

Care Home Collaboration Team

Training Sessions



Please see the **updated** training schedule for January - March 2024 detailed below.

Invitations will be sent out to the email contact we have for each Care Home, so that they can distribute to the appropriate staff. Training sessions will be delivered via **Microsoft Teams** and will take place from **2pm – 3pm, unless otherwise stated on the calendar.**

Further information about each topic can be found after the timetable.

If you have any questions or would like more information, please contact nhsh.carehometeam@nhs.scot.

January, 2024

Mon 15th	Tues 16th	Wed 17th	Thurs 18th	Fri 19th
S&L: Identifying Dysphagia & Strategies for Safer Swallowing	Dietetics: MUST & Care Plans	Physiotherapy: Enablement		Social Care: Care Planning *2 - 4pm
Mon 22nd	Tues 23rd	Wed 24th	Thurs 25th	Fri 26th
	Dietetics: Diet & Dementia	Physiotherapy: Walking Aids		Dietetics: Nutrition for Catering Staff
Mon 29th	Tues 30th	Wed 31st		
S&L: Swallowing & Dementia	Dietetics: Food, Fluid & Nutrition	Physiotherapy: CAPA *2 - 4pm		

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February 2024

			Thurs 1st	Fri 2nd
			S&L: Identifying Dysphagia & Strategies for Safer Swallowing	Dietetics: MUST & Care Plans
Mon 5th	Tues 6th	Wed 7th	Thurs 8th	Fri 9th
S&L: Swallowing & Dementia	Nursing: Introduction to Dementia	Physiotherapy: PAL	Nursing: Promoting Continence & Catheter Care	Dietetics: Diet & Dementia
Dietetics: Creating the ideal mealtime experience (3-4)				
Mon 12th	Tues 13th	Wed 14th	Thurs 15th	Fri 16th
S&L: Identifying Dysphagia & Strategies for Safer Swallowing	Dietetics: MUST & Care Plans (11-12)	Physiotherapy: Enablement	Nursing: Skin Care for the Older Person	Nursing: Stress & Distress
11-12 OT: Seating	Oral care: Caring for smiles			Social Care: Care Planning *2 - 4pm
Mon 19th	Tues 20th	Wed 21st	Thurs 22nd	Fri 23rd
OT: Sensory	Dietetics: Diet & Dementia	Physiotherapy: Walking Aids	S&L: Swallowing & Dementia	Nursing: Introduction to Dementia
Dietetics: Nutrition for Catering Staff	Nursing: Promoting Continence & Catheter Care (11-12)			
Mon 26th	Tues 27th	Wed 28th	Thurs 29th	
OT: Sensory	Dietetics: Food, Fluid & Nutrition	Physiotherapy: CAPA *2 - 4pm	S&L: Identifying Dysphagia & Strategies for Safer Swallowing	

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March, 2024

				Fri 1st
				Nursing: Skin Care for the Older Person (11-12)
				Continence product training (PADS) 2-3
Mon 4th	Tues 5th	Wed 6th	Thurs 7th	Fri 8th
S&L: Swallowing & Dementia	Nursing: Promoting Continence & Catheter Care	Physiotherapy: PAL	S&L: IDDSI	Nursing: Introduction to Dementia
OT: Seating				
Mon 11th	Tues 12th	Wed 13th	Thurs 14th	Fri 15th
S&L: Identifying Dysphagia & Strategies for Safer Swallowing	Nursing: Stress & Distress	Physiotherapy: Enablement	Nursing: Skin Care for the Older Person	Social Care: Care Planning *2 - 4pm
OT: Sensory 11-12				
Mon 18th	Tues 19th	Wed 20th	Thurs 21st	Fri 22nd
OT: Seating	Dietetics: Diet & Dementia	Nursing: Promoting Continence & Catheter Care	S&L: Swallowing & Dementia	Nursing: Introduction to Dementia

Dietetic Support Sessions

Training sessions delivered by Jill MacRae, Care Home Care Collaboration Team Dietitian.

Food, Fluid and Nutritional Care

This session will cover the significance of good nutrition and hydration in maintaining health and contributing to wellbeing. We will also look at the consequences of malnutrition and poor dietary intake, and strategies to counteract reduced oral intake by applying the Food First approach.

Duration: 1 hour

Malnutrition Universal Screening Tool (MUST) and Care Plans

This session covers why monitoring nutritional status is important, the difference between subjective and objective measurement, calculating MUST score and using the appropriate care plan. We will also look at how to meaningfully record dietary intake using food record charts, involving the home cook and how to refer to a Dietitian.

