

Better Health in Residents in Care Homes

Participant Information Sheet

We would like to invite you to take part in three consensus workshops to develop a complex intervention which we hope will help to ensure better health for residents in care homes and reduce rates of avoidable hospital admissions from nursing homes.

The project is carried out primarily by the University of Bradford, with Professor Murna Downs as Principal Investigator. It also involves experts from the Bradford Institute of Health Research, University of Newcastle, Lancaster University, University College London, Queen Margaret College and the Alzheimer's Society.

Why is this research on 'Better Health in Residents in Care Homes' important?

A lot of people go to hospital for conditions that could have been treated in the care home, if they had been detected and treated earlier. These avoidable hospital admissions are often for:

- acute exacerbation of congestive heart failure
- respiratory infections
- urinary tract infections
- dehydration.

Hospitalisation is costly to the NHS and can be distressing to the person, their family and nursing home staff. Nursing home residents are amongst the frailest and most vulnerable members of society. Most have complex health care needs and more than two thirds have dementia. Early identification of changes in residents' health is essential to ensure active health care in nursing homes.

There are several potential ways to improve health care in care homes:

- a) care protocols and pathways;
- b) education for nurses and care assistants;
- c) family involvement; and
- d) support for making change happen.

Nursing home staff want their residents to get timely medical and health care. They do not like to see their residents going to hospital for conditions that could have been cared for in the home, if detected and reported earlier. We want to develop and test a complex intervention to ensure better health in residents in care homes and reduce rates of avoidable hospital admissions from nursing homes.

What will taking part in the study involve?

There will be **three** consensus workshops taking place throughout this year. We would very much like you to take part in all three. We expect the consensus workshops will last approximately 3 hours on each occasion. The discussion will be audio recorded. Each of the workshops will involve 10-12 individuals from the following backgrounds:

- Clinician with expertise in care of frail older people
- Community matron
- Nursing home manager
- Nursing home nurse
- Nursing home care assistant
- Primary care professional
- Family carers

You will receive some material for review prior to each workshop.

- **Workshop 1 on 20th August**

This workshop will be on the topic of developing effective care pathways for care home residents with avoidable health conditions.

- **Workshop 2 on 21st October**

We will seek your views on the core competencies, knowledge and skills enhancement required for nurses and care assistants in a care home setting; and also on ways we can support these skills in everyday care.

- **Workshop 3 on 15th December**

We will seek your views on the best ways to embed these changes into routine practice in nursing homes.

How will my information be used?

The information you provide us will be kept confidential and kept securely at the University of Bradford. Only the research team will have access to these data. The data will be used for the purposes of research and teaching. On the consent form you will be given the opportunity to indicate whether you would like to be anonymous or be identifiable in any published material.

What are the benefits and risks of taking part?



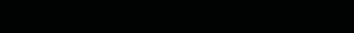
The information you provide us will be kept confidential and stored securely at the University of Bradford. Only the research team will have access to this data. The

data will be used for the purposes of research and teaching in anonymised form. However, on the consent form you will be given the opportunity to indicate whether you would like to be anonymous or identifiable in any published material. You will receive a modest honorarium for your input and also receive reimbursement for travel expenses.

What if I decide to leave the study?

Your participation is completely voluntary. You may withdraw from the study at any time without stating a reason and without prejudice or negative consequences.

Who can I contact for more information?

If you would like further information about the study please either contact myself  or the Research Programme Manager Alan Blighe  .

Thank you for your interest in the study and we hope to meet you soon.

Yours sincerely,

Catherine Powell

