



British Society of Gerontology
Care Homes Research Special Interest Group
Annual General Report
2022-2023



Introduction

The BSG Care Homes Research Special Interest Group (SIG) evolved from ideas shared between delegates at the BSG Conference in Liverpool in 2019. Under the leadership of an enthusiastic committee, the SIG took shape during the autumn of 2019 and now brings together academics, practitioners and other stakeholders with a common interest in care home research. The SIG aims to strengthen research, policy, and practice in all areas of care homes research, including those related to staff, residents, family members and carers, as well as the home environment, and its links with external organisations.






The SIG aims to:




- provide platforms for discussion and debate;
- facilitate the development of research collaborations and funding proposals;
- increase research capacity;
- promote methodological development around the novel challenges in care homes research; and
- support the dissemination and application of research findings to improve the lives of residents, carers and other stakeholders.

Since our original meeting in 2019, the SIG has grown to over 150 members.

The SIG committee

Include photos and names, role and affiliations

		
Christine Brown Wilson Co-chair	Maria Horne Co-chair	Laura Brown Secretary and Treasurer
		
Mark Jayes Communication Lead	Kathy Curtis Care home Sector Engagement Co-Lead	Chad Witcher Care home Sector Engagement Co-Lead

		
Nuno Santos Lopes, Care home representative co-lead, Director of Care, Nightingale Hammerson	Rosalind Gray, Care home representative co-lead, Head of Therapies, Nightingale Hammerson	Diane Bunn Communications Co-lead

Chairpersons' annual report

On behalf of the Committee, we are delighted to welcome you to the annual general report for the Care Home Special Interest Group (SIG) of the British Society of Gerontology (BSG). This BSG Special Interest Group is an opportunity to bring together like-minded people who wish to improve the care and experience of people residing in care homes through research. We established the executive committee of the SIG and allocated committee roles in September 2019 and received approval from the BSG to form the SIG in December 2019. The SIG was officially launched at the BSG 2020 online conference.

The highlights of this last year have been our seasonal symposia via Zoom which continue to be well attended and provide a great opportunity for members to meet virtually. We invite SIG members to speak at these symposia along with external speakers. All our meetings have created very productive discussions via the Q&A feature following the speakers. A huge thank you to all our members who have attended these symposia and made them the success they have been.

We are delighted to announce that we have had our 2023 Symposium of the BSG Care Homes Research Special Interest Group abstract for the BSG conference, 6th-8th July 2023, accepted: ***'Innovative Approaches to Improving Practice in Care Homes'***.

Presentation 1: *Researching in residence: opportunities for co-production, inclusion and empowerment for people who live and work in care homes.* Dr Isabelle Latham, Hallmark Care Homes, Worcester, United Kingdom. Association for Dementia Studies, University of Worcester, Worcester, United Kingdom.

Presentation 2: *The Cognitive Daisy (COG-D): A novel approach to supporting person centred care in care homes for people living with dementia. Preliminary findings of a feasibility CRT.* Dr Petra M. J. Pollux, University of Lincoln, Lincoln, United Kingdom.

Presentation 3: *Could peer-mentors support families of care home residents to prepare for future deteriorations and end-of-life?* Dr Fawn Harrad-Hyde, University of Leicester, Leicester, United Kingdom.

Presentation 4: *The importance of inter-generational contact: medical students working as healthcare assistants in care homes.* Mrs Elizabeth Davison, University of East Anglia, Centre for Interprofessional Practice, Norwich, United Kingdom.

Thanks to all our members who submitted abstracts for this. We look forward to welcoming our members to this conference symposium.

We wish to thank the committee and our membership for their support in developing and supporting the Care Home Special Interest Group during the last year.

Christine Brown Wilson and Maria Horne

Co-chairs

Key events from the previous 12 months:

(i) Autumn Symposium 25th November 2022:

Turning Care Homes Research into Practice: How Can Care Homes Research Have More Positive Impact on Everyday Care Home Practice?

Overview: Much care homes research has clear implications for care homes policy and practice. However, many researchers struggle to disseminate their findings in ways that allow effective translation into real-world impact, whilst care providers struggle to find the evidence, they need to inform their practice. The aims of this event were to identify key barriers and facilitators to translating care homes research into practice and consider what actions can be taken to maximise the positive impact of care homes research on everyday care home practice with our expert panellists, who shared their insights into how we could more effectively translate care homes research into policy and practice.

The following expert panellists shared their insights into how we could more effectively translate care homes research into policy and practice:

- **Professor Adam Gordon:** Professor of the Care of Older People, University of Nottingham.
- **Nuno Lopes (Director of Care) and Rosalind Gray (Head of Therapies),** Nightingale Hammerson, care providers.
- **Dr Kellyn Lee:** Project Officer for ENRICH and Research Fellow at the University of Southampton.
- **Glen Garrod:** Executive Director of Adult Care and Community Wellbeing for Lincolnshire Country Council.

(ii) Winter Symposium 22nd February 2023: Supporting Resilience and Wellbeing amongst Care Home Staff

Presentation 1: *Care Home Nursing during Covid-19: ethical conundrums.*

Speaker: Dr Diane Bunn, Associate Professor of Nursing Research, University of East Anglia.

Overview: During 2021 NMC-Registered Nurses working in care homes were interviewed to explore how nursing during the COVID-19 pandemic impacted on wellbeing. Findings, framed by Tronto's ethics of care, report on the moral distress

arising from complex ethical conundrums in continuing to provide care during this time were discussed.

