

Strength and Balance - Mosswood Care Home



Mosswood Care Home recently opened their doors to showcase the success of the Strength and Balance programme. This is led by the Care Home Collaborative, in partnership with Paths for All, a charity dedicated to encouraging people to move more. With their support, Mosswood Care Home has embraced this programme, which aims to enhance the physical wellbeing of residents. The open day featured demonstrations of the exercise classes, an afternoon tea and highlighted the positive impact of this collaborative effort.

The project has produced fantastic results and has led to Paths for All providing and installing exercise panels in the garden areas of Mosswood and other care homes. These panels not only encourage residents to spend time outdoors, but also aid them in maintaining an active lifestyle.



Looking Ahead

The success at Mosswood Care Home shows what can be achieved. With the training provided by Paths for All and the continued support from the Care Home Collaborative, it is hoped that more care homes will take part in the Strength and Balance programme.

If you want to learn more, the next Strength and Balance training session in collaboration with Paths For All will be held on 15 November in Johnstone Town Hall. Book your place now through the [link](#) or QR code



Care Home Stories - Senior Sporting Games



Residents from 23 care homes, from across central Scotland, recently took part in the Senior Sporting Games. The event was organised by Erskine Care Home and Glasgow Caledonian University. Over 100 competitors took part in sports such as basketball, ten-pin bowling, curling, boccia bowls and javelin. They all came together to celebrate the spirit of friendly rivalry.

The awards ceremony recognised the outstanding sporting achievements of care home residents from across Scotland.

Special guests, Paralympic gold medallist bowler Pauline Wilson and Paralympic curler Aileen Neilson, were on hand to present the medals.



The highlight of the afternoon was the announcement of the winner of the John Bowman Trophy, presented to the team from the Erskine Reid Macewen Activity Centre (ERMAC).

Glasgow Caledonian University's Dawn Skelton, Professor of Ageing and Health, who chairs the joint organising committee said: "These types of events allow care home residents to take part in fun games competition but with the ultimate aim of increasing their physical activity to improve physical function, health and quality of life".

Holy Rosary - Inverclyde

Residents and staff at Holy Rosary Care Home in Greenock were delighted to welcome his Excellency Archbishop Miguel Maury Buendia last month.

Whilst there, he led prayers and took the opportunity to meet some of the residents.



Applecross Nursing Home - Huntington's Support

There are a number of residents living with Huntington's disease in Applecross Nursing Home. As a result, the team is passionate about raising money that will help fund research and support people living with Huntington's and their families.

In September, staff members Kirsty Rudd, Juli McDonald and Andrei Stoica took part in a zip slide across the River Clyde. They were lifted 100ft by crane to the zipline, and then slid 1245ft along the line across the river.

The event created a buzz in the care home, and with the support of residents, families and staff, £1080 was raised for the Scottish Huntington's Association.



Newton House - Cosy Coffee Cafe



The staff at Newton House have started a new community initiative, which was inspired by feedback from guests and families.

They have just launched their very own Cosy Coffee Cafe and invite families and local residents to enjoy a welcoming space filled with warmth, good company and of course delicious coffee.

In future, they will be offering drop in sessions to connect with local services including Money Matters, Voluntary Action and Alzheimers Scotland.

To find out more about the Cosy Coffee Cafe, contact Manager Lara Masucci on 0141 616 5060

Sharing Care Home Stories - #carehomelife

A key aim of the Care Home Collaborative is to highlight the tremendous work that goes on in care homes every day. We are delighted to share stories that show positive aspects of #carehomelife that are meaningful to residents and families.

If you would like to share a success, achievement or new idea, please email ggc.chccontact@nhs.scot



Project Milkshake Launch Events

Calling the leadership team and staff from care homes across NHS Greater Glasgow and Clyde.



Do you want to learn about Project Milkshake and how to implement this in your care home?

The aim of these sessions is to provide the tools required to introduce Project Milkshake within your home. This will include presentations on MUST, MUST Step 5, food first and tips on how to use the resources. This will be followed by a practical milkshake workshop and Q&A session.

