



Care Home



Greater Glasgow
and Clyde

July 2026 Issue 36

Collaborative Newsletter

Care Home Life - Margaret's story



Margaret being supported by Geri

Strength and Balance focuses on improving movement, reducing falls risk and supporting independence

When Margaret began the Strength and Balance programme at Buchanan Lodge, she lacked confidence and found walking hard. She relied on her Zimmer frame and needed staff to walk with her to the dining room. Joining in with activities was not something she did — the Strength and Balance class was the only one she would come to.

Twelve weeks on, the change has been incredible. Margaret now walks independently to the dining room and can lift her own legs into bed — something she could not do before. Her son Douglas has also seen a huge difference in her mobility.

Just as importantly, Margaret's confidence has grown. She looks forward to each session, staying afterwards for tea, cake and a chat. She often shares how happy the class makes her.

Margaret's goal is to swap her zimmer frame for a walking stick. She's not there yet — but she's well on her way.

Crosslet House Summer Fete

Residents, family members and staff had a wonderful day at the Crosslet House Summer Fete which was opened by Auntie Senga, from At Home Theatre.



Thanks to everyone's support, the team have raised an amazing £2,941. Carol Murray, Activities Assistant, said the money will make a real difference, helping fund activities, outings, treats, and improvements to the gardens.



Auntie Senga and Bob

Cochrane Care Home Centenarian Celebrations! 100



Robert "Bob" Porter

A highlight of the day was the presentation of a birthday card from the King and Queen, delivered by David Shan, Deputy Lieutenant of Renfrewshire.

It was a lovely day for everyone, and a very special one for Bob. Happy 100th birthday, Bob, from everyone at the CHC!

Robert "Bob" Porter, a resident at Cochrane Care Home in Johnstone, recently celebrated his 100th birthday.

Bob is not one for a big fuss, but he kindly allowed staff to mark this special milestone. The day was filled with simple celebrations, including thoughtful gifts. As a keen reader, Bob especially enjoyed receiving a collection of new books—showing that a love of reading can last a lifetime.



Kelly Spiers, care home manager, birthday boy Bob Porter and staff member Grace enjoying a laugh together on his special day

Nursing Support Worker of the Year finalist

Don Meegoda, a carer at Holy Rosary Care Home was nominated for RCN Nursing Support Worker of the Year award. This was in recognition of his excellent work supporting the strength and balance programme and the positive difference this has made for residents.

Don was invited to attend the Award Ceremony, where he was named Highly Commended in the Nursing Support Worker of the Year.



Don, helping Father Carroll



Don has been well supported by his manager, Cristina Minda, who has encouraged his development and created a positive environment where staff feel valued and supported to grow

Don is now planning to train as a nurse, and is working towards this goal with enthusiasm.

👏 Well done, Don

Advanced Communication Training



The NHSGGC Advanced Communication Skills Trainers Group is delighted to announce the next dates of advanced communication training workshops.

In this training communication skill models are explored with each participant offered the opportunity to engage in reflective discussions and learning from each other.

This opportunity is open to registered nurses, AHP's and doctors who are involved in challenging but necessary clinical conversations with residents and families.



Duration: 2 Days (both days **must** be attended)

Places: Limited to 12 places

Cost: Free

Prerequisite: Previous communication skills training is desirable e.g. attendance at a Sage & Thyme Workshop

Dates: Wednesday 18th and Thursday 19th November 2026 (9.30 – 4.30)

Venue: Glasgow Royal Infirmary, Glasgow

Registration for this course opens on 1st September. Please click [here](#) to register

Learning Links Webinar



The Learning Link webinars are new and designed to support all care home staff with practical learning focused on early recognition, prevention of deterioration, and everyday care.



Learning Link
WEBINARS



The pilot will start with a session on **Polypharmacy in care homes**.

Date: Wednesday, 19th of Aug

Time: 2:00pm to 3:00pm

It will help staff:

- Spot early signs that medicines may be causing harm
- Understand when and how to refer a resident for a medicine review

Join us – register [here](#)





What is a Polypharmacy?

Taking several medicines is common for people living in care homes. This is known as polypharmacy. While medicines are important, too many or the wrong combination, can sometimes do more harm than good.

