



Adult
and
Health



[Alzheimer's/Dementia](#)

[Care Homes/Care at Home](#)

[Justice](#)

[Mental Health](#)

[Other Health & Social Care](#)

[Other](#)

Alzheimer's/Dementia

[New figures on dementia post-diagnostic support performance](#)

New statistics on dementia post-diagnostic support performance have been published by ISD Scotland. The figures show that 8,178 people were referred for dementia post-diagnostic support in 2016/17, which equates to 46.7% of people estimated to be newly diagnosed with dementia within that year. Of those referred, 83.9% received one year's support as proposed by the Local Delivery Plan standard.

[Results of survey on public attitudes towards dementia](#)

The results of a survey on public attitudes towards dementia have been published by Alzheimer's Research UK. Selected findings from the survey, which questioned 2,361 adults aged 15 and over in the UK between 15 June and 5 July 2018, include: 52% know someone who has been diagnosed with a form of dementia; 51% recognise that dementia can cause death; 22% incorrectly agree with the statement 'Dementia is an inevitable part of getting older'; and around one in five aged 15-24 (21%) and 25-34 (22%) say they do not know what happens in a person's brain when they get dementia. The full results of the survey are available in the Wave 1 report.



[HIV drug could treat Alzheimer's, according to US study](#)

An HIV drug could be used to treat Alzheimer's and age-associated disorders, according to research led by Brown University in the US. The study, published in Nature, found that blocking retrotransposon activity with a generic HIV/AIDS medication significantly reduces age-related inflammation in old mice and senescent human cells.

Care Homes/Care at Home

[NHS Tayside updates MUST guidelines for care homes](#)

NHS Tayside has updated its Malnutrition Universal Screening Tool (MUST) guidelines for care homes. Staff are requested to calculate MUST scores as normal but the guidelines give clearer information on the actions that care staff should take when a MUST score is one or two.

[Workforce Matters event on 28 March](#)

The next Scottish Care Workforce Matters event takes place on 28 March in Glasgow. The event will focus on the social care workforce qualifications and regulation landscape in Scotland, considering how current requirements are impacting on staff recruitment and retention from the perspective of providers.

Justice

[Scottish Government publishes new Criminal Justice Social Work Statistics](#)

Annual statistics on criminal justice social work have been published by the Scottish Government. The figures cover 2017-18 and show: 19,400 social work orders issued, a fall of 6% compared with 2016-17; 17,800 community payback orders, a fall of 7%; and 570 drug treatment and testing orders, the highest level since 2013-14.

[National Preventive Mechanism publishes annual report](#)

The UK National Preventive Mechanism has published its annual report, providing an overview of the inspection and monitoring findings of its 21 member organisations. The report notes the work of the Care Inspectorate in relation to the inspection of Scotland's five secure care units for young people and joint work with Her Majesty's Inspectorate of Prisons for Scotland on prison inspections.

Mental Health

[Study explores genetic links with depression](#)

A University of Edinburgh-led study exploring the genetic origins of depression has been published in the Nature Neuroscience journal. The research team studied information pooled from three large datasets of anonymised health and DNA records, identifying 269 genes linked to depression. The study suggests depression



could be a driving factor leading some people to smoke and also shows that neuroticism could lead some people to become depressed. The team is inviting people with depression or anxiety in Scotland to take part in a further study to understand more about the role of DNA in common mental health conditions.

[Free online course in understanding suicide and prevention strategies](#)

A free online course is to be launched to help those working with at-risk or vulnerable individuals to gain a better understanding of suicide and ways to prevent it. The University of Glasgow-developed course, delivered on FutureLearn, allows users to learn about the complex set of factors linked to suicide and explores suicide prevention strategies. The course, commencing on 4 March, has been endorsed by NHS Breathing Space, Samaritans, the British Psychological Society, and the Royal College of Physicians and Surgeons Glasgow.

[Self-compassion exercises have calming effect on mind and body, study finds](#)

Taking part in self-compassion exercises helps to calm the heart rate and switch off the body's threat response, according to a study by the universities of Exeter and Oxford. The research, published in *Clinical Psychological Science*, saw 135 healthy students divided into five groups, with each group hearing a different set of audio instructions. The two groups whose instructions encouraged them to be kind to themselves reported feeling more self-compassion and connection with others, while their heart rates dropped and they showed lower sweat response.

