

Autumn 2018

SPECIALIST DEMENTIA UNIT (SDU) NETWORK NEWSLETTER

 hcis.sduip@nhs.net

 @Focusondementia

Welcome to the Autumn edition of the SDU network newsletter – keeping you up to date with your SDU Network, developed to support staff to connect, learn, spread best practice and improve. This is your newsletter and we hope as SDU network members you can contribute to the community to exchange ideas, good practice and innovation. We are really keen for you to send us your news, feedback and contributions for future editions to: hcis.sduip@nhs.net.

The Network has three elements:

1. Online resources ([Managed Knowledge Network pages](#) and Yammer discussion)
2. Newsletter
3. Opportunity for face to face meetings

This edition features the opportunity to meet SDU colleagues at planned regional networking events in Edinburgh and Glasgow, with an update from the first of these events which was held in Aberdeen in September. We also have news on a Specialist Dementia Unit Improvement Programme on-line toolkit and a spotlight on the Allied Health Professionals role in SDUs.

SDU REGIONAL NETWORK EVENTS – JOIN US!

We had our first regional network event in Aberdeen on 25 September (more on page 2) with 2 more events planned in Edinburgh and Glasgow, details below.

Edinburgh

Tuesday 27 November 2018
10am - 4pm
COSLA, 19 Haymarket Yards

Glasgow

Tuesday 5 February 2019
10am - 4pm
The Studio, 67 Hope Street
(registration details will be circulated late Dec)

This will be a great opportunity for the staff in the 3 regions of Scotland to meet face to face, network and discuss the key issues facing SDUs.

You can register for the event in **Edinburgh** using the link below. Places are free and filling up fast so register NOW! [REGISTER HERE](#)

More information is also available on the events page of our website <https://ihub.scot/events/>



Specialist Dementia Units Network Regional Events

The SDU Learning and Improvement Network is delighted to be hosting the following regional network events

| Where | Purpose of the Events |
|---|---|
| Aberdeen Tuesday 25 September 2018 10am - 4pm Inspire Building, Beach Boulevard, Aberdeen | This event is for SDU staff to showcase their work and network with colleagues. It is part of the SDU Network being developed in partnership by Healthcare Improvement Scotland, Alzheimer Scotland, Care Inspectorate, NHS Education for Scotland and Scottish Care. We are still finalising the programme, however this will be a chance to: <ul style="list-style-type: none"> • Celebrate and learn about the improvements being made by staff working in SDUs across Scotland • Hear about the work that's being planned and delivered nationally to support improvements in care • Network with likeminded colleagues |
| Edinburgh Tuesday 27 November 2018 10am - 4pm COSLA, 19 Haymarket Yards, Edinburgh | |
| Glasgow Tuesday 5 February 2019 10am - 4pm The Studio, 67 Hope Street, Glasgow | |
| Who should attend Staff and leaders who are interested in improving the care and treatment provided by SDUs. Further details will be included as part of the registration process, which will be circulated August 2018. | |
| Find out more about the SDU Learning and Improvement Network Visit the Managed Knowledge Network SDU pages http://www.knowledge.scot.nhs.uk/dementia/organisations/specialist-dementia-unit-network.aspx Visit our website https://ihub.scot/focus-on-dementia/specialist-dementia-units/ | |

SDU Network Regional Event Aberdeen 25 September 2018



Thank you to SDU staff from NHS Highland, NHS Grampian and NHS Tayside who attended the SDU Network Regional Event in Aberdeen on 25 September 2018.

Cesar Rodriguez (Psychiatry National Clinical Lead, Healthcare Improvement Scotland) introduced the day. Presentations were provided by Julia Wells (Nurse Consultant/Clinical Director OAMH, NHS Grampian), Stephen Lithgow (Associate Improvement Advisor Healthcare Improvement Scotland) and Rebecca Kellett (AHP National Clinical Lead Healthcare Improvement Scotland). Topics included 'Excellence in Care' 'The Specialist Dementia Unit Improvement Programme' with examples from Strathbeg Ward, NHS Grampian, 'Connecting People Connecting Support' on the AHP contribution and 'Transforming Specialist Dementia Hospital Care' a report commissioned by the Scottish Government and undertaken by Maureen Taggart, Alzheimer Scotland National Dementia Nurse Consultant.

