

## Catering for residents with swallowing difficulties

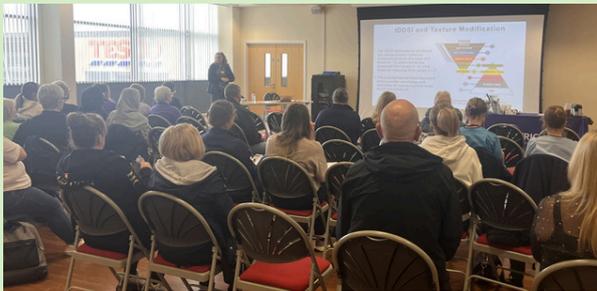


Recently, the Care Home Dietetic team partnered with Speech and Language Therapy (SLT) and a specialist dysphagia chef to deliver dysphagia training events in all six HSCP areas across Greater Glasgow and Clyde. The half day events included a practical session from a chef with specialist knowledge in creating food and fluids suitable and safe for residents with swallowing difficulties.

The sessions offered care and catering staff the chance to come together within their local communities. The turnout to these events was fantastic, with 194 staff members attending from 54 care homes. A big thank you to everyone who played a part in organising these events and the care home staff who took part.



“Very helpful to see the chef’s demonstration, I have had lots of teaching around thickened diet but have never seen the food demonstration. The chef was very knowledgeable and explained everything. I learned a lot from this session”



If you would like to find out more about creating food and fluids suitable and safe for residents with swallowing difficulties, there are a number of posters, videos and resources available on our website. The SLT team have also created a new video "How to assist someone to eat and drink" which can be accessed [here](#).

## MUST and MUST Step 5 Webinar

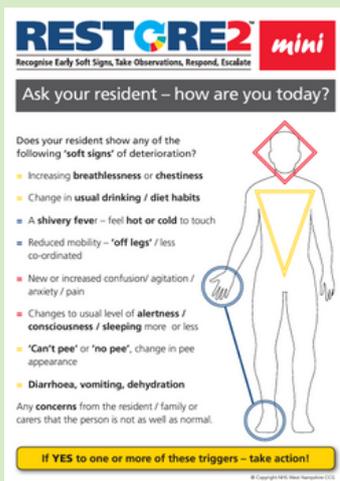
The Care Home Dietetic team held their first MUST and MUST step 5 online webinar on 17 June which was attended by 37 staff from care homes across NHSGGC.

The webinar is open to all care home staff interested in updating their knowledge of the nutritional screening tool (MUST) and the pathways to follow when someone is at risk of malnutrition (MUST Step 5). The training includes a walkthrough of each step of the MUST screening tool, including calculating scores. It also covers how to complete the MUST Step 5 form.



The next webinar is on 12 August 2024, 2pm-3pm on MS Teams. Click [here](#) to book your place.

# RESTORE2 Mini - Identifying soft signs

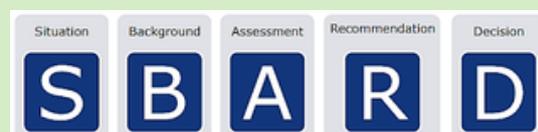


RESTORE2 Mini is a shortened version of RESTORE2. The tool supports carers to recognise the 'soft signs' of illness or deterioration, and escalate their concerns using a structured communication tool called SBARD (Situation, Background, Assessment, Recommendation, and Decision).

The Care Home Collaborative is offering free RESTORE2 Mini sessions that are open to carers from all care homes across GGC.

Carers who have attended these sessions stated feeling 'very confident' in identifying early signs of illness. One senior carer commented "I used the SBARD tool from RESTORE2 Mini to communicate to NHS24 and it was really effective in getting help for my resident."

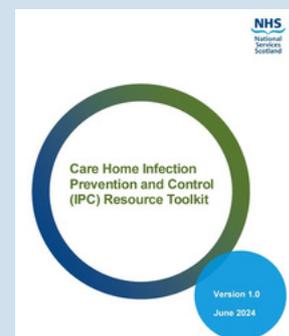
The next training sessions commence in August and are available in each HSCP. Visit the [CHC website](#) for training dates.



# Infection Prevention and Control (IPC) - New Toolkit

The new IPC Resource Toolkit is a collection of key IPC related guidance, resources, and tools from ARHAI Scotland, NHS Education for Scotland (NES), Scottish Antimicrobial Prescribing Group (SAPG) and other key national and international organisations. It supports care home staff to easily identify key IPC materials and can be used by staff, visitors, volunteers, and others responsible for IPC.

The toolkit can be accessed via the online [Care Home IPC Manual Resource](#) section.



