



## Darnley Court - Leads the Way

Darnley Court Care Home has unveiled Scotland's first Specialist Dementia Care Community (SDCC) for people living with severe dementia.

This new 20 bedded unit aims to change the way dementia care is given, helping residents and their families feel more supported. It is designed to make life easier for people living with severe dementia. It has clear signs, helpful pictures on the walls, and special spaces to keep residents calm and comfortable. Using a number of different techniques, a team of nurses, carers, and two full time psychologists work closely with the residents and their families to resolve the unmet needs which could be causing episodes of stress and distress.

There are more staff within SDCC than in a typical care home unit and the psychologists are available day and night to support residents. So far, five people have moved in, with one resident coming from as far away as the Highlands. For one resident, staff have identified the unmet need and as a result the resident no longer needs the specialist support and has been transferred to another unit within the care home.



Dementia friendly art, flush with wall



Above and below : Interview and filming with staff of the unit



Jolly Trolley games cart



Conservatory which opens into garden with 24hr access for SDCC residents



## Strength and Balance Training

Huge congratulations to Lavinia Todd and Stuart Wilson, two of our Care Home Support Workers for completing the 'Paths for All' Train the Trainers course as part of the evidence based programme 'Strength and Balance'.

Stuart and Lavinia have been supporting care homes to introduce the programme over the past year with incredible results for residents.

They are delighted that they will soon be able to offer the training to care home staff and support them to implement the strength and balance programme for their care home residents.

If you would like to find out more please use [this link](#) to get in touch.



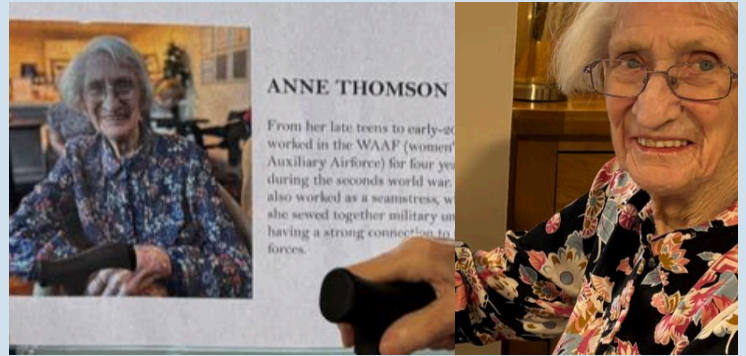
Lavinia and Stuart supporting residents



# International Women's Day - Newton House Celebrate

The International Women's Day celebrations at Newton House on 8 March were a truly joyous occasion.

Those who attended gathered in their café area to admire a stunning display honouring influential women from history, including some of their own amazing residents and staff.



Anne Thomson

Everyone got involved, from learning about the history of the brave Suffragettes to being asked their opinion on why women's day is important to them.



Suffragette sash

The staff said 'its great to have the opportunity to celebrate these amazing women. It is the least we can do to thank them for their outstanding work'.



Betty Pollock and her daughter

Marjorie Dixon, is an inspirational woman and former nurse who cared for the victims of the Ibrox and Clarkston disasters in 1971. The 72-year-old still has memories of looking after people following both tragedies, these were terrible days which will forever remain etched in her mind.

At the time of the Ibrox disaster, Marjorie, then 18, was working at the Victoria Infirmary and had been nursing for just six weeks.

She said: "The experience made me know that I wanted to do nursing forever. I really had to be a nurse."

Mum-of-three Marjorie, who lived in Clarkson before moving to Newton House in 2024, encouraged both of her daughters, Carrie, a carer, and Heather, a radiographer, to dedicate their lives to care. She said "It was lovely for people to take an interest in learning about her career on IWD"



