

Adult  
and  
Health



## COVID-19 – General

### [Five-level restriction system set out in new strategic framework](#)

A new strategic framework setting out new protection measures for suppressing COVID-19 has been published by the Scottish Government. The strategy identifies five levels of intervention which could be imposed locally or nationally, depending on the prevalence of the virus, ranging from close to normality in level zero, to similar to a full lockdown in level four. Local authority areas have since been [notified](#) as to which protection level they will have to adhere to from 2 November.

### [Review of testing strategy published](#)

A review of the Scottish Government's testing strategy has been published by clinical and scientific leads. The review said testing turnaround times and capacity must be the priority, advised that routine testing should be expanded to protect those at high risk, and suggested Scotland was on course to increase overall capacity to 65,000 tests per day by winter. To increase capacity, three regional laboratory hubs are being opening in November and December. Their priority will be testing care home staff and resilience for health boards throughout winter.

### [Care Inspectorate report to the Scottish Parliament on inspections, 28 October](#)

The Care Inspectorate has laid before the Scottish Parliament a report of inspections it has carried out in care services in the

[COVID-19 – General](#)

[Alcohol and Drugs](#)

[Alzheimer's/Dementia](#)

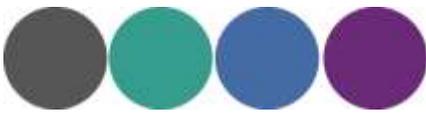
[Care Homes/Care at Home](#)

[End of Life/Palliative Care](#)

[Mental Health](#)

[Older People](#)

[Other Health & Social Care](#)



past two weeks. This report covers inspections we have completed since those detailed in our previous report to parliament on 15 October.

### [Face covering exemption card launched](#)

The Scottish Government has launched a face covering exemption card, to support people who are unable to wear one in public spaces. The exemption card is branded with the Healthier Scotland and NHS Scotland logos under the FACTS for a Safer Scotland campaign. Everyone over the age of 5 who can do so is legally obliged to wear a face covering where it is mandated by law.

### [PPE action plan published by Scottish Government](#)

A Personal Protective Equipment (PPE) action plan has been launched by the Scottish Government. The plan covers health, social care and other settings where COVID-19 could put people at risk, outlining how the government plans to work with partners to develop a sustainable supply chain of PPE, with a special focus on winter planning.

### [Antibody response to COVID-19 reduces over time, study finds](#)

Results from a COVID-19 testing programme have suggested the antibody response to COVID-19 reduces over time following infection. The Imperial College London and Ipsos MORI study, published by the UK Government, found that the number of people with antibodies fell by 26.5% over three months between June and September. The results show antibody response over time varies depending on a person's age and symptoms and suggests that people who did not show symptoms are likely to lose detectable antibodies sooner than those who did show symptoms. It remains unclear whether antibodies provide any effective level of immunity.

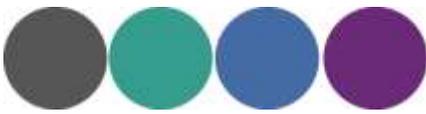
### [Winter preparedness plan developed for NHS](#)

A winter preparedness plan has been developed for NHS Scotland by the Scottish Government. It sets out, at a high level, the broad context and priorities for the NHS until March 2021 for emergency, urgent and routine care, as well as vaccinations, Test and Protect and support for the public and staff. An Adult Social Care Winter plan will be published in early November.

## **Alcohol and Drugs**

### [Latest annual figures on drug related hospital activity](#)

Annual figures for drug related hospital activity for the period 2018-19 have been published by Public Health Scotland. According to the statistics, between 1996-97 and 2018-19 there has been a threefold increase in the rate of drug-related hospital stays in Scotland from 73 to 260 stays per 100,000. In 2018-19 there were 133 stays per 100,000 associated with opioids, with 35-44 years being the most common age group for drug-related hospital stays. Patient rates for 15-24 year olds increased from 126 in 2012-13 to 206 per 100,000 in 2018-19.



## Alzheimer's/Dementia

### [Delirium a key symptom of COVID-19 in frail, older people, study finds](#)

Delirium is a key symptom of COVID-19 in frail, older people, according to a study by researchers at King's College London. Using information from the COVID Symptom Study app and patients admitted to St Thomas' Hospital in London, the study found that older adults admitted to hospital who were classified as frail according to a standard scale were more likely to have had delirium as one of their symptoms than people of the same age who were not classed as frail. The precise biological connection between the two conditions still needs to be understood and, according to the researchers, the findings highlight the need for systematic assessment of frailty for older people, along with awareness and screening for delirium for this vulnerable population in hospitals, care homes and the community.