Presentation 2: *From Online to Ongoing - Supportive Conversations and Reflection Sessions with Care Home Staff (OSCaRS) on death and dying*

Speaker: Dr Susan Shenkin, Clinical Academic Geriatrician, University of Edinburgh

Overview: Described how Reflection and Debriefing sessions which were being provided monthly in care homes were moved to online during COVID and provided opportunities for supportive conversations and reflections, the learning from this, and how the research-led service has been integrated into the local NHS care home support provision.

Presentation 3: *Co-designing an online resource to support the resilience of care home staff.*

Speaker: Dr Anita Mallon, Research Fellow, Queen's University Belfast

Overview: This talk focused on the process and outcomes of the co-design workshops undertaken with care home staff.

Presentation 4: *Practice Based Approaches to Supporting the Work-Related Wellbeing of Care Home staff.*

Speaker: Lucy Johnston, Senior Research Fellow, Edinburgh Napier University

Overview: This talk will cover findings from our published scoping review and current programme of work. The work has been funded by a Scottish Health Board, has three linked projects, and all aim to improve staff wellbeing and retention, by supporting best practice and service improvement.

Care Home Sector Engagement report

BSG welcomed Nuno Santos Lopes (Director) and Rosalind Gray (Head of Therapies) from Nightingale Hammerson, a charity running outstanding care homes in London, to the SIG committee last year. We continue to engage with them, in order to know more about what is happening at a ground level in the residential social care sector and how best we can make research accessible to all.

There has also been collaboration with this care provider around research and its importance for the future of geriatric care through evidencing the care provided that will help to shape government policy.

Nightingale Hammerson has hosted its own care home research day for the last two years with the aim of bringing researchers and care home staff together and continues to support multiple research projects.

Our members continue to explore other opportunities to partner with care homes to translate research knowledge for the benefit of care home residents, staff and other stakeholders.

Chad Witcher Care home Sector and Rosalind Gray Care Home Representative co-lead

Communications report

The SIG has a dedicated webpage on the BSG website:

<https://www.britishgerontology.org/about-bsg/special-interest-groups/care-homes>

This webpage contains updated information about the SIG aims and objectives, committee members and our contact details. We also post information about SIG activities (e.g., our regular symposia) on this page.

The SIG Secretary now distributes a monthly email news bulletin to SIG members. This includes announcements about different opportunities to engage in care homes research and research capacity-building activities.

Current social media activity focuses on use of the SIG Twitter account, managed by Mark Jayes. We use the account to post information about our own events and to advertise research development and participation opportunities. The SIG handle is often tagged by researchers to publicise study recruitment. We now have 678 followers from a range of disciplines and settings, which represents a 19% increase from last year. Our twitter handle is: @BSGcarehomes.

Diane Bunn joined the committee during 2022, with an initial remit of setting up a Blog for the Care Homes SIG, previously agreed by the committee.

We were fortunate to receive some funding from the BSG so that we could employ someone with the relevant expertise to set up the web-based blog and pay Blue Host (organisation who host the website) for the first three years. We have written guidelines for using and moderating the blog, agreed by the committee, and these are available on the website.

The blog is for those interested in sharing and discussing issues around care homes' research and is open to both members and non-members of the Care Homes Research SIG. Anyone with an interest in care homes research is welcome to post a blog: care home providers and staff, academics, health and social care professionals, residents, families and friends.

The Blog is set-up and ready for launch during **June 2023**, with an introduction by the Chairs, and we are aiming for a regular series of blogs throughout the year.

Activity development objectives:

- To continue to increase the number of our Twitter followers and engagement with our tweets.

Mark Jayes and Diane Bunn, Communications Co-Leads

Membership

As of 31st May 2023, the SIG has 193 members. This represents a 23% increase from last year's membership of 157.

Annual financial statement

Our financial year runs from 1st April -31st March. We have an annual budget of £500.

For the 2022-23 financial year, we got permission from the BSG executive committee to have a slight overspend to our annual budget, on the understanding that the 2023-24 budget would be reduced accordingly.

Since the last annual report, we spent a total of £788.61 on the following items:

- £98.21 to cover the costs of a 36-month account for the blog and 12 months of the domain name.
- £690.40 to pay a technical assistant to set the blog up.

No further claims have been made on our 2023-24 budget.

The remainder of our budget for the 2023-24 year is therefore: £211.39.

Laura Brown, Secretary and Treasurer

Future plans

We will continue to develop and maintain the newly set up Blog as a mechanism for members of the SIG to talk about their activities/contributions.

We will continue to run our free, online, seasonal symposia. The next one is planned for autumn 2032. Further details to follow over the summer.

The SIG is hosting a symposium at the BSG annual conference, which runs from 6th-8th July 2022 (online). The symposium is entitled '*Innovative Approaches to Improving Practice in Care Homes*', and features talks from Isabelle Latham, who explores the role of a 'researcher-in-residence'; Petra Pollux, who will introduce the 'Cognitive Daisy'; Fawn Harrad-Hyde, who considers the use of peer mentoring for family members of people living in care homes and finally Elizabeth Davison, who describes an innovative scheme for supporting the next generation of doctors to develop better relationships with care home staff and residents. Many other members of the SIG are also presenting care homes-related work at the conference. Further details about the conference, include a link to register, are available here: <https://www.britishgerontology.org/events-and-courses/bsg-annual-conference>

If you would like to get involved contact the committee via email:
BSGcarehomesSIG@britishgerontology.org

Thank you for all your support.