Duration: 1 hour

Diet and Dementia

In this session we will be discussing the symptoms of dementia and how this may impact dietary intake. We'll look at strategies to support a resident who's experiencing eating difficulties. Finally, we'll explore the importance of the dining experience and using the hand in hand assisted feeding technique if indicated.

Duration: 1 hour

Nutrition for Catering Staff

We will be discussing the nutritional requirements of older adults and how to achieve this through the care home menu. This will include adding extra nutrition using food fortification on a large or small scale. Homemade nutritional supplements, recipes and guidelines will also be discussed.

Duration: 1 hour

Creating the ideal mealtime experience

A guide to creating the perfect dining experience explores the many aspects of eating and drinking with others that can enhance pleasure, social interaction, build a sense of community and increase nutritional intake. We explore the Meal Time Audit as a group to prepare for possible changes in care home practice and data collection.

Duration: 1 hour

Nursing Support Sessions

Training sessions delivered by Doreen Mutasa, Care Home Care Collaboration
Team Nurse.

Introduction to Dementia

A brief introduction to Dementia: This session will highlight some of the causes and different types of Dementia. It aims to raise awareness of the symptoms of the illness and how your role is important in ensuring an improved quality of life for residents. The session will look at your role as carer in a person's dementia journey and how your practice impacts their wellbeing.

Appropriate for: All staff in contact with people with Dementia.

Duration: 1 hour

Stress & Distress in Dementia

This session will raise your awareness of stress and distress behaviours in people with Dementia. You will explore evidence-based interventions that will help to improve your practice and improve the quality of life for people with Dementia.

Appropriate for: All staff in contact with people with Dementia. It is recommended (but not essential) for staff that have already attended the 1-hour session on 'Introduction to Dementia'.

Duration: 1 hour

Promoting Continence & Catheter Care

The aims of this session are to provide knowledge on how to promote continence and to understand what incontinence means. You will become aware and have understanding of your role in continence assessments and find ways you can make continence better for your residents. The other part of the session will look at Catheter care. The session will cover types of catheters, how to maintain indwelling catheters and also cover changing catheter bags day/night.

Appropriate for: All support staff

Duration: 1 hour

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Skin Care for the Older person

In this session, we will discuss the functions of the skin by looking at its structure. You will be able to understand how to maintain skin integrity and also understand the role of emollients and barrier preparations in preventative care. The session will also look at pressure and moisture damage.

Appropriate for: All support staff

Duration: 1 hour

Occupational Therapy Support Sessions

Training sessions delivered by Dawn Tarburn, Care Home Care Collaboration Team Occupational Therapist.

Sensory based strategies to promote engagement in meaningful activity

Following on from the PAL training, this session will provide staff with a greater understanding of the role of the senses and how they are involved in everyday activities. It will look at strategies to help you modify every day activities to support those with cognitive decline to engage more fully through use of their senses.

Appropriate for: This training is appropriate for all carers

Delivery method: Online

Duration: 1 hour

Developing Sensory Activities Workshop

As cognitive decline progresses it becomes more difficult for people to engage in what we would term 'meaningful activity'. 'Meaningful activity' simply becomes something different. This session will empower staff to consider the sensory needs of their residents and provide ideas for developing sensory rich activities with often limited resources. It will also provide guidance on how to evaluate whether an activity is proving to be meaningful for somebody who cannot articulate this verbally.

Appropriate for: All those responsible for developing activities and supporting residents in engaging in activities, particularly activity/wellbeing coordinators.

Delivery Method: Hubs (Aviemore, Inverness, Thurso, Invergordon and Fort William)

When: To be confirmed but before the middle of March – dates imminent

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Seating

Do you have residents who have challenges around seating? That you think need specialist seating? This session will offer general guidance on what to look for to identify if somebody would benefit from referral for assessment. It will also provide a brief overview of some basic options that you might already have available to you.

Appropriate for: All care staff, particularly seniors and deputies/managers

Delivery method: Online

Duration: 1hr

Oral Care Support Sessions

Training sessions delivered by Lorna Baxter and Amy Bisset, Care Home Care Collaboration Team Oral Health Educators.

Caring for Smiles

This session will look at the importance of good oral health and how inadequate oral health can contribute to poor quality of life, nutrition, appearance and communication.

Recognise the factors that contribute to poor oral health.

Discuss good practice in the daily provision of supporting people who require assistance i.e. tooth brushing, denture care and soft tissue care.

Look at the relevant documentation used and identify when and how to report concerns

Duration: 1 hour

Physiotherapy Support Sessions

Training sessions delivered by Fiona Roberts, Care Home Care Collaboration Team Physiotherapist.

