



Adult
and
Health



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[The Hub re-launch is live](#)

The policy team are excited to tell you that the re-launch of our improvement website, The Hub is now live! We listened to your feedback and with a couple of clicks you can now search and browse by care setting our extensive library of improvement publications and guidance, research, events, weekly news bulletins and case studies, with the option of filtering further by topic area. In each care setting section you will also find links to other areas of the site tailored to your interests, such as policy summaries, events, the national training directory for early learning and childcare and Care Inspectorate programmes and publications.

All your favourite features remain, including focussed areas for our improvement resources, the weekly bulletins and your own personalised library – now called My Library.

This re-launch is only the first step in the development of the new site, which we hope will continue to go from strength to strength with your support. Please send any feedback you have to hub@careinspectorate.gov.scot



Alcohol and Drugs

[Westminster inquiry into drug use in Scotland launched](#)

An inquiry into the use and misuse of drugs in Scotland has been launched at Westminster. The Scottish Affairs Committee's inquiry will consider issues such as the drivers of drug abuse, the relationship between poverty and problem drug use, as well as issues around legislation and devolved powers. The Committee is seeking written submissions by 12 April.

[Strong cannabis linked with increased psychosis risk](#)

Smoking strong 'skunk-like' cannabis increases the risk of serious mental illness, according to new research published in the Lancet Psychiatry. The researchers, from King's College London, studied cannabis use by people in 11 EU towns and cities, comparing a sample of 901 people who had experienced psychosis with 1,237 from the general population who had not. They estimated that around one in 10 new cases of psychosis may be associated with strong cannabis, the BBC reports.

Alzheimer's/Dementia

[Professor Andrews calls for realistic view of dementia as she launches new DVD](#)

Charities and the media are wrong to suggest you can "live well" with dementia, Professor June Andrews has said as she helped launch a new DVD, The Herald reports. Professor Andrews said: "People are told 'worried about your memory? Go and see a doctor' and told that it is possible to live well with dementia. But the truth is it is really grim when someone in your family has dementia." [We Need to Talk About Dementia](#) is designed to set out realistic expectations for what may lie ahead after a dementia diagnosis and can be viewed on the Dementia Services Development Trust website.

[GPs tells women not to be alarmed by HRT Alzheimer's study findings](#)

The Royal College of GPs has urged women not to be alarmed after research linked long-term hormone replacement therapy (HRT) use with a small increased risk of Alzheimer's, the BBC reports. Research published in the British Medical Journal studied data on 170,000 women in Finland over 14 years and found a 9%-17% increased risk for Alzheimer's, particularly in women taking HRT for more than 10 years. The College has pointed out that the risk highlighted is "extremely low" and urged those currently taking HRT to continue to do so as prescribed.

[Highland woodland becomes first to be Dementia Friendly](#)

Evanton Community Woodland in the Highlands has become the first in Scotland to become Dementia Friendly, The Scotsman reports. Following a grant from the Life Changes Trust, walking charity Paths for All has redesigned the area to make it accessible for people living with dementia.



[Study suggests extended family with Alzheimer's may increase risk](#)

Having extended family members who have had Alzheimer's may increase a person's risk of developing the disease, according to new research published in Neurology. The study, led by the University of Utah School of Medicine, concluded that "inherited genetic factors have a broad influence, extending beyond immediate relatives" and that "the full constellation of family history" should be considered when talking to patients and families about their risk of developing Alzheimer's.

[Entries open for Scotland's Dementia Awards](#)

Entries are now open for Scotland's Dementia Awards. The awards, a partnership between Alzheimer Scotland, NHS Education for Scotland and the Scottish Social Services Council, celebrate the achievements of people making a difference to support people living with dementia and their families across health, social service and community settings.

[International Masterclass on Dementia Care \(14 – 15 May\)](#)

The University of Stirling's Dementia Services Development Centre will host its second International Masterclass on Dementia Care, Design and Ageing on 14-15 May. The event brings together experts from across the globe to discuss ideas from design innovation through research to policy development.

Care Homes/Care at Home

[Free online course on care home nursing](#)

A free online course on the roles and specialist nursing skills expected of care home nurses has been launched. The Future Learn course, developed by the University of Dundee, is designed to be completed over four weeks and is available now.