### [Dementia Centre recruiting for virtual reality research project](#)

The Dementia Centre is recruiting people aged over 50, including those with memory loss, to take part in a virtual reality research project evaluating the age-friendly quality of the UK's housing designs. The research is being undertaken by the Dementia Services Development Centre at the University of Stirling and is looking to recruit participants from November to December for home-based research activities taking place between November and March 2021.

## Care Homes/Care at Home

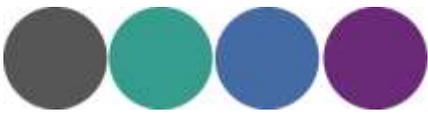
### [Key Question 7 integrated into quality frameworks](#)

The Care Inspectorate has now integrated Key Question 7 into the quality frameworks for care homes for older people and care homes for adults. [Key Question 7](#) was developed to augment our quality frameworks to meet the duties placed on us by the Coronavirus (Scotland) (No. 2) Act and subsequent guidance that we must evaluate (grade) infection prevention and control and staffing.

### [Findings on discharges from hospitals to care homes published](#)

Public Health Scotland has published its findings on discharges from hospitals to care homes during the COVID-19 pandemic. The report is split into two sections: one presents statistics on people aged 18 and over who were discharged from a hospital to a care home between 1 March and 31 May 2020, while the other describes care home outbreaks with an analysis of the factors associated with those outbreaks, specifically including hospital discharges. Among the overarching findings:

- Care home size has the strongest association with outbreaks of COVID-19, and this association persists after taking account of other care home characteristics including discharge from hospital. Risk of a care home outbreak increases progressively as the size of care home increases.
- Hospital discharge is associated with an increased risk of an outbreak when considered on its own. However, after accounting for care home size and



other care home characteristics, the estimated risk of an outbreak associated with hospital discharge reduces and is not statistically significant.

#### [Information from care home census covering 2009 – 2019 published](#)

Public Health Scotland has also published information from the Scottish care home census for adults covering the period from 2008 to 2009 through to 2018 to 2019. The report details the numbers of care homes, registered places, residents, admissions and discharges. According to the report, at the end of March 2019, there were 1,102 care homes for adults and 41,032 registered places, representing a 22% and 5% decrease from March 2009, respectively. The estimated percentage occupancy increased slightly, from 86% to 87%, while residents in care homes for older people accounted for 91% of residents in all care homes for adults.

#### [Updated standards on prevention and management of pressure ulcers published](#)

Updated standards on the prevention and management of pressure ulcers have been published by Healthcare Improvement Scotland. The document updates and replaces the clinical standards published by Healthcare Improvement Scotland in 2016 and incorporates advice contained in the 2009 Quality Improvement Scotland best practice statement. The standards, which apply across health and social care, should be read alongside relevant legislation, policies, national health and wellbeing outcomes and health and social care standards.

#### [Scottish Care postpones Care Home Conference until January](#)

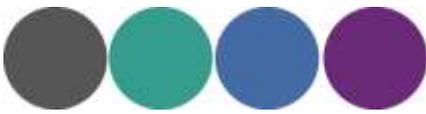
Scottish Care has postponed this year's Care Home Conference, with the event now taking place virtually between 27-29 January 2021. The conference had been scheduled to begin on 25 November; therefore the associated Care Home Awards nomination deadline has also been extended until Monday 16 November.

#### [Scottish Care seeks information to support CHAT implementation](#)

Scottish Care is seeking information to support work to progress implementation of the Care Home Assessment Tool (CHAT) COVID-19 app. Scottish Care is asking care home providers to share the escalation tool carers currently use for recording the deteriorating residents in residential homes. This will help consideration of the best triage tool to support carers to escalate and get medical support.

#### [TEC Scotland launches survey on care homes digital action plan](#)

The Technology Enabled Care (TEC) in Scotland project is seeking views on the [draft action plan](#) for digital approaches in care homes. The survey is designed to give members of the care home community to contribute to the action plan and shape the priorities for the future of digital approaches in care homes across Scotland.



## **End of Life/Palliative Care**

### [Recommendations for use of antibiotics towards end of life published](#)

Good practice recommendations for the use of antibiotics towards the end of life have been published by the Scottish Antimicrobial Prescribing Group (SAPG). SAPG convened a multi-professional group of experts in end of life care and antimicrobial stewardship to develop the recommendations, which were agreed with a focus on three areas: making shared decisions about future care; agreeing clear goals and limits of therapy; reviewing all antibiotic prescribing decisions regularly.

