ARC South West Peninsula
Care Home Research Projects List

30th March 2022

1. Introduction

A basic scoping exercise of the NIHR ARC South West Peninsula (PenARC) and the previous NIHR Collaboration for Leadership in Applied Health Research and Care South West Peninsula (PenCLAHRC) care home research has been undertaken. These projects are led by or have input from PenARC staff.

24 projects (10 ongoing/near completion, 11 completed, 3 paused) have been identified and summarised. This list is by no means exhaustive. We know that there are other studies that have not focused exclusively on care homes but have included care home residents. The table below provides an overview of the projects.

Project name	PenARC Contact	Status
1. Developing research resources and minimum data set for care homes' adoption and use (the DACHA study)	Iain Lang Sarah Brand	Ongoing
2. Understanding stakeholders' perspectives on implementing deprescribing in care homes (STOPPING)	Jo Day	Ongoing
3. The University of Exeter and Care Homes Knowledge (ExCHANGE) Collaboration	Iain Lang Jo Day Jo Thompson-Coon Chloë Place	Ongoing
4. The Care Home Implementation & Knowledge Mobilisation Project (CHIK-P): Scoping review of care home management and leadership style and the implementation of changes	Iain Lang Jo Day	Ongoing
5. Meaningful occupation for people with dementia residing in care homes (PhD project)	Katherine Strick Jo Thompson-Coon	Ongoing
6. The effects of animals on the health and wellbeing of residents in care homes	Noreen Orr Jo Thompson-Coon	Ongoing (near completion)
7. EHDRCH: Enhanced Health in Care Homes & Developing Research in Care Homes project	Iain Lang Susie Pearce Gary Hodge	Ongoing
8. WHELD into Practice: improving Wellbeing and mental HEaLth for care home residents with Dementia and reducing unnecessary sedative medications	Jo Day Iain Lang Clive Ballard	Ongoing
9. iWHELD: Connection, Covid and Care through Covid and beyond	Sarah Brand Clive Ballard	Ongoing (near completion)
10. Non-pharmacological interventions for dementia behaviours: developing and evaluating a 'living' evidence and gap map (PhD Project)	Mary Fredlund Jo Thompson-Coon	Ongoing
11. Exploring the use of video calls to help prevent loneliness and reduce the risk or impact of dementia (PhD Project)	Sonam Zamir Ray Jones	Completed
12. Effectiveness of mealtime interventions in elderly people living in residential care	Rebecca Abbott	Completed
13. Mealtime interventions and the health, quality of life and wellbeing of older people in residential care (PhD project)	Ross Watkins Rebecca Abbott	Completed
14. Antipsychotic prescribing in people with dementia resident in care homes	Jo Thompson-Coon	Completed
15. Impact of using outdoor spaces on the physical and mental well-being of those with dementia	Rebecca Whear Ruth Garside	Completed

16. 'My Nature' - Supporting healthcare professionals to improve older people's sensory experiences of the natural world	Noreen Orr Ruth Garside	Completed
17. Dissemination and implementation in dementia care	Jo Thompson-Coon Iain Lang	Completed
18. The effects of 'robopets' on the health and wellbeing of residents in care homes	Rebecca Abbott Noreen Orr	Completed
19. Care Home Conversations: Bringing together people living and working in residential and care homes during COVID-19	Richard Byng Jo Day	Completed
20. The impact of the COVID-19 pandemic on the wellbeing of UK care home practitioners	Kath Wilkinson Jo Day	Completed
21. The Care Home Implementation & Knowledge Mobilisation Project (CHIK-P): Exploring the role of the care home manager in making changes and mobilising knowledge	Iain Lang Jo Day	Completed
22. The Care Home Implementation & Knowledge Mobilisation Project (CHIK-P): Systematic scoping review on implementing and disseminating evidence-based practices	Jo Thompson-Coon Iain Lang	Paused
23. The impact of non-pharmacological treatment approaches for chronic joint pain in people with dementia living in care homes (PhD project)	Jessica Rundle Jo Thompson-Coon Iain Lang	Paused
24. Developing a nursing intervention, using the concept of Amalgamation of Marginal Gains, to improve fundamental nursing care for people living with dementia (PhD project)	Chloë Wood Jo Thompson-Coon Jo Day	Paused