Primary Care Pharmacy Referral Pathway

Supporting safe prescribing and medicines optimisation



Polypharmacy Medication Review

Who to Refer

- ✓ **Polypharmacy** 10+ medicines or 1 or more high risk medicines:
- **Antipsychotics** (e.g. Risperidone, Quetiapine, Olanzapine)
- **Anticholinergics** (e.g. Hyoscine, Oxybutynin, Solifenacin)
- **Sedating medicines** (e.g. Opiates, Gabapentin, Amitriptyline, Benzodiazepines)
- **Multiple antihypertensives**
- **Multiple antidiabetics** (e.g. Gliclazide, Metformin, Insulin)

And/Or

- ✓ **Frailty** e.g. Falls, Reduced Mobility, Confusion, Incontinence, Care Home Residents

How to Refer

Refer via MS Form <https://forms.office.com/e/AXpZ7TyyXH> or use the QR code

- Referrals from teams in acute, primary care, community and social care
- Enter patient CHI number and GP practice code (available on GP Prescription or Clinical Portal)
- Obtain patient or welfare proxy consent (if not possible referral can still be made)



What Happens Next

GP practice pharmacy team will carry out medication review within 4 weeks

Help & Support: ggc.prescribing2@nhs.scot

Review Date: June 2020

PH+ 368372 v1.0

How medicines can affect residents

Care Home residents are often more sensitive to medicines, particularly when living with frailty or multiple long-term conditions. This can increase their risk of side effects such as:

- Confusion
- Drowsiness
- Poor appetite

Some medicines are more likely to cause problems and may need reviewed such as:

- sleeping tablets
- strong pain relief
- antipsychotics

This could affect the residents' quality of life, leading to falls and even hospital admissions.

What is a Polypharmacy Review?

Polypharmacy medication review is a check of residents medication, to decide if they are still needed, and whether they could be causing harm. A medication review can reduce risks, improve alertness, simplify medicines routines and help residents feel better improving their quality of life.

How do I Refer Residents for Review?

Residents may be referred by care home staff to the pharmacy team in the GP practice using the polypharmacy referral pathway, see poster above. The QR code can be used or refer [here](#). You will need to enter resident's CHI number and the GP practice code which is available on the GP prescription.

POLYPHARMACY MEDICATION REVIEW - REFERRAL TO PRIMARY CARE PHARMACY TEAM



IDDSI Series - Level 3 Liquidised



The first texture-modified diet we will look at is **Level 3**. This is a **liquidised** diet.

Important to remember

Level 3 food is fully liquidised, so it will look different from normal meals.

Please always tell the resident what the food is. This helps them enjoy their meal.

Let's Look at IDDSI



Level 3 Diet (Liquidised) - for adults

What is Level 3 diet?

- Has a smooth texture with no 'bits'.
- Can be eaten with a spoon or drunk from a cup, as it is the same thickness as Level 3 Moderately Thick fluids.

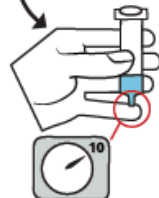
What is not Level 3 diet?

- Thick pureed food.
- Food that cannot be drunk.
- Minced /moist food.
- Food that can be eaten with a fork.

How to check if food is Level 3 diet?

- Drips slowly in dollops through the prongs of a fork.
- You can also use the IDDSI Flow Test. There should be no less than 8ml remaining in the syringe* after 10 seconds. See QR code below.

*Please see IDDSI website for correct gauge of syringe.



>8ml after 10 secs



Tools to help check if food is ok for Level 3 diet (Liquidised)

The IDDSI Level 3 audit tool



The IDDSI Level 3 test card



For more information please go to www.iddsi.org

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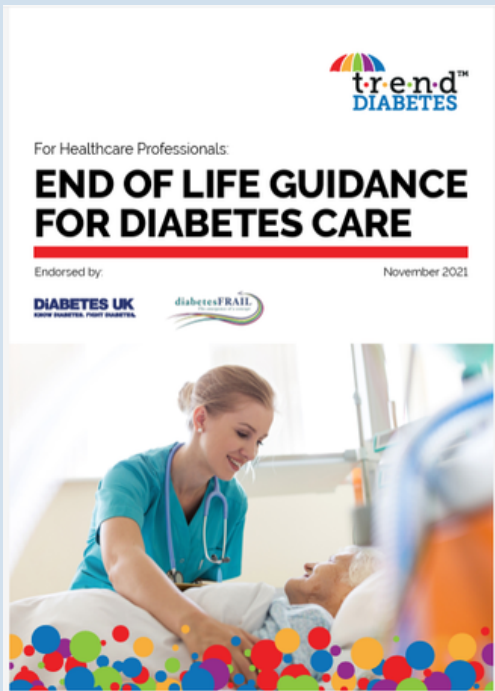
You can find the new Level 3 poster here: [IDDSI Level 3 Diet Guide | Right Decisions](#)

You can watch the IDDSI video for level 3 here: [IDDSI and Dysphagia Videos | Right Decisions](#)



IDDSI Level 3 Diet Guide

Diabetes Resource Highlight - Care around Dying



Diabetes management at end of life can be complex and challenging for care teams to navigate. As someone approaches the last year, months or days of life, the focus of care shifts from strict blood glucose targets to prioritising comfort, symptom control and quality of life.