# Celebrating Success - NHSGGC Awards

Congratulations to Renfrewshire HSCP Care Home Nursing Support Team for winning the Nursing and Midwifery Excellence Award at the ceremony on 30 May 2024.

The Care Home Nursing Support Team supports the 23 older people care homes in Renfrewshire and two residential care homes in Inverclyde.



The team consists of advanced nurse practitioners, care home liaison nurses and a practice development nurse who can respond quickly and visit residents in care homes requiring urgent unscheduled assessments.

Working in partnership with care homes, they take both a preventative and responsive approach, which has been key in supporting better outcomes for care home residents.

Care Homes within Renfrewshire HSCP can contact the team by email at [ggc.renfrewshirecarehomeliason@ggc.scot.nhs.uk](mailto:ggc.renfrewshirecarehomeliason@ggc.scot.nhs.uk)

# Celebrating Success - Posters

Pooja Gupta, Caring About Physical Activity (CAPA) lead and Caroline Elsegood, Tissue Viability Nurse Specialist within the CHC were delighted to present two examples of improvement work that has taken place in care homes over the last year. The posters were showcased at the NHS Scotland event on 10 June.

Pooja's poster highlighted positive outcomes for residents who participated in a strength and balance programme. Caroline's poster described the steps taken to reduce pressure ulcer incidence in a care home. Both projects were only possible due to the hard work and dedication from the care home teams involved.

Click [here](#) to view the posters on our website.



## Learning Forum for nurses

The Care Home Nursing Learning Forum was developed for and with nurses from care homes, HSCP's and CHC to provide a space that links registered nurses (RN) together. The aim is to recognise, celebrate and highlight the impact of nursing practice in the care home setting, and establish a supportive community of learners and peer support networks.

Let's  
Grow  
Together

Each forum lasts 90 minutes and is hosted by a RN from a Care Home and one from the HSCP. It is split into 30 minute blocks of learning, networking or reflective discussion. Participation counts towards NMC continuing professional development.

- 1** The first meeting was hosted by Emma MacPhee, Clinical Service Manager, Mugdock House and Alison Conroy, East Dunbartonshire HSCP. Sessions included - Future Care Plans, Palliative Care and Mouth Care.
- 2** Hosted by Kirsty Cartin, Manager, Rashielee and Lisa King, Care Home Liaison Nurse, Renfrewshire HSCP - Leadership Journey, Urinary Retention and Chest Infections.
- 3** Hosted by Jackie MacKay, Manager, Olympia House and Norma Young, Glasgow City HSCP - Skin Tears, Grading Pressure Ulcers and Burns Assessment and Management
- 4** The fourth meeting on 21 August will be hosted by Christina Minda Clinical Lead, Holy Rosary and Donna Mitchell Inverclyde HSCP - Topics to be agreed
- 5** 10 October - Hosted by West Dunbartonshire Registered Nurses Falls and frailty
- 6** 19 November - Hosted by East Renfrewshire Registered Nurses - Topics to be agreed

Register [here](#)



All presentations are available on the [website](#) under Resources.  
To Register use the QR code or Visit the website - Learning Opportunities

# Scottish Improvement Foundation Skills (SIFS)

## Creating lasting change

Do you want to make positive changes in your care home that last? We can help to support you to carry out Quality Improvement (QI) projects.

The Scottish Improvement Foundation Skills (SIFS) programme is for all staff with a role in care homes or staff who support care homes. It includes:

- An introduction to the Model for Improvement
- How to understand and identify where changes can be made
- How to test and understand what difference your changes can make



The programme lasts 14 weeks and includes 3 in person study days.

You must be able to attend all 3 in person learning days on 22 August, 19 September and 2 December.

You also get the chance to apply your learning in real time with support from a Quality Improvement Advisor from the CHC team during the programme.

## Learning opportunities

Essentials in Psychological Care - Dementia Training - 13 August, 20 August

Delirium Risk Reduction - 6 August and 27 August

Learning Forum - 21 August

MUST/MUST Step 5 Online webinar - 12 August

RESTORE2 Mini - 27 August, 29 August, 3 September, 4 September and 10 September

Scottish Improvement Foundation Skills (SIFS) - Next session begins on 22 August, with attendance also required on 19 September and 2 December [Click here to apply](#).



[Click here or scan the QR code for further details of all our learning opportunities and to book one of our sessions](#)

## How to get involved

There are many ways to get involved and the team welcomes your input.

- Sign-up for our newsletter and updates
- Share your stories of person centred care and good practice.
- Join our groups and inform our work

Contact us for support, information and enquiries.

Visit our website at [www.nhsggc.scot/carehomecollaborative](http://www.nhsggc.scot/carehomecollaborative) for up to date resources and training