2. Ongoing Projects

1. Developing research resources and minimum data set for care homes' adoption and use (the DACHA study)

This study asks: (1) What is already known about how systems of information (data) sharing between the multiple health and social care organisations working with and for care home residents? (2) How to optimise existing and future collection and use of residents' data for planning and delivering care and research? (3) What is the minimum amount of information that is feasible and appropriate to collect routinely and how that can be linked to routinely held information by GPs and hospitals? A series of reviews of the evidence will identify what information is important when measuring residents' health and wellbeing and how that can be shared and used by different practitioners and organisations. This will be compared with what care home residents, family members and care home staff involved in providing care identify as important. The study will then test how to combine information routinely collected with new information and will consult with stakeholders to develop questions and linked outcome measures that could be the basis of a national database. Working with IT specialists, the questions and feasibility of asking them in practice will be tested. Throughout the study there will be working with all interested parties (commissioners, care home owners, residents and their representatives, NHS staff and the regulator, researchers and data management and privacy experts) to develop consensus on the minimum content of shared records, guidance on how to standardise the way it is

recorded and outcomes measured and linked to existing routinely collected data. The feasibility will be tested using the shared care record in geographically dissimilar areas working to integrate health and social care data.

Project timeline: Ongoing (Nov 2019 to Oct 2023)

Contact: Iain Lang I.Lang@exeter.ac.uk   Sarah Brand S.Brand2@Exeter.ac.uk

Link: https://dachastudy.com/

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2. Understanding stakeholders' perspectives on implementing deprescribing in care homes (STOPPING)

This project seeks to understand how an approach to reducing and stopping medicines in care homes can be developed with the relevant people involved, taking into account the different circumstances in this setting. In this project the objectives are to (1) identify what helps and hinders the reduction and stopping of some medicines in different types of care home providers; (2) identify whether current approaches are acceptable, practical and suitable; (3) create guidance for developing a new way of reducing and stopping some medicines for care homes.

Project timeline: Ongoing (Aug 2019, paused March 2020 to July 2021, to Sept 2022)

Contact: Jo Day   J.K.Day@exeter.ac.uk

Link: https://arc-swp.nihr.ac.uk/research/projects/understanding-stakeholders-perspectives-on-implementing-deprescribing-in-care-homes-stopping/

Publications:
Understanding stakeholders' perspectives on implementing deprescribing for older people living in long-term residential care homes: the STOPPING study protocol.

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3. The University of Exeter and Care Homes Knowledge (ExCHANGE) Collaboration

Funded by the Alzheimer's Society, in this project we aim to establish ExCHANGE, a collaboration between organisations in Devon and the South-West peninsula concerned with the care and happiness of care homes residents: the Devon Care Homes Collaborative; the SW AHSN; the University of Exeter and the NIHR ARC South West Peninsula (PenARC). Our objective is to build on the ad hoc working between these partners that has taken place for several years and develop and test a creative model of engaging care home staff and other stakeholders in research. We will develop this through (a) Making Sense of Evidence workshops and Making Sense of Care Homes workshops to enable multi-directional flow of knowledge; (b) Project

Generation Forums to establish local priorities for a care-home centred research agenda; (C) Knowledge Brokers to span or bridge the gap between research and practice by supporting the exchange of knowledge and values.

Project timeline: Ongoing January 2020 to January 2023

Contact: Iain Lang   I.Lang@ex.ac.uk   Jo Day   J.K.Day@exeter.ac.uk
Chloë Place   C.A.S.Place@exeter.ac.uk

Links: https://arc-swp.nihr.ac.uk/research/projects/the-exchange-collaboration/ and https://exchangecollaboration.wordpress.com/

Publications:
A realist evaluation of a collaborative model to support research co-production in long-term care settings in England: the ExCHANGE protocol.