[Warning of home care impact of early retirements following equal pay settlement](#)

Glasgow's equal pay settlement could see a significant proportion of home care workers take early retirement and impact on services, The Herald reports. The warning comes in a report by the city's Chief Social Work Officer Susanne Miller to the Glasgow Health and Social Care Partnership, which predicts that "between 18–40% of home care staff may choose to leave" following settlements, adding that "our home care services could not sustain the service to our 5,500 service users with this loss of capacity".

[Blog on project to promote movement and activity for residents in care homes](#)

A blog on CHARMS, an evidence-based intervention helping care homes to promote movement and activity for residents, has been published by the Dementia Services Development Centre. The project is funded by the Healthcare Management Trust and led by Prof. Alison Bowes, with researchers from the University of Stirling working with care homes to develop an evidence-based approach to promote physical activity appropriate for both a care home and its residents.



[Action plan to help care home managers improve personalisation \(SCIE\)](#)

An action plan to help managers and owners of care homes for older people improve personalisation has been published by the Social Care Institute for Excellence (SCIE). The plan will help build a shared understanding of what personalisation (or person-centred care) means in a care home setting and identify and plan practical improvements that will make the home more personalised.

Health

[Changes to competency test cost for overseas applicants announced by NMC](#)

The cost of the professional test of competence that overseas nurses, midwives and nursing associates must take to work in the UK will reduce by more than 20% from 1 April 2019, the Nursing and Midwifery Council (NMC) has announced. The change will reduce the cost of the test from £130 to £90; the full cost of the practical examination from £992 to £794 and the resit cost of the practical examination from £496 to £397. Additional proposals to make it simpler for those wishing to re-join the register following a career break have also been announced.

[Scotland's first clinical guidelines for delirium published by SIGN](#)

Scotland's first clinical guidelines for delirium have been published by the Scottish Intercollegiate Guidelines Network (SIGN). The guidelines, published to coincide with World Delirium Awareness Day (13 March), provide recommendations based on current evidence for best practice in the detection, assessment, treatment and follow up of adults with delirium, as well as reducing the risk of delirium. The guideline applies to all settings: home, long-term care, hospital, and hospice.

[New HIS Chair writes in The Scotsman](#)

New Healthcare Improvement Scotland (HIS) Chair Carole Wilkinson has outlined the role of HIS and scrutiny more widely in improving health and social care services. Writing in The Scotsman, Ms Wilkinson stressed the importance of “a supportive and open culture” in delivering “real change”, adding that “at the heart of every complex system and convoluted problem are real people, both delivering care and needing care”.

Infection Prevention and Control

[Updated Healthcare Associated Infection Compendium published](#)

An updated Healthcare Associated Infection (HAI) Compendium has been published by Health Protection Scotland (HPS). The document includes links to current national policy and guidance on HAI, antimicrobial prescribing and resistance, decontamination and other related topics. The compendium aims to provide NHS Scotland staff with an overview of all up-to-date guidance from stakeholders and organisations. Additionally, the compendium includes links to the National Infection



Prevention and Control Manual (NIPCM), the mandatory practice guide for all NHS Scotland care settings.

Justice

[Funding for charities providing services to reduce reoffending](#)

Funding of £3m for specialist charity services providing employment training, early intervention and support for families of prisoners has been announced by the Scottish Government. The 2019/20 funding will be shared between: Apex Scotland; Families Outside; Positive Prison? Positive Futures; SACRO; Supporting Offenders with Learning Disabilities; Turning Point Scotland; Venture Trust.

Learning Disabilities

[New Keys to Life implementation framework launched](#)

A new framework for the continued implementation of the Keys to Life learning disabilities strategy has been published. The Keys to Life 2019 – 2021 was launched by the Scottish Government and COSLA and was created in partnership with Scottish Commission on Learning Disabilities and the Scottish Learning Disabilities Observatory. The new framework sets out the key priorities for the remaining period of the strategy, grouping these under: living, learning, working and wellbeing. It builds on work undertaken since the previous framework was published in 2015 and reflects a commitment to equality through the Fairer Scotland Disability Delivery Plan.