Date	Time	Venue
8th October	10am - 2pm	Queens Quay House, Clydebank
9th October	10am - 2pm	Seminar Room 6, Stobhill Hospital, Glasgow
10th October	10am - 2pm	Newton House Care Home, Newton Mearns
21st October	10am - 2pm	Braemount Care Home, Paisley
22nd October	10am - 2pm	Clutha House, Glasgow
23rd October	10am - 2pm	Holy Rosary Care Home, Greenock



Scan the QR code to register for the above events

For any queries contact:
ggc.chccontact@ggc.scot.nhs.uk

Airflow (Dynamic) Mattresses - New Resources

Airflow (Dynamic) mattresses are designed to relieve pressure on the skin of people who are at risk of pressure damage, or those with existing pressure damage. However, if the mattress is not used correctly or the settings are not checked, then pressure damage may occur.

An airflow mattress checklist, audit process and train-the-trainer programme were tested and developed in collaboration with Mosswood Care Home in Renfrewshire.

The results showed an increase in staff knowledge, and a reduction in the number of errors in the set up and use of airflow mattresses.

To download the checklist and audit tool please visit the Care Home Collaborative [website](#).

If you would like to implement this package within your care home, please contact the CHC Tissue Viability Specialist through this [link](#).

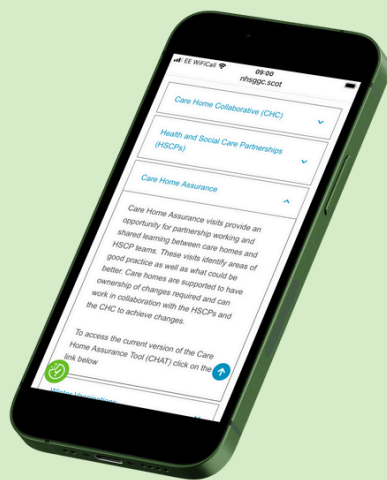
Airflow Mattress Checklist



- Check bed is connected to electricity and is plugged in at all times. This keeps the cells of the mattress inflated. ☐
- If alarm is sounding/flashing check mattress has not deflated or is too soft ☐
- Check mattress cells are inflating/deflating and CPR valve is connected ☐
- Mattress will have a minimum and maximum weight limit: It must be set to the residents' weight- **check at each episode of care** ☐
- Check that static mode/ seat inflate/max firm, is turned off, when no longer required ☐
- If bottoming out, inform nurse and see back of checklist for details. Ensure clinical notes are updated. ☐
- Ensure appropriate sheet is used (flat or stretchy) and no additional layers are between the resident and surface (eg blankets, duvets, excess pads) ☐
- If heels have damage or are showing signs of damage (red, discoloured etc) ensure foot protector boots are applied. ☐
- The mattress **MUST** be used together with frequent positional changes to help prevent/reduce pressure damage eg 2/4hrly. ☐
- A hard copy of the manufacturer's instructions for each mattress should be provided with the mattress (if not an online version will be available) ☐

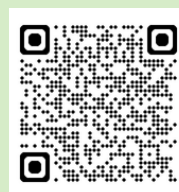
Resident's current weight:

Updated - Care Home Assurance Tool (CHAT)



Care Home Assurance visits are carried out in every care home across Greater Glasgow and Clyde. They provide an opportunity for partnership working and shared learning between care homes and HSCP teams. The visits are carried out using the Care Home Assurance Tool (CHAT).

The CHAT has now been reviewed by staff in care homes, HSCTs and topic specialists, and an updated version of the tool is now available on the CHC website. This can be used by care homes to evaluate their service in key areas.



To access the current version of the Care Home Assurance Tool (CHAT) click on the [link](#) or scan the QR Code.

Autumn/Winter Vaccinations



The autumn and winter vaccination programme is now underway in care homes and community clinics. Encouraging residents and staff in care homes to get vaccinated against the flu and COVID-19 promotes wellbeing and the safety of everyone in the care home community.

By receiving your vaccinations, you not only protect yourself but also your friends, family and those who are most vulnerable. Remember, even if you have had your primary course of covid immunisation you still need this year's vaccination.

HomeFirst Response Service

The HomeFirst Response service was launched in November 2022. The aim of the service is to reduce the amount of time spent in hospital, by providing tailored care plans, which can be delivered at home or in the community. The service has developed two pathways to support care home staff and their residents: Call Before Convey and the Care Home Falls Pathway via The Flow Navigation Centre.