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4. The Care Home Implementation & Knowledge Mobilisation Project (CHIK-P): Scoping review of care home management and leadership style and the implementation of changes

In this study we aim to understand the nature of the research on the impact of leadership and management style on the culture of residential and nursing homes and implementing changes to improve care. We want to know (1) what kind of studies have been done and what they found (2) what are the important features for successful implementation of changes to care and culture (3) what the implications are of this research for supporting care home managers to implement changes to care and culture in their homes (4) what further research activity and work would be beneficial.

Project timeline: Ongoing (July 2018, paused June 2020 to March 2022)

Contact: Jo Day   J.K.Day@exeter.ac.uk   Iain Lang   I.Lang@ex.ac.uk

Link: https://www.arc-swp.nihr.ac.uk/research/the-care-home-implementation-and-knowledge-mobilisation-project-chik-p

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5. Meaningful occupation for people with dementia residing in care homes (PhD project)

This project aims to understand what 'meaningful occupation' really means for people with dementia residing in care homes and how meaningful occupation can best be incorporated into their daily lives. The project will investigate: (1) What is understood by 'meaningful occupation' for people with dementia in care homes by residents, carers, families, friends and care home managers, owners and staff? (2)

Are there different models of 'meaningful occupation' in these settings? (3) What is the impact of different models of 'meaningful occupation' on residents and staff? Despite extensive guidance highlighting the need for the provision of meaningful occupation in care homes, there is little published evidence which identifies the best types of activities that might be useful or whether particular activities may be effective or not. The processes involved in establishing what an individual resident might consider to be 'meaningful occupation' and the best ways to implement these are also unclear. The project will involve a systematic review of published qualitative research and relevant policy documents to identify what is meant by 'meaningful occupation', different approaches to meaningful occupation and their intended purpose, as well as the contextual impact of different beliefs of residents and staff on provision and outcomes.

Project timeline: Ongoing

Contact: Katherine Strick   ks660@exeter.ac.uk   Jo Thompson-Coon J.Thompson-Coon@exeter.ac.uk

Link: https://www.ecehh.org/research/occupation-for-dementia/

Publications:
Meta-ethnography of the purpose of meaningful occupation for people living with dementia

Conceptual model of the purpose of meaningful occupation for people living with dementia developed through qualitative evidence synthesis

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6. The effects of animals on the health and wellbeing of residents in care homes
This study is a systematic review of quantitative and qualitative evidence to address the following research questions: (1) What are the impacts (short-term and long-term) of animals on the physical and mental health, social wellbeing, medication use, and quality of life of older people living in residential/nursing care? (2) Are there different approaches or interventions (i.e. resident pets, pet visitation programmes, group or individual format, spontaneous or guided interactions, short- or long-term, robopets) that are particularly appropriate for different groups of residents (i.e. those who are cognitively intact and cognitively impaired, and those who are different stages of the dementia journey - early/mild, moderate or severe dementia)? (3) What is known about the effects of human-animal interaction on the therapy/participating animal in care homes?

Project timeline: Ongoing (nearing completion, expected date April 2022)

Contact: Noreen Orr   N.Orr@exeter.ac.uk

Link: https://www.arc-swp.nihr.ac.uk/research/effects-of-animals-on-the-health-and-wellbeing-of-residents-in-care-homes

Protocol:
https://www.crd.york.ac.uk/PROSPERO/display_record.asp?ID=CRD42017058201

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7. EHDRCH: Enhanced Health in Care Homes & Developing Research in Care Homes Project

This project plans to work with 8 care homes in Torbay and South Devon, to support the development of a research culture. The project will support the education of care home staff about research, promote awareness of opportunities, identify the priorities for research in care homes, and develop a local strategy for changing the culture of research. This will all be from the perspective of the care home staff themselves designed in a co- produced, collaborative endeavour. The aim is to fully engage with care home staff in the care homes to impact on culture and identify mechanisms and support which will enable the further adoption and development of the National Institute for Health Research portfolio studies.

