



Adult  
and  
Health



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## COVID-19 – General

### [Changes to local authority protection scale levels](#)

The Scottish Government has confirmed that three local authorities, East Lothian, Aberdeen City and Aberdeenshire, will move up a level on the protection scale from Level 2 to 3. All other areas remain unchanged in their levels but a further review of protection levels will be taken on Tuesday 22 December 2020.

### [Guidance on celebrating Christmas](#)

The Scottish Government has joined with the UK and Welsh Governments in issuing guidance on celebrating Christmas. Their strong recommendation is to celebrate within your own household and in your own home, keeping interactions with other households to a minimum. But due to the impact of loneliness on wellbeing, there is flexibility with accompanying guidance on household mixing.



### [Guidance on arrangements for providing financial support](#)

The Scottish Government has published 'Coronavirus (COVID-19): financial support arrangements for social care providers', covering support for sustained, significant impacts to service delivery, and the commitment to meet reasonable additional costs both incurred as a result of the pandemic.

### [Reduction in time people need to self-isolate](#)

The Scottish Government has confirmed a reduction in the amount of time an individual needs to self-isolate from 14 days to ten days. From Monday 14 December, anyone who has had contact with someone who has had a positive test for coronavirus, who is required to quarantine following arrival in Scotland from overseas, or whose close contacts including members of the same household have tested positive for COVID-19 will only be required to self-isolate for ten days.

### [Certificate to provide medical treatment such as the COVID-19 vaccine](#)

A Section 47 certificate, and accompanying guidance for use, has been published by the Scottish Government to be completed by a doctor or other authorised healthcare professional in order to provide non-emergency treatment (such as the COVID-19 vaccine) to an adult who lacks capacity to give or refuse consent.

### [Guidance on Vitamin D](#)

The National Institute for Health and Care Excellence (NICE), together with Public Health England and Scientific Advisory Committee on Nutrition (SACN), has published rapid guidance on Vitamin D for COVID-19, recommending that that more research be conducted on the subject, as there is currently not enough evidence to support taking vitamin D solely to prevent or treat COVID-19. The new guidance states that people should continue to follow the current government advice on daily vitamin D supplementation to maintain bone and muscle health during the COVID-19 pandemic.

### [Managing long-term effects known as Long COVID](#)

A guideline on managing the long-term effects of COVID-19, know as Long COVID, by the National Institute for Health and Care Excellence (NICE), the Royal College of General Practitioners (RCGP) and the Scottish Intercollegiate Guidelines Network (SIGN). The guideline covers the care of people who have signs and symptoms that develop during or after an infection consistent with COVID-19, that continue for more than 4 weeks and are not explained by an alternative diagnosis. It provides recommendations based on the current evidence and expert consensus, and will be adapted as new evidence emerges.

### [Research into care workers' experiences during the first wave of the pandemic](#)

A report has been published by the project 'Social Care in Times of Crisis' on the impact of COVID-19 on the job quality of front line workers, examining the experiences of care workers during the first wave of the pandemic and what they



think about job quality in the care home sector. The report advocates for a culture of care to be influenced by front line voices and enabling improvements in job quality.

### [Weekly COVID-19 statistics published](#)

Public Health Scotland has released its weekly COVID-19 statistical report. By Sunday 13 December, 87,381 individuals had been recorded in the contact tracing software, leading to 246,988 unique contacts being traced. There had been 106,904 confirmed cases, with 5,639 in the latest week. In the week ending 13 December, there were 397 admissions to hospital with confirmed COVID-19 and 35 patients were treated in intensive care.

### [Insight report into designated settings \(England\)](#)

The Care Quality Commission (CQC) has published its latest Insight report on the impact of the pandemic, covering the regional data on designated settings where people with a COVID-positive test result can be discharged safely from hospital. Their findings reportedly suggest that there is wide variation in the number of designated beds when compared with the number of older people in each region and the ongoing rates of infection.

## **Alcohol and Drugs**

### [Drug-related deaths](#)

Statistics on drug-related deaths in Scotland in 2019 have been published by the National Records of Scotland. The number of drug-related deaths in Scotland increased by 6%, from 1,187 in 2018 to 1,264 in 2019, and key findings include that nearly seven in ten drug-related deaths were male, over two thirds were 35 – 54 years old, and heroin and morphine were implicated in more deaths than in any previous year, and over half of the total.

