



NRS Ageing Specialty Group

Newsletter Summer 2016

NRS Ageing Specialty Group is affiliated to NIHR CRN:
Ageing

On Friday the 11th of March a multidisciplinary group of researchers and healthcare professionals from across Scotland gathered in Glasgow Caledonian University for this year's NRS Ageing Scotland Meeting. This year's meeting, entitled '**The Care Connection: exploring new research opportunities between hospital and community**' brought together those working at the interface of hospital and community care and those with an interest in care homes.



Dr Graham Ellis started the programme with an explanation of the Hospital at Home Trial, currently taking place across the UK. Although models of hospital at home care have been provided over many years, this intervention has never been evaluated in direct comparison to established gold standard practice, namely inpatient comprehensive geriatric assessment. Having justified the rationale for the trial, Dr Ellis spoke honestly about some of the challenges in both establishing and conducting the study. Next up we heard from Dr Najma Siddiqi from the University of York who shared her experiences of conducting research on delirium in care homes. She emphasised the need for collaborative working with care homes and the need for establishing partnerships, identifying areas which are of mutual benefit to the homes as well as the researchers.

We then broke for afternoon tea and an opportunity to review the fantastic range of posters brought by researchers and trainees across the disciplines. These offered an opportunity to summarise both completed research and protocols of work in progress. These confirmed that the future of ageing research in Scotland remains bright. The poster competition was won by Dr Hui Sian Tay of the University of Aberdeen and was titled '**Prevalence of frailty and its association with the composite outcome of mortality at 90- day and readmission at 30-day in older surgical patients**'

Next on the programme was Dr Adam Gordon from the University of Nottingham. He spoke about the competing demands of conducting high quality health service research within the NHS and social care sector with the need to deliver results and change at a pace to meet clinical pressures. He highlighted his current work looking at identifying how best to provide healthcare to care home residents and benchmarking care homes in the East Midlands using the international LPZ tool.

This year's oral presentations known as '5 minute wonders' were all chosen specific to the theme of the meeting and thus we had a range of presenters from different professional roles: nurses, occupational therapists and a consultant geriatrician. The prize for the best presentation was awarded to Juliet Harvey from Glasgow Caledonian University for her work on '**Reducing sedentary behaviour in older adults in sheltered housing**'.

The final presentation of the day was from Professor Belinda Dewar of the University of the West of Scotland. In her talk, '**Appreciation and relational practice in care homes**' Professor Dewar outline the core aspects of the My Home Life Scotland programme and introduced us to the concept of appreciative enquiry. Her evocative and powerful video rounded-off an excellent afternoon, reminding us why we do the research, training and education in this field and the impact it can have.

*Dr Jenni Harrison
Clinical Research
Fellow
The University of Edinburgh*

#NRSageing16