Project timeline: Ongoing (began January 2022)

Contact: Susie Pearce   Susie.pearce@plymouth.ac.uk
Gary Hodge gary.hodge@plymouth.ac.uk   Iain Lang   I.Lang@exeter.ac.uk

Link: Weblink not yet available

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8. WHELD into Practice: improving Wellbeing and mental Health for care home residents with Dementia and reducing unnecessary sedative medications

WHELD is an evidence-based person-centred training programme which, in 4 clinical trials involving 2349 care home residents with dementia, demonstrated benefits in wellbeing, mental health and a reduction in sedative medications across London and Buckinghamshire. The study will introduce WHELD in up to 80 care homes across 6 ARC regions – South West, East of England, Newcastle, North West, East Midlands and Yorkshire and Humber. WHELD's research questions are (1) What contextual factors will impact on how ready a care home is for implementation and what are the key variations that activities might be tailored to address? (2) What contextual factors could enable and hinder effective delivery of activities? (3) What are the characteristics of care homes that will benefit most from 'standard' WHELD training, and what characteristics indicate that a care home will be more suited to either WHELD-lite or a more intensive introduction of WHELD activities using an additional module? (4) How will WHELD implementation activities and local delivery methods

interact with other existing staff dementia training programmes or initiatives in different types of homes?

Project timeline: Ongoing

Contact: Jo Day J.K.Day@exeter.ac.uk Iain Lang   I.Lang@exeter.ac.uk
Clive Ballard C.ballard@exeter.ac.uk

Link: https://arc-swp.nihr.ac.uk/research/projects/wheld/
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9. iWHELD: Connection, Covid and Care through Covid and beyond
This project is an online support programme and study created specifically to support care homes and their staff in Improving the Wellbeing and Health of People Living with Dementia (iWHELD). This study was created in direct response to the pandemic, iWHELD aims to provide connection coaching and care for staff through COVID and beyond.

Project timeline: Ongoing (nearly completed)

Contact: Sarah Brand S.Brand2@exeter.ac.uk Clive Ballard C.ballard@exeter.ac.uk

Link: https://wheld.org/
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10. Non-pharmacological interventions for dementia behaviours: Developing and evaluating a 'living' evidence and gap map (PhD project)
This PhD project involves developing new methods to ensure that evidence influences decision-making for dementia care. This PhD will address two key research questions: (1) How can we best visualize the evidence (and gaps in the evidence) on the effectiveness and acceptability of non-pharmacological interventions for dementia to enable clinicians, policy makers, commissioners and families to use it effectively? (2) How can we best maintain the currency of content in an evidence and gap map of the effectiveness and acceptability of non-pharmacological interventions for dementia? Evidence and gap maps are an emerging state-of-the-art tool used to present selected key characteristics of an entire evidence base in useful, accessible and visually engaging formats.

Project timeline: Ongoing (ending mid-2025)

Contact: Mary Fredlund   maf215@exeter.ac.uk   Jo Thompson-Coon
     J.Thompson-Coon@exeter.ac.uk

Link: https://arc-swp.nihr.ac.uk/research/projects/phd-project-non-pharmacological-interventions-for-dementia-behaviours/

3. Completed Projects:

11. Exploring the use of video calls to help prevent loneliness and reduce the risk or impact of dementia

This PhD project explores and assesses the acceptability of video calls between family and residents in care homes. The study will explore data collection methods and establish the required sample size needed for a full trial. In addition, it will explore the perceptions of barriers and benefits of video calls for the main family contact, and attitudes of care home staff towards this intervention. This exploration will be undertaken through a collaborative research design that will enable residents, families and staff to be directly involved in the implementation of video-calls within the care home setting. A definitive trial will assess the impact of video calls on the mental wellbeing of care home residents including the quality of contacts and any impact on reducing loneliness.