## **Care Homes/Care at Home**

### [Serious and significant concerns about quality of care at Midlothian nursing home](#)

A Care Inspectorate inspection of Thornlea Nursing Home at Loanhead, Midlothian has identified serious and significant concerns about the quality of care experienced by residents and due to these concerns, we have submitted an application to the sheriff court seeking cancellation of the care home's registration. We are working closely with partners including Midlothian Health and Social Care Partnership and the Scottish Government to ensure that residents experience appropriate care during this difficult time.

### [Guidance to support implementation of visitor testing](#)

Following the expansion of the Test and Protect Pathways Programme to include care home visitors, the Scottish Government has published guidance to support care homes to implement visitor testing. Adult care homes are being issued with lateral flow test (LFT) kits to provide an additional layer of protection to existing visiting



guidance, and they are advised to ensure relevant staff complete the training and inform visitors of arrangements.

### [Latest weekly data on COVID-19 in care homes](#)

The latest weekly data on COVID-19 in adult care homes has been published by the Scottish Government. During the week beginning Monday 7 December, there were 133 care homes with active confirmed COVID-19 cases and 73 confirmed COVID-19 deaths.

### [Exploration of how people in care homes can sit less and move on a daily basis](#)

Researchers at the University of Stirling and Paths for All are currently working together to investigate how older people living in care homes in the UK can be supported to Sit Less and Move More as part of their day to day routine. A short survey for staff and volunteers working in care homes is open to gather their experiences. The survey is completely anonymous and takes around 15 minutes to complete and can be accessed both through desktop computers and handheld devices. Any questions about this research can be emailed to Dr Catherine Pemble at [catherine.pemble@stir.ac.uk](mailto:catherine.pemble@stir.ac.uk).

### [Ceilidh in the care home](#)

Tunes in the Hoose, a non-profit Scottish musical community, are providing a free, hour-long virtual ceilidh to be played in every care home in Scotland this Christmas. This invitation also extends to all who rely on care services where this can be facilitated. Ceilidh in the Care Home is a show, filled with the best of Scottish traditional music, dance, festive choir and more, and will be available to everyone from 14 December to download or view online.

### [Impact of COVID-19 on visiting for relatives of care home residents](#)

The Institute for Research and Innovation in Social Services (Iriss) is highlighting the publication of early findings for a research project exploring the impact of COVID-19 visiting restrictions on the relatives of care homes. The 'Creative Covid Care' project explores the creative methods used to encourage positive interaction between care home residents and their loved ones.

## **Learning Disabilities**

### [Progress implementing recommendations to improve regulation \(England\)](#)

The Care Quality Commission (CQC) has published the second report of the independent review of its regulation of Whorlton Hall and overall regulation of mental health, learning disability and/autism services. The report outlines progress made by the CQC to implement the recommendations of the first report, and goes on to make further recommendations.



## **Mental Health**

### [Use of detention of people for mental health care during the pandemic](#)

A report analysing the use of detention of people for mental health care and treatment during the pandemic has been published by the Mental Welfare Commission. The report examines detentions during 1 March to 31 August 2020 to the same period over the previous five years, and the numbers of detained patients who died during this period compared to previous years, as well as which forms of detention were used. Amongst other findings, the examination reportedly shows a rise in detentions of people for care and treatment, but this was in line with rises over recent years, however that differs at health board level as in some areas a notable rise is noted in the numbers of people being detained for the first time during the time period.

## **Older People**

### [Information on COVID-19 to assist older people](#)

The Scottish Government has published information services, resources and helpline numbers to assist older people who may be adversely affected by the COVID-19 pandemic and need support.

## **Other Health and Social Care**

### [Experiences of different groups accessing Self-Directed Support](#)

The Alliance and Self Directed Support Scotland have published several thematic reports focusing on the experiences of different population groups accessing Self-Directed Support (SDS). These reports explore the experiences of People with learning disabilities, Black and minority ethnic people, People with lived experience of mental health problems, Blind and partially sighted people, and Women as users of SDS. The reports aim to highlight the lived experiences of people trying to access and make use of social care in Scotland today.

### [SSSC annual report](#)

The Scottish Social Services Council (SSSC) has published its annual report for 2019 – 2020, setting out their achievements against their four strategic outcomes.

### [Exploring the future of social care](#)

Scottish Care has launched Phase 2 of their 'Collective Care Future' programme which is exploring the future of social care. Whilst Phase 1 looked at understanding the pandemic experience across the social care sector, Phase 2 aims to build a vision for the future that enables wider dialogue around key actions, people and infrastructure required to enable 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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