Diabetes care at this stage needs to be individualised, with decisions about treatment and medication made in partnership with the resident and those important to them. The aim is to reduce distress and avoid complications such as hypoglycaemia and symptomatic hyperglycaemia, while respecting the person's wishes and goals of care.

To support healthcare professionals in delivering safe and compassionate care, national guidance developed and endorsed by Diabetes UK is available via the Scottish Palliative Care Guidelines on the Right Decisions platform.

For this comprehensive overview, please access the link below:

[For Healthcare Professionals: End of Life Guidance for Diabetes Care](#)

Scoping Care Home Diabetes Resources



Around 1 in 4 care home residents are living with diabetes.

Care Home staff support these individuals every day - yet access to diabetes training is not consistent across the workforce.

We want to change this!

The Care Home Collaborative Team is working in partnership with care homes to make learning about diabetes clear and accessible for all care staff. We want to find any gaps, highlight what's already available and create learning opportunities for everyone.

We need YOU to share your views in [this short survey](#), which will help us better understand the support and education staff want.



Changes to IPC Guidance are coming



NIPCM

Changes to the National Infection Prevention and Control Manual and the Care Home IPC Manual 'go live' on 3 August 2026 when updates to transmission based precautions (TBPs) guidance will be published.

TBPs are additional measures used when standard infection control precautions on their own are not enough to prevent the spread of infection when providing care.

Changes to the manuals reflect the latest evidence and aim to provide clearer, more consistent guidance for health and care staff.

The changes include:

- revised wording and new terms to describe how infections spread (Figure 1)
- changes to guidance on mask selection when caring for a resident with suspected or confirmed respiratory infection
- removal of references to aerosol generating procedures