Project timeline: Completed

Contact: Sonam Zamir   Sonam.zamir@plymouth.ac.uk

Link: https://www.arc-swp.nihr.ac.uk/uploads/attachments/PhDs/FINAL_MH&D_Jones%20PhD.pdf

Publications:
Video-calls to reduce loneliness and social isolation within care environments for older people: an implementation study using collaborative action research

12. Effectiveness of mealtime interventions in elderly people living in residential care

The research was a systematic review. We found 11 small studies from the US, UK, Australia, Canada, Sweden, Taiwan and Belgium. Seven studies assessed the effect of playing music over the mealtime period, and two studies looked at the impact of changing the dining environment by improving the lighting or increasing the contrast of the crockery. One study assessed the impact of introducing a breakfast club to stimulate group conversation, and another study introduced the option of family meals, where meals were served at the table, rather than arriving in a pre-plated form. Whilst promising effects of small simple and inexpensive alterations to mealtime environments in care homes have been found, there needs to be further high quality research to test both the reliability and generalisability of these findings.

Project timeline: Completed

Contact: Rebecca Abbott   R.A.Abbott@exeter.ac.uk

Link:https://www.arc-swp.nihr.ac.uk/research/effectiveness-of-mealtime-interventions-in-elderly-people-living-in-residential-care

Publications:
Effectiveness of Mealtime Interventions on Behavior Symptoms of People With Dementia Living in Care Homes: A Systematic Review

Effectiveness of mealtime interventions on nutritional outcomes for the elderly living in residential care: A systematic review and meta-analysis

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13. Mealtime interventions and the health, quality of life and wellbeing of older people in residential care

This research was part of a PhD project aimed at developing a mealtime intervention to improve the health and wellbeing of older people in residential care. It is essential that first hand experiences of existing care provision are sought, in order that they may inform subsequent stages of research, in particular the development of an intervention itself. The study aimed to: (1) gain an insight into residents' perspectives on mealtimes in care homes and inform later intervention development. (2) To understand how residents' social interactions effect their enjoyment of meals. (3) To elicit some of the barriers and facilitators to providing the optimal mealtime experience.

Project timeline: Completed

Contact: Ross Watkins   Ross.Watkins@exeter.ac.uk   Rebecca Abbott R.A.Abbott@exeter.ac.uk

Link: https://www.arc-swp.nihr.ac.uk/mealtime-interventions-in-residential-care

Publications:
Attitudes, perceptions and experiences of mealtimes among residents and staff in care homes for older adults: A systematic review of the qualitative literature

Exploring residents' experiences of mealtimes in care homes: A qualitative interview study

Eating well in care homes: Testing the feasibility of a staff training programme aimed at improving social interaction and choice at mealtimes

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14. Antipsychotic prescribing in people with dementia resident in care homes

The research was a systematic review. We found 22 studies from the United States, UK, Canada, Australia, Norway and Sweden. The studies ranged in size, from the

smallest which included 21 people with dementia to a study which included 7000 people. Eleven studies assessed the effectiveness of an educational programme, four studies assessed a system of regular medication review, two studies involved multi-disciplinary teams visiting the care home and working with the staff and five studies included a range of different components. The evidence in this review suggests that the current guidelines to limit antipsychotic prescribing are difficult to implement in the day-to-day reality of practice, whilst juggling ethical concerns, staffing levels, staff competence with non-drug alternatives, and the wishes of distressed relatives and carers.

Project timeline: Completed

Contact: Jo Thompson-Coon   J.Thompson-Coon@exeter.ac.uk

Link: https://www.arc-swp.nihr.ac.uk/research/antipsychotic-prescribing-in-people-with-dementia-resident-in-care-homes

Publications:
Interventions to Reduce Inappropriate Prescribing of Antipsychotic Medications in People With Dementia Resident in Care Homes: A Systematic Review

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15. Impact of using outdoor spaces on the physical and mental well-being of those with dementia

The research was a systematic review carried out in 2014. This brings together all existing research on a particular question. To find studies that might help us to answer the question we searched the academic literature and contacted relevant organisations. We found 17 small studies from the US, UK, Australia, China, Canada, Sweden and Finland. Most of these were done in the last 10 years and looked at the impact of gardens on the wellbeing of people with dementia. Three studies looked at the impact of horticultural therapy on the wellbeing of people with dementia. Our research suggests that although there are promising relationships between garden use and agitation in care home residents with dementia, future research is needed. Any further work in this area should focus on measuring key concerns in consistent ways, and on understanding and solving the causes of limited accessibility. You can watch a video of one of the team, Dr Ruth Garside, talk more about the project.

