



This issue highlights support and help available to Care Homes within the Greater Glasgow and Clyde area over the winter period. Read on to find out more.

Care Home Pack...out now

A quick reference guide has been put together to support staff this winter. It provides helpful information to access the right care in the right place for care home residents.

The guide highlights key information and services for the following:

- Future Care Planning also known as Anticipatory Care Planning
- When to contact GP Team / NHS 24
- Pharmacy Support
- Falls pathway for care home residents
- RESTORE2
- Confirmation of Death
- COVID-19 Testing guidance (updated Oct 2023)
- COVID-19 Treatment options
- Wellbeing support for staff



The Care Home Pack can be accessed [here](#) or by scanning the QR code

Vaccinations...there is still time

It was great to see so many residents taking advantage of the autumn and winter vaccination programme in care homes over the last few months.



The programme is still going on, so if you are a staff member in a care home or a health and social care partnership you can still get vaccinated at a community clinic. Getting vaccinated against the flu and COVID-19 promotes well-being and the safety of everyone in the care home.

The new vaccinations provide the best possible protection against these viruses, especially considering the ever-evolving strains. They protect against severe illness and hospital admissions. By receiving your vaccinations you not only protect yourselves but your friends, family and those who are most vulnerable, and especially those we care for. Even if you have had your primary course of covid immunisation you still need your booster.

Community clinics can be accessed here [NHSGCC - Autumn Winter Vaccination Programme 2023/24](#)

With the recent cold snap and winter fast approaching, care home staff are well placed to identify subtle changes with their residents, which can often be the first sign of them becoming unwell. If these signs are recognised early, it can lead to better outcomes for residents, by helping to make sure they receive the right care, in the right place, at the right time.

The Healthcare Framework for adults living in care homes, 'My Health, My Care, My Home', recommends RESTORE2 as a tool to support nurses and carers. There are five key parts to RESTORE2:-

- Recognising soft signs of deterioration which supports carers to identify potentially unwell residents
- Knowing 'what's normal for the resident' which in turn helps understand when a resident's condition has changed
- Use of the National Early Warning Score (NEWS) to provide a standardised and objective assessment of risk and sickness
- An escalation / communication pathway to help staff 'get the right help' for their resident
- A structured communication tool to guide staff to 'get their message across'.



Springvale Care Home recently took part in training and education to implement RESTORE2. The deputy manager, Stephanie Wylie, commented that the tool is simple and self explanatory. It is something that could potentially save residents lives and helps staff to feel confident in caring for an unwell resident. Nursing staff said completing the NEWS score made them more confident to escalate residents needs to other healthcare services. This has led to a quicker and more positive outcome for residents.



Members of the Springvale Care Home team

The Care Home Collaborative (CHC) is engaging with partner organisations such as the Scottish Ambulance Service, NHS 24, Out of Hours Service, GP practices/practice managers and the Flow Navigation Centre to inform them of the use of RESTORE2.

Our team is also working in partnership with each of the 6 Health and Social Care Partnership (HSCP) teams to develop plans to provide RESTORE2 sessions over the next weeks and months.

If RESTORE2 would be of benefit to your care home, please have a discussion with your care home manager and / or visit the website to view and download the resources or get in touch with us directly through the CHC [Contact Form](#).

SPAR launched at Hillview Care Home

Hillview Care Home in West Dunbartonshire HSCP has launched the use of the palliative care indicator tool SPAR (Supportive and Palliative Action Register).

The aim of this tool is to:

- Encourage early identification of change/decline in a resident and enable more appropriate and effective care
- Decrease the need for crisis intervention
- Encourage greater resident/carer involvement
- Prevent inappropriate hospital admission

The team at Hillview have been fantastic in embracing this new and exciting tool which is part of their SPAR quality improvement project

“I really love the tool. I phoned NHS24 and informed them that a resident had a red SPAR failing rate. They understood the urgency and my query was answered quickly and appropriately”.

Anne (Senior Carer).



The team at Hillview Care Home

Improving Palliative and End of Life Pathways

Around 77% of emergency calls to the Scottish Ambulance Service (SAS) where an ambulance attends, results in the person being taken to hospital. SAS is working jointly with Macmillan Cancer Support and care homes to develop pathways for people with palliative and/or end of life care needs. Sometimes, people are transferred to hospital for a few hours, receive medication, and are then transferred back home. The aim of the project is to work collaboratively with others to develop alternative pathways to promote the right care in the right place.

SAS is also increasing education and training for their staff to provide alternative care pathways that are more suitable for people in palliative and end of life situations.



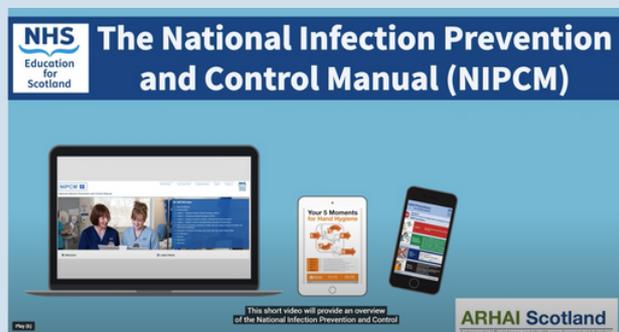
An example of this good work can be seen in East Dunbartonshire HSCP. A District Nursing Advanced Nurse Practitioner and Care Home Liaison Nurse service is currently being tested. This service is available between 9am and 4pm at weekends to assess care home residents with palliative end of life needs. They can prescribe medication and support care needs.

Care home and SAS staff can contact this service in order to provide the right care and reduce unnecessary hospital admissions. The ultimate goal is to ensure that everyone gets the right care, in the right place at the right time.

Infection Prevention Control

As winter approaches, is it time to refresh your knowledge of the Care Home Infection Prevention and Control Manual? If you would like to know more about the manual and where the most up-to-date IPC guidance comes from click [here](#).

You can also scan the QR code to access our IPC resources. Look out for new transmission based precautions (TBP) resources coming soon.



Hot off the press (30th November 2023)
Updated NIPCM Guidance for Care Homes
[CH IPC resource for respiratory illness](#)
[CH IPC resource for gastro-intestinal illness](#)

NIPCM

Winter resources



A number of resources related to the articles in this month's newsletter are available from the [resource section of the CHC website](#) unless otherwise stated. This includes the following:-

- RESTORE2 resources including charts, how to guides and rollout handbook.
- Information for care homes and training opportunities for Anticipatory Care Planning (ACP)
- The new web and mobile app for the Scottish Palliative Care Guidelines has launched. This app is delivered through the [Right Decision Service](#).

Festive Special

Look out for our festive special coming soon showcasing Winter Celebrations in care homes!



If you have anything you'd like us to showcase in this edition please get in touch at ggc.chccontact@ggc.scot.nhs.uk

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 workstreams and inform the direction of our work

Contact us for support, information and enquiries.

Keep up to date with our activity by following us on at [@nhsggcchc](#)