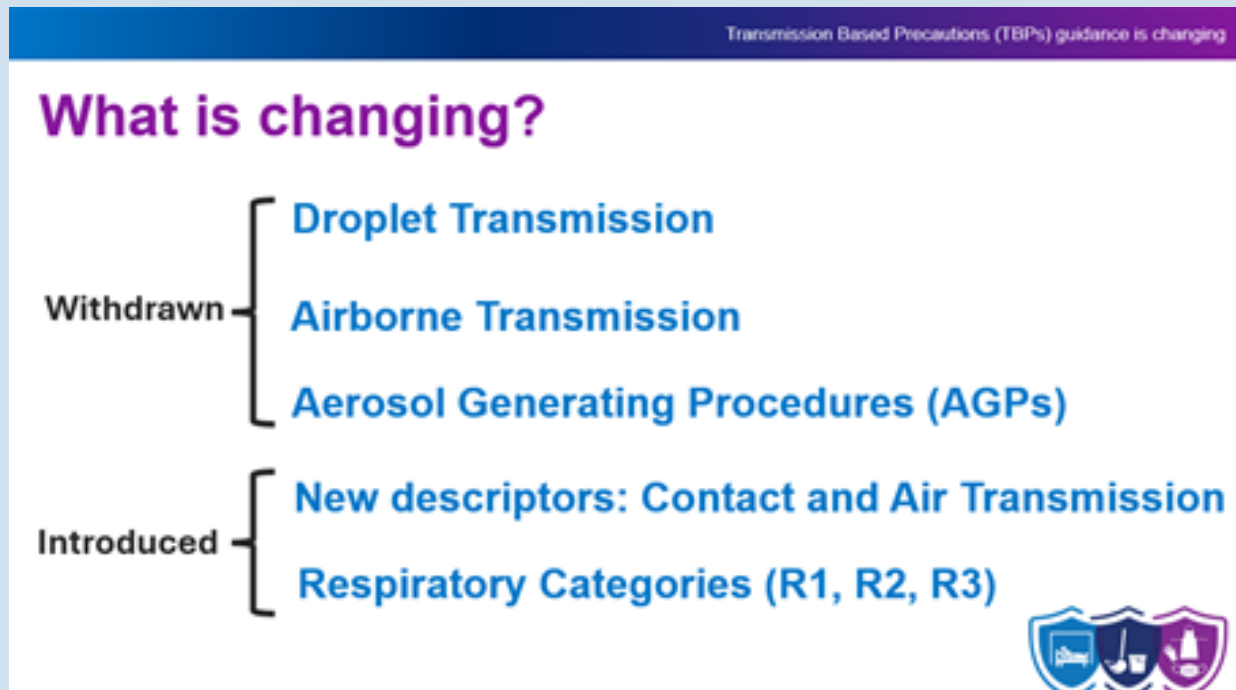
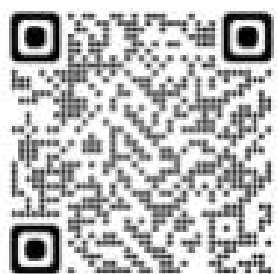
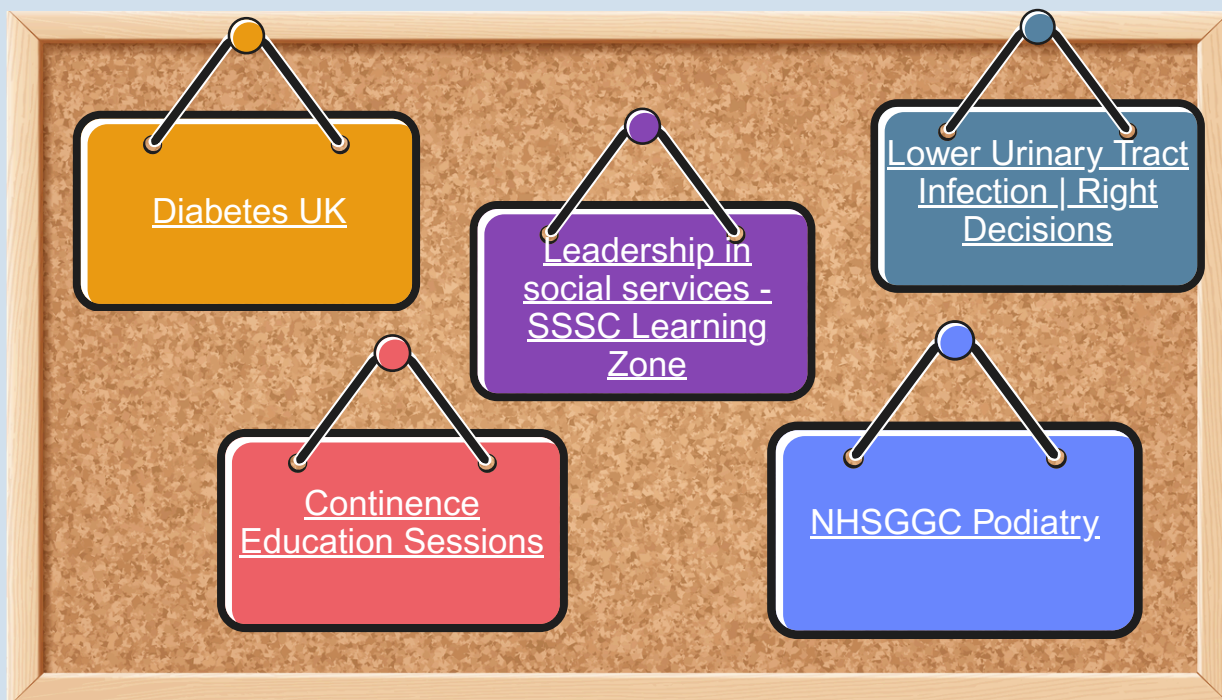


Figure 1



The Infection Prevention and Control Team, working alongside the Health Protection Team will support care homes to understand and implement the changes. Look out for further updates and practical tools being shared ahead of the 'go-live' date.



Learning Opportunities

There are a number of training and education opportunities, over the next few months on the following topics. Please use the QR code to access our training page to book your place.

- Capturing Workplace Learning for RNs
- IPC Kit Bags
- Wound Care Study Day
- Caring for Smiles
- New Sage & Thyme communication training dates
- Venepuncture



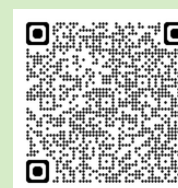
Scan QR code to access all training



Useful links to further training

Turas is available to all social care professionals

Contenance Assessment - Contenance Pad training. Various dates visit Sphere and Bladder Website/Health and Social Care Professionals



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
- Follow us on social media.

Visit our website at www.nhsggc.scot/carehomecollaborative for up to date resources and training