Project timeline: Completed

Contact: Rebecca Whear   R.S.Whear@exeter.ac.uk

Link: https://www.arc-swp.nihr.ac.uk/research/impact-of-using-outdoor-spaces-on-the-physical-and-mental-well-being-of-those-with-dementia

Publications:

[What Is the Impact of Using Outdoor Spaces Such as Gardens on the Physical and Mental Well-Being of Those With Dementia? A Systematic Review of Quantitative and Qualitative Evidence](#)

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16. 'My Nature' - Supporting healthcare professionals to improve older people's sensory experiences of the natural world

This project aimed to enhance the quality of life for older people living in residential/nursing care by developing a toolkit for staff to help residents engage with nature. CLAHRC and the European Centre for Environment and Human Health collaborated with the [Sensory Trust](#) to develop the toolkit which was piloted in two care homes in Cornwall. The toolkit comprised several components including evidence booklets which focused on the research evidence on how nature improves health and well-being, and nature-based activities designed for residents with a range of interest and ability. 'My Nature' was evaluated on what worked for the residents and what worked for the care home staff. This provided a clearer understanding of the context in which 'My Nature' will be used and feedback on improving its acceptability.

Project timeline: Completed

Contact: Noreen Orr   N.Orr@exeter.ac.uk   Ruth Garside R.Garside@exeter.ac.uk

Link: https://www.arc-swp.nihr.ac.uk/research/my-nature-supporting-healthcare-professionals-to-improve-older-people-s-sensory-experiences-of-the-natural-world

Publications:

[How do older people describe their sensory experiences of the natural world? A systematic review of the qualitative evidence.](#)

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17. Dissemination and implementation in dementia care

The provision of best quality dementia care is becoming a prominent goal, as manifested in multiple national dementia strategies. Despite the growing list of things that we know can be done to improve dementia care, research findings do not always translate into practice. Indeed policy documents and reports have highlighted a large gap between currently provided dementia care and what, according to research evidence, should be provided. In order to provide the greatest possible benefit to people with dementia and those who care for them, it is important not only to understand which interventions work but also, crucially, how best to put these practices into action. Although there is evidence for the quality and efficacy of various interventions in the dementia context, there is no systematic synthesis available on

how best to disseminate and implement practices that have been shown to improve care across dementia stages and care settings, including care homes. The project was funded by the Alzheimer's Society to directly address this issue. We conducted a systematic review of quantitative and qualitative evidence to address the following research questions (1) How effective are the strategies that have been used to disseminate and implement knowledge within dementia care? (2)What are the barriers and facilitators to dissemination and implementation of knowledge in dementia care? In other words, what stops it working and what helps it happen?

Project timeline: Completed

Contact: Jo Thompson-Coon   J.Thompson-Coon@exeter.ac.uk   Iain Lang I.Lang@ex.ac.uk

Link: https://www.arc-swp.nihr.ac.uk/research/dissemination-and-implementation-in-dementia-care

Publications:
Dissemination and implementation research in dementia care: a systematic scoping review and evidence map. BMC Geriatrics

18. The effects of 'robopets' on the health and wellbeing of residents in care homes

This study is a systematic review of evidence, the main objective is to assess the effectiveness of robotic animals for improving the psychological wellbeing and quality of life of residents in long-term care. Secondary objectives are (1) to assess whether the effectiveness of robotic animals differs in relations to residents'' social interaction, functional activity, physical health and medication; (2) to assess whether there are adverse effects (for residents or care home staff) of robotic animals in long-term care; (3) to extend the review of the evidence to explore the qualitative experience of robotic animals from the perspective of residents, carers and care home staff.