Other Health and Social Care

[New polypharmacy guidance issued by Royal Pharmaceutical Society](#)

New guidance on polypharmacy has been published by the Royal Pharmaceutical Society (RPS). The guidance provides a summary of the scale and complexity of the issue of polypharmacy and outlines how healthcare professionals, patients and carers can find solutions when polypharmacy causes problems. The guidance recommends that systems are in place to ensure people taking 10 or more medicines can be identified and highlighted as requiring a comprehensive medication review.

[More than 600 a day quit job to care, says charity](#)

More than 600 people a day quit their job to care for relatives, according to research commissioned by Carers UK. The YouGov figures suggest that almost 500,000 carers quit their job in the last two years, while around five million workers were found to be "juggling" their paid job and caring responsibilities. The charity has called for better employment rights for carers, including five to 10 days of paid care leave, and for employers to do more to support their staff with caring responsibilities.

[Scottish Government publishes Health and Social Care Staff Experience Report](#)

A report designed to capture the experience of staff working in health and social care in Scotland has been published by the Scottish Government. The report sets out



information gathered by Webropol Ltd through the iMatter questionnaire, which gives NHS Scotland staff a facility to measure, understand, improve and evidence staff experience. iMatter has also been made available to local authority staff in Health and Social Care Partnerships (HSCPs) where the HSCP chose to participate.

[Final report published following integration progress review](#)

The final report of a progress review on the integration of health and social care has been published by the Scottish Government. The review was carried out by the Ministerial Strategic Group for Health and Community Care and sets out a range of proposals to be carried forward on the basis of “joint and mutual responsibility to improve outcomes for people using health and social care services in Scotland”. Proposals include: improved strategic inspection of health and social care to better reflect integration; more collaborative delivery of improvement support and improved strategic planning and commissioning arrangements.

[MSPs back Vulnerable Witnesses Bill at Stage 1](#)

The general principles of a Bill designed to increase the use of pre-recorded evidence for child and vulnerable witnesses in criminal trials have been agreed by MSPs. Provisions in the proposed Vulnerable Witnesses (Scotland) Bill include that in certain proceedings the court must enable any child witnesses to give evidence in advance of the hearing. During the Stage 1 debate, SNP MSP Jenny Gilruth highlighted plans for Healthcare Improvement Scotland and the Care Inspectorate to develop Scotland-specific standards for adoption of the Barnahus principles, calling for collaboration with education bodies in that work in order to avoid duplication.

[COSLA publishes latest local government benchmarking report](#)

The latest Local Government Benchmarking Report for 2017-18 has been published by COSLA. The report outlines how much local authorities spend on particular services, performance and how satisfied people are with the services provided. Among the findings, the percentage of funded early years provision graded ‘good or better’ has improved from 87.1% to 91.0% since 2010/11 (a slight reduction in the past three years), while 80% of adult social care users provide a positive rating in relation to quality and impact, a decline of 5% across the last three years.

[Services struggling to meet needs of people with Parkinson’s, says charity report](#)

Health and social care services in Scotland are struggling to meet the needs of people with Parkinson’s, according to a report by Parkinson’s UK. The report makes 13 recommendations the charity feels need implemented in Scotland, including the establishment of multi-disciplinary Parkinson’s teams to provide “a more holistic, comprehensive and person-centred approach to Parkinson’s care”.



Other

[New website to help people prepare for Brexit launched by Scottish Government](#)

The Scottish Government has launched a new website to help people prepare for Brexit, including the possibility of a 'no-deal' exit, has been launched by the Scottish Government. The site includes specific sections on EU citizens, health and social care, housing, justice and public bodies.

Disclaimer

This weekly bulletin is produced as an update on the key issues concerning adults and health.

Each item in the bulletin has a hyperlinked headline that will take the reader to the original source.

We collate items from our parliamentary and Scottish Government monitoring covering health and social care news from throughout the UK, and current research and policy development. We use a variety of sources for the bulletin, including alerts from [Newsdirect](#), [Community Care](#), [Children & Young People Now](#) and [ISD Scotland](#).

We aim to be representative rather than comprehensive, so we try to cover only the main Scottish stories, along with some stories from the rest of the UK. The purpose of the bulletin is to alert readers to items of interest. It should be noted that these items are the works of others and are neither authorised nor endorsed by the Care Inspectorate, with the exception of publications which are identified as Care Inspectorate publications.

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