A discussion session then centred on three questions:

1. What are key areas of improvement you are working on?
2. What has not been so easy to improve?
3. Do you have any examples of work to share?



Stephen provided an update on the network, an online demonstration of Yammer and links to the SDU Network Managed Knowledge Network page which holds resources. Thanks to all the staff who joined Yammer following the event! We also looked at updating a local SDU map for the north region. There was a session on networking on themes across board areas and a discussion on how to take a regional approach forward.

To see more detail in the flash report of the event click here: <http://www.knowledge.scot.nhs.uk/sdun/our-network.aspx>

The next regional event is for the EAST REGION and we welcome attendees from NHS Borders, NHS Fife, NHS Forth Valley, NHS Lothian and NHS Tayside. This will be in Edinburgh on Tuesday 27 November 2018, 10am -4pm at Murrayfield, Roseburn Street: [REGISTER HERE](#).

Specialist Dementia Unit Improvement Programme on-line toolkit

The Focus on Dementia Team are working with our ihub Improvement Associate and Healthcare Improvement Scotland's Communications Team to develop an on-line toolkit as an output from the Specialist Dementia Unit Improvement Programme. The toolkit will bring together learning from the four demonstrator sites involved in the programme and from other SDUs in Scotland who would like to contribute.

The key aims of the toolkit are;

- To provide topic-specific examples of practice improvement tools and case studies
- To widen the focus to ensure that the toolkit references other improvement techniques and tools that can help SDUs improve priority areas of practice
- To communicate and spread understanding of the value of participatory approaches in improving care delivery with people with dementia

Although work is underway with the toolkit, we propose it will be published on-line in Summer 2019. We would be keen to hear from Units who would like to contribute. Please contact: hcis.sduip@nhs.net.





Alzheimer Europe Conference in Barcelona in October 2018, Tom McCarthy, Improvement Advisor, Healthcare Improvement Scotland

It was my privilege to present the work of the Specialist Dementia Unit Improvement Programme in a poster exhibition at the Alzheimer Europe Conference in Barcelona in October 2018. The conference had over 800 delegates from 46 countries and enabled connections to be made with dementia evidence, research and practice from across Europe and to share our work in Scotland.

From the event it is apparent that across Europe we are all facing similar challenges of increasing incidence of dementia and health and social care systems that need to change to better support people with dementia. During the conference there were presentations on everything from the prevention of dementia to the optimal management of stress and distress.

Reflections from the Event

1. The importance of a human rights based approach and understanding the experience of people with dementia. My sense was that in Scotland we already have much to commend us. For example, the Scottish Dementia Working Group and the National Dementia Carers Action Network are enabling the lived experience of dementia to be heard and to influence policy and practice. We have also had significant successes within the demonstrator sites in using observation based approaches to understand the experience of people with dementia. However, I would urge SDUs to think how they reflect on the experience of people with dementia they are caring for.
2. There was a presentation on the use of pharmacological approaches to the management of stress and distress. This underscored the importance of organisational culture in teams providing care and shared evidence. If we look after our staff, get the culture right and develop our skills in non-pharmacological approaches, we will use less medication in the care of people with dementia.
3. A recurrent theme throughout the conference was the importance of sharing our work. Through sharing and collaborating we are stronger and we can do so much more to improve the care for people with dementia.

Focus on Dementia @FocusOnDementia · Oct 29
Our Focus on Dementia Improvement Advisor, Tom McCarthy is presenting a poster on our specialist dementia unit improvement programme at @AlzheimerEurope #28AEC. For more information on this work, visit bit.ly/SpecialistDeme...

@ihubscot @online_his

Enabling health and social care improvement

Tom McCarthy, Focus on Dementia Improvement Advisor, is sharing a poster on our Specialist Dementia Unit Improvement Programme at the Alzheimer Europe 2018 conference.

Tom McCarthy

@ihubscot

If you're on twitter you can view all the tweets for the event at #28AEC



Applying the Learning

A more detailed summary of the conference is being prepared and will be shared widely. However I would be delighted to answer any questions or discuss my reflections further.

On the theme of sharing and collaborating, elsewhere in this newsletter we have outlined how we have committed to developing a toolkit using the learning from the four SDU demonstrator sites. We are keen that this also includes learning from other units. If you are interested in sharing anything in your unit as part of this toolkit please contact me on: thomas.mccarthy2@nhs.net.