Marjorie then and now

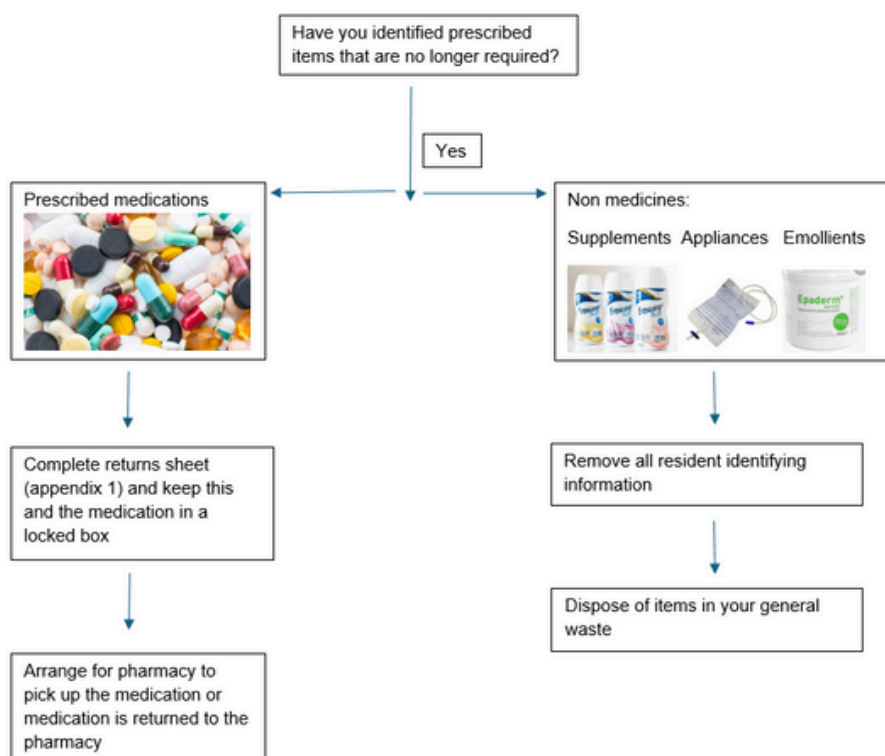
A display within the home showcased Marjorie's amazing career and she was treated to an afternoon tea with fellow residents.

Newton House wellbeing coach Kerry-Anne McDade said "it was amazing to hear about all our lovely residents lives and the differences they made".



# Can you help to reduce medication waste?

NHSGGC has a board wide campaign to reduce medication waste. They are working with GP's and Pharmacists to reduce the amount of medication returns that can be disposed of in a more efficient way. A resource pack is being developed for Care Home Teams that includes a Flow Diagram, Frequently Asked Questions (FAQs), and a Returns Form. This guidance supports Care Inspectorate best practice.



The pack will be added to the Care Home Collaborative Website soon!



# Enteral feeding online monitoring and ordering



Don't run out of enteral feeding resources!

Nutricia are committed to providing the best possible experience and are always looking for ways to develop their products and services.

That's why they are thrilled to introduce Nutricia Homeward MyConneX – a brand-new, innovative way to simplify tube feeding at home. This link has useful videos to help support your monthly monitoring of enteral feed stock so you can prevent running out for any residents.

Nutricia Homeward MyConneX has replaced Nutricia Homeward Connections and offers an easy and user friendly solution to placing your monthly Nutricia Homeward orders.

# Mouth Care Test of Change at Westlea Care Home



Activities co-ordinator Dougie, deputy manager Margaret and carers Helen & Leanne with residents Margaret & Annie

Westlea Care Home in Neilston, East Renfrewshire have been working closely with the Care Home Collaborative palliative care team over the last few months to identify what mouth care products could be recommended as part of the newly revised NHSGGC Mouth Care Clinical Guidelines.

By using Plan-Do-Study-Act (PDSA) cycles, some residents in the home have tested 2 different products and we have learned from resident, staff and family feedback.

We tested the paediatric (baby) toothbrush which has soft headed bristles that are gentler on a residents gums and the MC3 'Moutheze', mouth cleanser which has silicone bristles to assist in the removal of mucous and debris.

Thanks to all involved at Westlea Care Home, in particular, the lovely residents who's smiles are looking fabulous in the pictures below.

We will update everyone on the NHSGGC Mouth Care Guidelines when they are published.



Greta



Resident Carole with carer Leanne

# Airflow Mattresses - Updates

Do you have...

staff who are not sure what to do when the airflow mattress is alarming?

staff relying on one or two people within the care home that know what to do or what to look for with the airflow mattress?

unrecognised errors on Airflow mattresses?

**Then the airflow mattress training and checklist is for you!**

An airflow mattress checklist, audit process and train-the-trainer programme were tested and developed in collaboration with Care Home Teams.

Since the roll out of the training, managers using the checklist have reported staff are now picking up errors on the settings quickly and are able to troubleshoot when the mattress is alarming, preventing the development of avoidable pressure ulcers.