Project timeline: Completed

Contact: Rebecca Abbott   R.A.Abbott@exeter.ac.uk   Noreen Orr N.Orr@exeter.ac.uk

Link: https://www.arc-swp.nihr.ac.uk/research/what-are-the-effects-of-robopets-on-the-health-and-wellbeing-of-residents-in-care-homes

Protocol:
https://www.crd.york.ac.uk/prospero/display_record.php?RecordID=81794&RecordI

D=81794
Publication:

[How do "robopets" impact the health and well-being of residents in care homes? A systematic review of qualitative and quantitative evidence](#)
Briefing paper:
https://www.arc-swp.nihr.ac.uk/uploads/attachments/Projects%20EST/woofington%20post%20FINAL.pdf

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19. Care Home Conversations: Bringing together people living and working in residential and care homes during COVID-19

The South West Integrated Personalised Care team (SWIPC) partnered with the South West Academic Health Science Network (SW AHSN) and the NIHR Applied Research Collaboration (PenARC) to (1) Understand people's experiences of how COVID-19 is affecting care homes as places to live and work, (2) Highlight what is currently working well or not, (3) Identify and develop a picture of 'what could be' in the future. A series of conversations were convened in May and June 2020, hosted via Zoom, bringing together people living and working in care homes and other shared residential settings, as well as care home managers, owners, GPs, commissioners and others visiting care homes. Each conversation focused on the things that matter to people supporting or living and working in care homes, as well as listening to participants' thoughts and experiences first-hand.

Project timeline: Completed

Contact: Richard Byng   Richard.Byng@plymouth.ac.uk
Jo Day   J.K.Day@exeter.ac.uk

Link: https://arc-swp.nihr.ac.uk/research/projects/care-home-conversations/

Report summary:
https://arc-swp.nihr.ac.uk/wp/wp-content/uploads/2021/02/Covid-19-and-Care-Home-Conversations-Summary-Report.pdf
Full Report:
https://arc-swp.nihr.ac.uk/wp/wp-content/uploads/2021/02/Covid-19-and-Care-Home-Conversations-Extended-Report.pdf

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20. Exploring the impact of the COVID-19 pandemic on the wellbeing of UK care home practitioners

This project sits under the broader project the University of Exeter and Care Homes Knowledge (ExCHANGE) Collaboration. The aim of this research was to understand the impact of the COVID-19 pandemic on people working in care homes in England. We explored how the pandemic has impacted on the emotional wellbeing of staff, including what is being done and could be done to try and protect and support wellbeing. The research involved remote interviews with care home owners, managers, and staff. Those who were interviewed were managers or staff in other

senior roles or care positions. Ten of the care homes had experienced at least one outbreak of COVID-19, two had cases confirmed in staff only, and three had not had any confirmed cases by the time of the interview. Based on our initial conversations with care home staff, we identified three key questions that the interviews would focus on, and organised our analysis based on these: (1) How has the pandemic affected the wellbeing of care home staff? (2) What has helped or maintained staff wellbeing during the pandemic? (3) What are employers doing to support the wellbeing of care home staff?

Project timeline: Completed

Contact: Kath Wilkinson   K.Wilkinson2@exeter.ac.uk   Jo Day J.K.Day@exeter.ac.uk

Link: https://ltccovid.org/project/care-homes-and-coronavirus-exploring-the-impact-of-the-covid-19-pandemic-on-the-emotional-wellbeing-of-care-home-practitioners-uk/

Executive Summary:
https://arc-swp.nihr.ac.uk/wp/wp-content/uploads/2020/02/COVID-impact-on-care-staff-wellbeing-Executive-Summary.pdf

Full report:
https://arc-swp.nihr.ac.uk/wp/wp-content/uploads/2020/02/COVID-impact-on-care-staff-wellbeing-Executive-Summary.pdf