A spotlight on the AHP role in Specialist Dementia Units – Rebecca Kellett, AHP National Clinical Lead, Healthcare Improvement Scotland

AHPs play a significant role in the care and rehabilitation of people with dementia, but it can be difficult to evidence and articulate exactly what makes their contribution so important.

Maureen Taggart and Lindsay Kinnaird's report, "Transforming specialist dementia hospital care" underlines the need for a multi-disciplinary approach to care. The Alzheimer Scotland Advanced Dementia Practice Model is highlighted as offering an "integrated and comprehensive approach", which will be delivered by a team of specialist consultants, AHPs, psychologists and general and mental health nurses, supporting those already providing care.

They conclude from their research that: "current practice is not consistent with this optimum approach to specialist care in dementia".

This sounds depressing, but actually there are examples all over Scotland of AHPs working effectively with people with advanced dementia. Unfortunately, these tend to be isolated, and the need to enable services to be developed more widely is often ignored. In order to change this picture, we need to demonstrate what a difference AHPs can make.

I have been talking to AHPs in the four SDU demonstrator sites, and also visiting other units, to try to pick up some examples of good practice. One of my visits was to Forth Valley Royal Hospital, where I met Kate Stoker, the full time OT who manages the AHP team. Their 40 bed mental health unit has a long established and highly respected multi-disciplinary team with 20 beds for people with advanced dementia.

I tried to tease out from our conversation what she saw as the key contribution of AHPs in the unit and the critical success factors in making their contribution effective. These are the things which emerged:

AHPs' unique contribution

1. The ability to fit physical, cognitive and occupational rehabilitation to the person's whole situation – a bio-psychosocial approach which depends on specialist professional skills as well as an understanding of the medical and social background.
2. Bringing highly specialist skills to ordinary activities. An attempt to abolish bingo was abandoned because there was an outcry. It is very popular with patients, so OTs, Physio's and SLTs are involved in planning it as a therapeutic activity around the skill levels of the different participants.
3. The ability to translate the medical jargon in to language which relates to the person's life and function at home and is meaningful to the family.
4. Creative troubleshooting – e.g. going bird watching with someone who was not engaging with assessment. Not being constrained by processes or set routines.
5. The skill to know when something is necessary e.g. limited and flexible use of assessments. Always knowing why you are doing it, not just following instructions.
6. Skills to understand and support medical requirements during therapy; can be as simple as encouraging the person to drink.
7. Therapeutic interventions to enable essential care activities.



Critical success factors (not dependent on being an AHP)

1. A strong and supported team. Team building which includes social activities as well as training, case studies and time for reflective practice.
2. “Care Partner” electronic records, accessible and easy to use. Shared across the whole team.
3. Quick response time - always phone back. Write up findings on Care Partner the same day.
4. Multi-disciplinary involvement in care planning, and working on projects with the whole team – e.g. sensory breakfast not just OTs
5. Committing a high proportion of time to families and carers, and communicating effectively with home care teams.
6. Good relationships across the board: estates, third sector, local businesses and community initiatives. Respect for each others’ knowledge and skills.
7. Flexible working - 7.15am starts some days to help with personal care.

Following the improvement work over the past 2½ years in the demonstrator sites, the project team will be producing a report and toolkit to support the SDUs across Scotland in taking this work forward.



I am aiming to collect case stories to be included which can be used to illustrate the contribution of AHPs in the care of people with advance dementia. I’d be delighted to hear from anybody who has an example of any successful AHP intervention, whether group or individual, which has had a beneficial outcome for a person with advanced dementia or their family, care partner or care staff.

Please get in touch by email to Rebecca.Kellett@nhs.net. If you don’t feel happy about writing it down, we can arrange a phone call instead. Of course no personal details will be used.

JOIN US ONLINE

There are 2 easy ways to join the SDU community online. Visit our SDU pages on the **Managed Knowledge Network** <http://www.knowledge.scot.nhs.uk/sdun.aspx>

You can also join our **SDU Yammer Group**

- 1) Send us a **non-nhs.net email address** (Yammer won’t work with nhs.net addresses) to hcis.sduip@nhs.net
We only need this to invite you and will then delete it
- 2) We will send you an electronic invitation to join
- 3) Simply follow the instructions in the invitation. If you want to access through your smartphone, download the Yammer app onto your phone