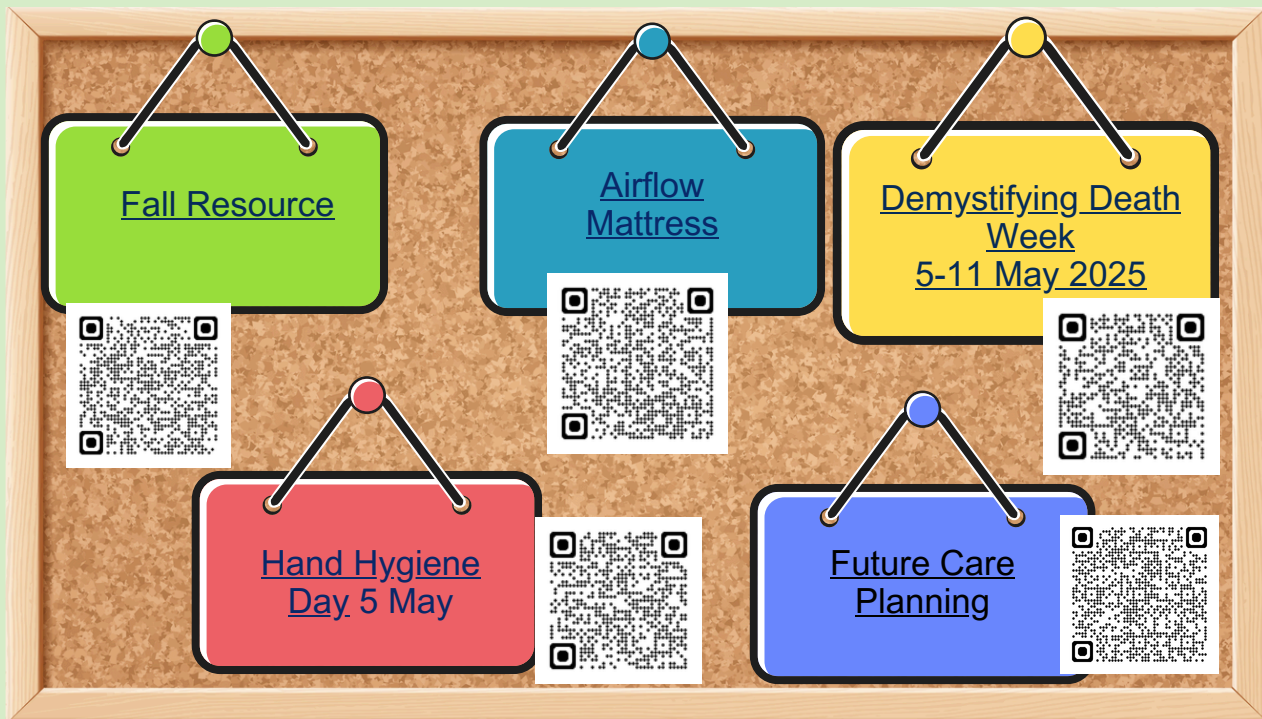
## Airflow Mattress Checklist



- Check bed is connected to electricity and is plugged in at all times. This keeps the cells of the mattress inflated.
- If alarm is sounding/flashing check mattress has not deflated or is too soft
- **Check mattress cells are inflating/deflating and CPR valve is connected**
- Mattress will have a minimum and maximum weight limit: It must be set to the residents' weight- **check at each episode of care**
- **Check that static mode/ seat inflate/max firm, is turned off, when no longer required**
- **If bottoming out, inform nurse and see back of checklist for details. Ensure clinical notes are updated.**
- Ensure appropriate sheet is used (flat or stretchy) and no additional layers are between the resident and surface (eg blankets, duvets, excess pads)
- If heels have damage or are showing signs of damage (red, discoloured etc) ensure foot protector boots are applied.
- The mattress **MUST** be used together with frequent positional changes to help prevent/reduce pressure damage eg 2/4hrly.
- A hard copy of the manufacturer's instructions for each mattress should be provided with the mattress (if not an online version will be available)

Resident's current weight:

If you would like additional training and support to implement this package, please contact our CHC Tissue Viability Nurse Specialist using this [link](#). Resources can be downloaded from the CHC website.



## Learning Opportunities

Essentials in Dementia - 9 April, 6 May and 10 June

Development Day - 'Demystifying Death' with Palliative Care - 24 April

MUST and MUST Step 5 Webinar - 7 May 2025

Scottish Improvement Foundation Skills (Cohort 2) - 17 April

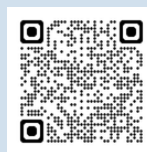
Wound Care Study Day - 1 May

### Useful links to further training

Turas is available to all social care professionals

Continence Assessment - Continence Pad training Various dates visit Sphere and Bladder Website/Health and Social Care Professionals

Scan QR code to access all training



## Get involved

There are many ways to get involved and the team welcomes your input.

- Sign-up for our newsletter and updates
- Share your stories of person centred care and good practice
- Follow us on social media.



Visit our website at [www.nhsggc.scot/carehomecollaborative](http://www.nhsggc.scot/carehomecollaborative) for up to date resources and training