Training is also available including: Power of Attorney Overview, Introduction to Future Care Planning and Rockwood Frailty Scale Overview

The HomeFirst team has developed a newsletter. It can be accessed [here](#) or via the QR code.



Training can be accessed through the CHC [website](#) or the QR code.



Winter Planning in Renfrewshire



Renfrewshire HSCP and Scottish Care invite staff from Renfrewshire care homes to an event at Braemount Care Home.

The latest updates and information to help residents stay as healthy as possible over the winter months will be shared.

For further information and booking email:

ggc.renfrewshireanpcarehometeam@ggc.scot.nhs.uk

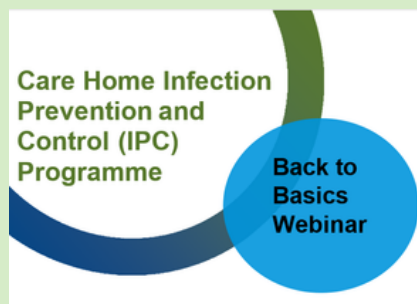
Infection Prevention Control - Scabies Webinar

Antimicrobial Resistance and Healthcare Associated Infection (ARHAI) Scotland and the Care Home Infection Prevention Control (IPC) team is hosting an online Scabies Webinar.

10am - 11.45am, Wednesday 23 October 2024

Join the webinar to learn more about:

- Scabies identification
- Transmission routes
- Guidance
- Scabies management
- Outbreak management



The webinar is for all staff working in care homes and is free to attend.

Register through this [link](#) or use the QR code.



Inclusion guide for LGBTQ+ people in care homes



The CIRCLE (Creating Inclusive Residential Care for LGBTQ+ Elders) care home guide was co-designed by the University of Kent with older LGBTQ+ people and care providers.

The guide offers practical tips on what you can do to make your care home more inclusive for LGBTQ+ residents.



For more information click this [link](#) or scan the QR code.

Learning Forum - 10 October

The Learning Forum is for nurses who work in care homes or who provide support to care home staff and residents. Meetings are held online and co-hosted by nurses from care homes and the local HSCP team.

The next session will be hosted by Victoria Reilly, Balquhiddar Care Home and Michelle Ridge from West Dunbartonshire HSCP on 10 Oct at 1.30pm.

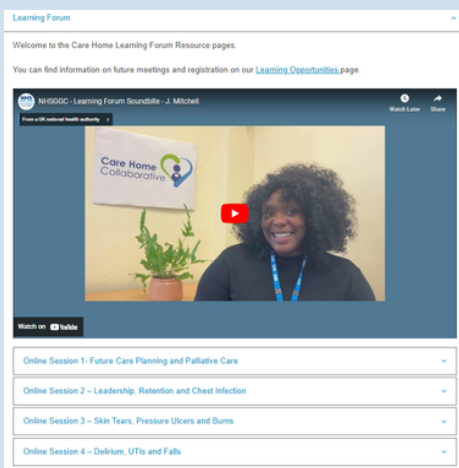
There will be presentations on clinical frailty, the role of pharmacy in care homes and a case discussion about supporting residents with complex care needs.

Use the QR code to register for this event.

Let's
Grow
Together



Previous sessions and resources available online



The presentations and recordings from previous sessions can be found on the website under the Resource section - Learning Forum.

Click [here](#) or scan the QR code to access resources



Feedback is important



We would love to hear your thoughts on the newsletter and how we can make it better.

Please take two minutes to complete this quick questionnaire. Your feedback is very important to us, to ensure we share information that is useful to you.

[Use this link or QR code](#)



Learning opportunities

Delirium Risk Reduction - 15 October

Development Day - 21 November

Essentials in Psychological Care - Dementia Training - 9 October, 23 October, 6 November

HomeFirst - An Introduction to Future Care Planning - 3 October

HomeFirst - Rockwood Clinical Frailty Scale Overview - 16 October

Learning Forum - 10 October

MUST Webinar - 5 November

Project Milkshake - Various dates in October - see above

Sage & Thyme - Communication Skills - Various dates

Strength & Balance Paths for All - 15 November

Wound Care Study Day - 24 October, 14 November, 4 December



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

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 for up to date resources and training