[SCLD announces new Chief Executive](#)

The Scottish Commission on Learning Disabilities (SCLD) has announced Charlie McMillan as its new Chief Executive. Mr McMillan is currently Director of Services and Development at Capability Scotland and will take up his new appointment at SCLD on 6 May 2019.

Mental Health

[Review of mental health and incapacity legislation announced](#)

An independent review of the Mental Health (Care and Treatment) (Scotland) Act 2003 and other incapacity and adult support legislation has been announced by the Scottish Government. In a statement to the Scottish Parliament, Mental Health Minister Claire Haughey said the overarching review will examine the full legislative framework that supports and protects those with a mental health condition. Expected to last around a year, the review will examine developments in mental health law and practice on compulsory detention and on care and treatment since the current legislation came into force in 2005. Following on from work already underway in relation to incapacity law and practice, as well as learning disability and autism, the review will consider the future shape of incapacity, mental health and adult support and protection legislation. A chair will be appointed shortly.



[Delivery of forensic mental health services to be reviewed](#)

The way that forensic mental health services are delivered for people is to be reviewed, the Scottish Government has announced. Mental Health Minister Clare Haughey said the review was necessary in light of “significant adjustment” in forensic mental health services delivery in recent years. The chair and membership of the review group will be announced in due course.

Older People

[Study suggests watching TV for long periods could affect memory in over-50s](#)

Watching television for long periods in a day could aid the deterioration of memory among adults over 50, according to a study published in Scientific Reports. Researchers at University College London tested 3,500 adults over 50 and found that verbal memory decline was twice as bad in those who watch more than three and a half hours compared to lesser TV watchers, over six years. The researchers said they cannot be sure that TV was the cause of more rapid memory decline, but suggested it could be that watching it for long periods stopped people from doing other more stimulating activities such as reading and exercising, the BBC reports.

Workforce

[Health and Care Staffing Bill continues progress following Stage 2 amendments](#)

A Bill designed to provide a statutory basis for the provision of appropriate staffing in health and care service settings continues to progress through Parliament following amendments at Stage 2. The Bill will place a legal requirement on NHS boards and care services to ensure appropriate numbers of suitably trained staff are in place, irrespective of where care is received, from 2019-20. The Bill also includes provision for the Care Inspectorate to work in collaboration with the care sector to develop and validate appropriate staffing methodologies and tools, applying to care home settings for adults in the first instance. MSPs unanimously agreed the general principles of the Bill at Stage 1 following a debate at the Scottish Parliament. A range of amendments were proposed and agreed at Stage 2, including provision for the Care Inspectorate to “carry out reviews, from time to time as it considers appropriate” of the effectiveness of the operation of the duty on providers to ensure appropriate staffing and any staffing method developed.

[Concerns raised over Carers Act implementation and spending consistency](#)

Concerns have been raised over the consistency of the implementation of new legislation designed to ensure support carers across Scotland, the BBC reports. The Carers (Scotland) Act 2016 came into force in April 2018, giving carers a legal right to support. However, Claire Cairns from Coalition of Carers in Scotland told the BBC that its research had revealed a “lack of consistency” in the way the Carers Act was being funded and delivered across the country. The Scottish Government said it had fully funded implementation of the Act and suggested local authorities, along with integration authorities, “are responsible for how they deliver support to carers in keeping with the legislation”.



[Fair Work report calls for 'urgent interventions' in social care sector](#)

A report calling for “urgent interventions by policy makers, commissioners and leaders in the social care sector to improve the quality of work and employment for the 200,000 strong workforce in Scotland” has been published by the Fair Work Convention. Following an 18-month inquiry led by Henry Simmons, Chief Executive of Alzheimer Scotland and Lilian Macer, Scottish Convenor, Unison, Fair Work in Scotland’s Social Care Sector 2019 states that: the social care sector is not consistently delivering fair work; the existing funding and commissioning systems are making it difficult for some providers to offer fair work; the social care workforce does not have a mechanism for workers to have an effective voice in influencing work and employment in the sector. The report makes five key recommendations, including a headline call for the establishment of a new sector body “that establishes minimum standards for fair work terms and conditions and to reform social care commissioning”.

[Iriss Insight on social media and social service workers](#)

A new Iriss Insight has been published to explore issues around social media and social service workers. The insight highlights the opportunities that social media creates for social service workers but also attempts to understand perceived risks, the relationship to workforce wellbeing, and future implications for practice.

