



Adult  
and  
Health



### Alzheimer's/Dementia

#### [New WHO guidelines on dementia risk reduction](#)

New guidelines on the risk reduction of cognitive decline and dementia have been published by the World Health Organization (WHO). The guidelines are designed to provide a knowledge base for practitioners to advise on preventing cognitive decline and dementia, as well as to inform policy makers to help design programmes that encourage a healthy lifestyle. According to the guidelines, people can reduce their risk of dementia by getting regular exercise, not smoking, avoiding harmful use of alcohol, controlling their weight, eating a healthy diet, and maintaining healthy blood pressure, cholesterol and blood sugar levels.

#### [Call for more inclusive society ahead of Dementia Action Week \(20 – 26 May\)](#)

The Alzheimer's Society is calling on people to start talking and include people living with dementia ahead of Dementia Action Week, which begins on 20 May. According to statistics released to mark the charity's #AskUsAnything campaign, each year 6,000 more people with dementia are predicted to be living by themselves in towns and cities across the UK. There is an estimated 120,000 people living alone with dementia in the UK and it is predicted that this number will double by 2039.

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## Care Homes/Care at Home

### [Call for action to ensure high standards of pharmaceutical care in care homes](#)

The Scottish Government has been urged to “ensure that care home residents have the highest standards of pharmaceutical care, led by pharmacists working with a multi-disciplinary team”. The Royal Pharmaceutical Society (RPS) suggests that community pharmacists are “well placed” to support care homes and calls for the Scottish Government to encourage “more collaboration” in this area. The RPS recently published a report recommending that care homes have dedicated time from pharmacists and their teams embedded in their service.

## Childhood trauma

### [Trauma training programme extended](#)

Advanced training for frontline workers to recognise and respond to the signs and impacts of trauma in childhood will be rolled out in three pilot areas. The National Trauma Training Programme, to be rolled out in Glasgow, Midlothian and Argyll and Bute, gives frontline workers a better understanding of the needs of children and adults who have been affected by traumatic experiences. By March 2021, at least 5,000 workers will have received the training.

### [Head of National Confidential Forum appointed](#)

Jayne Laidlaw has been appointed as Head of the National Confidential Forum. Ms Laidlaw has 30 years’ experience in the voluntary sector supporting individuals and communities experiencing adversity, trauma or deprivation. The Forum gives people who were placed in residential care as children the opportunity to share their experiences through a confidential, supportive and non-judgmental process.

## End of Life/Palliative Care

### [Good Death Week continues across Scotland](#)

People are being encouraged to talk about death more openly as Good Death Week continues until 19 May. The campaign is organised by Good Life, Good Death, Good Grief, and aims to bring together Scottish organisations and individuals to make the issue of death, dying and bereavement more approachable.

### [HIS seeking applications for Living and Dying Well with Frailty Collaborative](#)

Healthcare Improvement Scotland (HIS) is seeking interest from health and social care partnerships and GP clusters to join a new collaborative to improve how people live and die well with frailty. The Living and Dying Well with Frailty Collaborative aims to “improve earlier identification, anticipatory care planning and shared decision-making, and support a multidisciplinary/agency approach so that people living with frailty get the support they need, at the right time, at the right place”. The Collaborative will be open for applications between 17 June and 19 July.



## **Health**

### [Latest register data published by the NMC](#)

The Nursing and Midwifery Council has published the latest data from its register. Included in the data is the number of nurses, midwives and nursing associates currently able to practise in the UK. The report also shows the number of joiners and leavers, and a breakdown of the register by age and field of practice in 2018/19/.

### [NHS Health Scotland publishes final delivery plan ahead of new health body launch](#)

NHS Health Scotland has published its final delivery plan before becoming part of a new public health body next year. The plan sets out the priorities and pieces of work NHS Health Scotland will be taking forward to deliver its vision of a fairer, healthier nation. On 1 April 2020, this role will fall under the remit of Public Health Scotland, a new national body that will provide leadership for improving and protecting the public's health.