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21. The Care Home Implementation & Knowledge Mobilisation Project (CHIK-P): Exploring the role of the care home manager in making changes and mobilising knowledge

In this project we aimed to generate insights and understanding of: (1) the role of the care home manager role including progression into this position and to suggest improvements in support and training for continuing professional development. (2) The role of the care home manager role in relation to influencing the culture of the care home, implementing changes and facilitating knowledge-based practice on a day-to-day basis. This qualitative study involves interviews with 19 managers and owners working in 15 care homes in the South West of England. We gained insight into how and why managers come into and stay in the role; how they access and apply different types of knowledge (practical, research and emotional). We identified gaps in their support and continuing professional development needs and the importance of peers and networks for sharing knowledge and ideas to make changes to care for the benefit of people resident in care homes.

Project timeline: Completed

Publications:
[Knowledge needs and use in long-term care homes for older people: a qualitative interview study of managers' views](#)

Contact: Iain Lang [I.Lang@ex.ac.uk](#)   Jo Day   [J.K.Day@exeter.ac.uk](#)

Link: [https://www.arc-swp.nihr.ac.uk/research/the-care-home-implementation-and-knowledge-mobilisation-project-chik-p](#)

4. Paused Projects:

22. The Care Home Implementation & Knowledge Mobilisation Project (CHIK-P): Systematic scoping review on implementing and disseminating evidence-based practices

This project is interested in finding out what has been done in care homes to make sure the things that do make a difference are put into practice. We want to know (1) has been done in relation to dissemination and implementation in care homes – and did it work? (2) What enables and what prevents dissemination and implementation in care homes? In other words, what stops it working and what helps it happen? (3) What do we know and what don't we know (i.e. what further research is needed)?

Project timeline: Paused

Contact: Jo Thompson-Coon   [J.Thompson-Coon@exeter.ac.uk](#)   Iain Lang [I.Lang@exeter.ac.uk](#)

Link: [https://www.arc-swp.nihr.ac.uk/research/the-care-home-implementation-and-knowledge-mobilisation-project-chik-p](#)

Protocol:
[https://www.crd.york.ac.uk/prospero/display_record.asp?ID=CRD42015025094](#)

23. The impact of non-pharmacological treatment approaches for chronic joint pain in people with dementia living in care homes (PhD project)

This PhD project will aim to establish the most effective non-drug pain treatments in people with dementia who are experiencing pain related to arthritic conditions. The study will also look at integrating non-drug treatments into the daily care routine. The three core research aims are: (1) to conduct a systematic review to establish the current evidence supporting non-drug pain treatments for people with dementia resident in care homes. (2) Stakeholder and expert conversations to inform e-Delphi rounds followed by a modified e-Delphi consensus project to establish priority non-

drug treatments for chronic pain for people with dementia in care homes. (3) Qualitative project using semi-structured interviews with care home staff to establish feasibility of priority non-drug treatments identified in stage 2, for delivery by staff within the care home setting.

Project timeline: Paused

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24. Developing a nursing intervention, using the concept of Amalgamation of Marginal Gains, to improve fundamental nursing care for people living with dementia (PhD project)

This PhD project explores using the concept of Amalgamation of Marginal Gains as a way to improve fundamental care for people living with dementia. The scope of care includes assistance with nutrition and hydration, mobility, elimination, hygiene and communication. The aims are to: (1) undertake two systematic reviews to look at (a) the effectiveness of Amalgamation of Marginal Gains (AMG) as a method in driving change in healthcare settings (b) fundamental nursing care for people living with dementia. (2) Design and test the feasibility of a nursing intervention that uses the concept of AMG as a method for driving change in care of people living with dementia in care homes.

Project timeline: Paused

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Link:https://www.arc-swp.nihr.ac.uk/developing-a-nursing-intervention-using-the-concept-of-amalgamation-of-marginal-gains-to-improve-fundamental-nursing-care-for-people-living-with-dementia