## **Mental Health**

### [RPS Scotland launches new policy on mental health pharmaceutical care](#)

The Royal Pharmaceutical Society (RPS) Scotland has published a policy on improving pharmaceutical care for people with mental health conditions. The policy makes six recommendations to enable enhanced roles for pharmacists in improving care for people with mental health conditions.

## **Older People**

### [Scottish Care Chief Executive calls for Older People's Commissioner](#)

Scottish Care Chief Executive Dr Donald Macaskill has called for an Older People's Commissioner. Marking United Nations Day, Dr Macaskill said ageism "has been at the heart of so much of what has been the experience of older people during this pandemic" and called for "Government and political leadership across the parties in Scotland to take older age seriously and create a post for a Commissioner".

### [Charity launches project to help older people 'move more, sit less' this winter](#)

A health and wellbeing project aimed at encouraging older people, families and carers to keep active at home this winter has been launched by Age Scotland. The Around The House in 80 Days project provides a series of accessible exercises and activities to be done inside the house with the aim of maintaining base-level fitness.

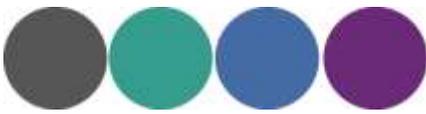
## **Social Work**

### [Iriss launches survey for rural social workers](#)

A short survey seeking to gain insights from rural social workers across Scotland has been launched by Iriss. Iriss is looking to find out what topics would be of most value for rural social workers and what kind of activities would support rural social workers to stay informed, connected and networked.

### [Seminar to reflect on role of social workers in COVID-19 response](#)

A seminar on the role of social workers in response to the COVID-19 pandemic is to be hosted by the British Association of Social Workers (BASW). The seminar will



take place on 25 November and bring together practitioners, policy leads and academics with UK and international experience of responding to COVID-19.

## **Other Health and Social Care**

### [Recommendation to add care workers to shortage occupations list turned down](#)

The UK Government has turned down the Migration Advisory Committee (MAC) [recommendation](#) to add social care workers to the Shortage Occupations List (SOL). The SOL identifies which occupations are in 'shortage and should be subject to different, more favourable, migration arrangements. Writing to MAC, Home Secretary Priti Patel said the Government was not rejecting the advice but will instead continue to consider the recommendations.

### [Minutes and papers from meeting of social care review group](#)

The minutes and papers from the meeting of the Independent Review of Adult Social Care group on Thursday 15 October have been published. The papers include submissions from the Care Inspectorate, Healthcare Improvement Scotland and the Scottish Social Services Council.

### [Report on impact of COVID-19 on care leavers](#)

The Scottish Care Leavers Covenant Alliance has published a briefing paper on supporting care leavers during COVID-19, as part of Care Experienced Week. The paper highlights how the pandemic has exacerbated the precariousness of many care leavers' situations and outlines concerns about support and services. Key priority areas are digital inclusion, continuing care, housing and accommodation, mental health and relationship-based practice.

### [New CEO announced for Iriss](#)

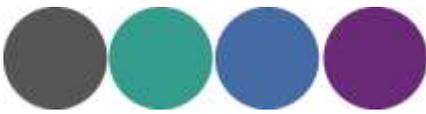
Dee Fraser has been appointed Chief Executive of Iriss and will take up the position on 26 November. She is currently Deputy Director at the Coalition of Care of Care and Support Providers in Scotland (CCPS).

### [Iriss evidence overview on carers' mental and physical health](#)

An overview of evidence relating to carers' mental and physical health has been published by Iriss. The overview concludes that a carer's mental and physical health will have a significant impact upon their ability to provide support for the person they care for and raises concern at the high numbers of carers who think their physical and mental health will limit or remove altogether their ability to care.

### [Westminster committee calls for £7bn sustained investment in social care \(England\)](#)

A Westminster committee has called for "urgent and sustained" investment in social care to address the funding and workforce challenges facing the sector in England. The Health and Social Care Committee examined the funding issues facing social care; challenges facing social care workers; and the long term reform of social care



funding. The committee called for £7bn in sustained investment across social care to resolve the challenges identified in the report.

### [CQC announces no change to fees scheme \(England\)](#)

The Care Quality Commission (CQC) has announced that its fees scheme will not change in 2021/22. For most providers in England, their fees will remain the same as in 2019/20 and 2020/21, providing their registration or size does not change.

#### **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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