Bradford was one of the homes that participated in the initial pilot work of the telewound care service. Manager Cath Davies says “This was a really interesting study that engaged a significant number of staff and delivered an outstanding result for one of our residents”. This was a male resident with a grade 4 pressure ulcer which they had been unable to heal. The wound care specialists involved in the telewound study were able to identify the problem and put in place a treatment regime which resulted in healing of the wound, significantly improving the resident's quality of life.