### [Operating framework sets out HIS/Scottish Government relationship](#)

An operating framework on the working relationship between Healthcare Improvement Scotland (HIS) and the Scottish Government has been published. The framework sets out the purpose of HIS and the key roles and responsibilities which underpin the relationship between organisation and the Scottish Government.

## **Justice**

### [Minutes from Rape and Sexual Assault Victims Services Taskforce meeting](#)

Minutes from a recent meeting of the Rape and Sexual Assault Victims Services Taskforce have been published by the Scottish Government. The minutes concern a meeting held on 26 February, with subjects discussed including an update on the Health and Justice Collaboration Board and the development of Barnahus.

### [Iriss Insight on managing high-risk sex offenders](#)

An Insight paper on managing high-risk sex offenders has been published by Iriss. The paper outlines relevant policy and research, and draws upon this to inform understanding of persons who commit sexually abusive behaviours and approaches to risk assessment and community management.

## **Learning Disabilities**

### [New survey to find out about lives of people with learning disabilities in Scotland](#)

A survey designed to find out about the lives of people with learning disabilities has been launched by the Scottish Commission for Learning Disabilities (SCLD). Developed in collaboration with key learning disability charities, the survey seeks to find out how people with learning disabilities in Scotland feel about their overall



wellbeing and understand some of the factors that impact on their lives. The survey will run until 30 September.

## **Mental Health**

### [Minutes from Suicide Prevention Leadership Group meeting](#)

Minutes of a recent meeting of the National Suicide Prevention Leadership Group have been published by the Scottish Government. The meeting, which took place on 20 March, included an update on National Suicide Prevention Action Plan actions.

## **Other Health and Social Care**

### [CCPS report on trend of third sector withdrawal from social care market](#)

A report looking at the rising trend in third sector provider withdrawal from the social care market has been published by the Coalition of Care and Support Providers in Scotland (CCPS). CCPS commissioned the University of Strathclyde to carry out research following the identification of a trend in its Business Resilience Survey. Recommendations in the report include: more realistic funding that accounts for the actual cost of care; ending the use of framework agreements that include inadequate hourly rates; jointly agreed minimum contracting standards at a national, regional or local authority level covering such matters as hourly rates, volumes of work and minimum employment standards; include in any future review of the Scottish Government's 10 year SDS strategy an element of joined up thinking that accounts for Fair Work practices.

### [New guidance for social service workers and employers on raising concerns](#)

New guidance on raising concerns in the workplace has been launched by the Scottish Social Services Council (SSSC) and the Care Inspectorate. The guidance is designed to help social service employees and social work students understand their duty and responsibility to take action if they see something that causes concern, as well as providing guidance for employers on their duties and responsibilities.

### [SSSC launches integrated working resources](#)

A suite of new resources to support integrated working has been published by the Scottish Social Services Council (SSSC). The resources, designed to support shared learning experiences and continuous professional learning, include: a Building collaboration and compassion for integrated working booklet; a Facilitation Learning Resource; a Fundamentals in Facilitation Open Badge; and five story telling films.

### [Integration authorities to be focus of pre-budget scrutiny for 2020-21](#)

Integration authorities are to be the focus of the Health and Sport Committee's pre-budget scrutiny for 2020-21 at the Scottish Parliament. The Committee has chosen the subject as integration authorities account for almost half the total health and sport budget, as well as "ongoing concerns" regarding the progress of integration.



The Committee is to host evidence sessions in the coming weeks to inform the work and has published written submissions from a number of integration joint boards.

[Recruitment open for coaching and leadership course](#)

Recruitment is now open for a coaching and leading for improvement course led by NHS Education for Scotland (NES). The three-month Scottish Coaching and Leading for Improvement programme aims to give social service and health managers the skills they need in relation to quality improvement, coaching conversations and leadership. The next programmes will be held in Inverness and Dundee. The closing date for applications is 7 June.

[House of Commons briefing on forthcoming social care green paper \(England\)](#)

A briefing on the UK Government's forthcoming green paper on social care has been published at the House of Commons. The paper notes the continued delay in publication of the green paper and looks at its likely content.

**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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