[Initiative to ensure free legal advice and representation for those under investigation](#)

Registered workers whose fitness to practise is under investigation with the Scottish Social Service Council (SSSC) can now seek free legal advice and representation from the Aberdeen Law Project. The initiative is designed to provide workers with a new source of representation and make the fitness to practise process more accessible.

[Shortage occupations within health and social care](#)

The Scottish Government has published their response to the Migration Advisory Committee's Call for Evidence on Shortage Occupations. The response summarises skills shortages within health and social care, and details the contribution of international workers to the delivery of health and social care services in Scotland.

Other Health and Social Care

[Committee to hold inquiry into social care capacity](#)

An inquiry into social care capacity is to be held by a Scottish Parliament committee later in 2019. Full details of the Health and Sport Committee inquiry have yet to be confirmed but issues considered are likely to include: sustainability of the current approach to social care, including care at home and residential care; how social care would look, and be financed, in 2030; the number of different bodies involved in organising or delivering care and support to those in need.



[Research compares Care Inspectorate findings across different sectors](#)

Research using Care Inspectorate data to compare the performance of social care services across different sectors has been published in BMJ Open. The study is authored by Anders Malthe Bach-Mortensen at the University of Oxford and Paul Montgomery at the University of Birmingham. The researchers concluded that providers from the third and public sectors were rated of higher quality and lower risk than for-profit providers, suggesting that “regulators and policymakers should incorporate more thought on how organisations across different sectors are incentivised to manage their resources, as this might influence the subsequent performance of commissioned services”.

[Social Work Scotland President marks World Social Work Day](#)

Social Work Scotland President Jackie Irvine has written about the recognition of the profession in Scotland to mark World Social Work Day. The theme of the day, which took place on 19 March, was promoting the importance of human relationships.

[SSSC LearnCast podcast series available](#)

The Scottish Social Services Council (SSSC) has produced a series of podcasts focusing on digital learning and issues related to living, working and learning online. The LearnCast podcasts can be listened or subscribed to on various platforms, including iTunes, Spotify and Google Play.

[New duty of candour training pack developed – invitation to evaluation workshops](#)

A Duty of Candour Training Pack has been developed by the Scottish Social Services Council (SSSC) in partnership with NHS Education for Scotland (NES) and the Scottish Government. The pack is for experienced trainers across health and social care organisations. Trainers and facilitators are invited to evaluate the training pack and provide feedback at workshops in Glasgow (2 April) and Edinburgh (5 April).

[Study into changing behaviour through compassionate care online course](#)

A study to understand how to help change behaviour through taking part in a massive open online course (MMOC) is being undertaken by the Scottish Improvement Science Collaborating Centre (SISCC). SISCC is looking for people who deliver or manage care to help: co-design and identify behaviour change techniques that could be delivered within a MOOC about compassionate care; take part in the MOOC; answer some questions about their experiences of taking part in the MOOC and if/how it has changed their practice.

[CQC publishes guidance on relationships and sexuality in social care \(England\)](#)

Guidance addressing relationships and sexuality among people who use adult social care services has been published by the Care Quality Commission (CQC). The guidance builds on the CQC’s quality framework, adding additional direction on how care providers should consider people’s relationship and sexuality needs.



Other

[Accounts Commission publishes annual report on local government](#)

The Accounts Commission has published its annual report about local government in Scotland. Auditors found councils were maintaining or improving most services, but they cautioned that future reductions in Scottish Government funding and increasing demand meant changes to service delivery would be required. The report suggests almost 70% of council spending is on education and social care, and when combined with ring-fenced funding for the delivery of Scottish Government policies, councils have limited flexibility in how they spend and save money.

[Consultation on requirement for Changing Places Toilets](#)

A consultation has been launched by the Scottish Government on proposals for the introduction of a requirement for Changing Places Toilets in defined types of larger new buildings. Changing Places Toilets provide sanitary accommodation for people with multiple and complex disabilities who have one or two carers. The consultation closes on 13 May 2019.

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.

It should also be noted that the Care Inspectorate has no liability in respect of the content of external websites which may be signposted on this site.