Care About Physical Activity (CAPA)

CAPA, developed by the Care Inspectorate, uses an improvement approach to help you consider how to support residents to build more physical activity into their day through engaging in meaningful activity. This will help them remain independent for longer and improve their quality of life. There is also evidence that this approach helps reduce falls.

Appropriate for: All carers, kitchen staff, handy-people – basically anybody who works in the home and may have contact with residents!

Duration: 2 hours

Walking Aids Training

This new training has been developed to review key safety issues for the various walking aids that residents commonly use. It also addresses core safety checks that should be undertaken to ensure the walking aids remain safe to be used. In addition to the training, support to introduce a walking aid audit can be provided to homes.

Appropriate for: Care Home Managers should consider which staff would be appropriate to undertake these safety checks. This may be more senior carers and handy people.

Delivery method: *Online, although face to face can be provided for groups of 6 or more staff where the audit support is also to be provided.*

Duration: 1 hour – if you wish to introduce the audit we will provide face to face training in implementing the checks which will support you in completing the first audit. (20-30 mins/staff member: 1:1 support).

Increasing Engagement in Activity (PAL)

Engaging those with cognitive decline in activity can become increasingly challenging. This can result in lack of engagement or frustration from the resident. Often simple changes to how an activity is presented, how instructions are provided or the nature of the task can be implemented to support engagement to allow the resident to engage and gain pleasure. This training includes an introduction to the Pool Activity Level, a

way to assess the functional cognitive level which also provides guidance on how to modify the environment, the task and instructions.

Appropriate for: Relevant to all staff as it includes activities of daily living, but may be particularly helpful to all who support residents in activities.

Delivery method: *Online but Face to face support to homes on implementing the training can be provided.*

Duration: Introductory session 1hr.

Enablement Principles

Supporting residents to engage in doing as much of every activity of daily living themselves is critical to help them remain independence, maintain their self-esteem and well-being. Premature care beyond what is essential promotes functional decline. This training is designed to remind staff of the importance of taking an enabling approach with all residents.

Appropriate for: All care staff.

Duration: 1 hour.

Positioning Training

Comfortable positioning is crucial for those less able to move themselves. It can make a huge difference to their ability to engage in meaningful activity and undertake fundamental tasks such as eating as well as helping prevent problems with pressure areas. This workshop discusses the importance of positioning and consequences of inadequate positioning before using a practical, problem solving approach to help staff apply basic positioning principles to develop effective positioning skills for those who are bed bound and those in chairs who struggle to get comfortable. Some key issues such as stroke and respiratory problems are considered. Core moving and handling skills are applied at all times and reiterated throughout the session.

Appropriate for: All care staff.

Delivery: **In care home – practical.**

Duration: 1.5 hours.

Please note: *Where available staff backfill will be provided to support staff to attend the training. Your requirement for such can be discussed when arranging the session.*

Social Care Support Sessions

Training sessions delivered by Michelle Kerr, Care Home Care Collaboration Team.

Outcome Focused Care Planning Training

This session provides care planning staff with the knowledge and skills to undertake and plan care in an outcome focused way.

Training Objectives:

By the end of the sessions care planning staff will

Have a solid understanding of what Outcome Focused Care Planning (OFCP) is including the benefits and challenges.

Be confident in determining and understanding individuals' desired outcomes through good conversations.

Have the knowledge and ability to measure outcomes.

Duration: 2 hours

Speech & Language Support Sessions

Training sessions delivered by Irene Mackay & Claire MacGregor, Care Home Care Collaboration Team Speech & Language Therapists.

Identifying Dysphagia & Strategies for Safer Swallowing

Dysphagia is the medical term for swallowing difficulties. This session aims to support you with basic knowledge of dysphagia which will help you to identify if/when a resident is experiencing difficulties with eating and drinking. We will provide you with some simple strategies which will help residents to enjoy safer mealtimes and empower you with the knowledge of when to refer to Speech and Language Therapy for additional support and assessment.

Appropriate for: All care staff

Duration: 1 hour

Swallowing & Dementia

Many people living with dementia will experience difficulties with eating and drinking. Therefore, this session aims to provide you with a basic knowledge and understanding of signs and symptoms for eating and drinking difficulties typically seen in dementia patients. Also, it will provide you with feeding and swallowing advice which can help to reduce the impact of physical, sensory and behavioural changes around eating and drinking, commonly associated with people living with dementia.

Appropriate for: All care staff

Duration: 1 hour

IDDSI

As care providers it is essential to serve residents with food and fluid which is the appropriate texture for each individual. This session aims to provide an explanation as to what International Diet Dysphagia Standardisation Initiative (IDDSI) framework is, an overview of the texture descriptors and what this means for your practice.

Appropriate for: All catering and care staff.

Duration: 1 hour
