



Adult and Health

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Covid-19 - General

[Estimates of self-reported long Covid symptoms](#)

The Office for National Statistics (ONS) has published estimates of self-reported long COVID symptoms and associated activity limitation, using COVID-19 and Respiratory Infections Survey (CRIS) data. Reportedly, of those respondents who self-reported long COVID, weakness or tiredness was the most common symptom reported as part of individuals' experience (60%), followed by shortness of breath (48%), muscle ache (42%), difficulty concentrating (37%) and joint pain (34%).



Alcohol and Drugs

[Proposals to reform drug laws](#)

The Scottish Government has published proposals to reform drug laws, which amongst other measures recommends the decriminalisation of all drugs for personal supply, with people found in possession of drugs to be treated and supported. Other proposals include harm reduction measures such as supervised drug consumption facilities, drug checking and increased access to naloxone.

[Rapid Action Drug Alerts and Response \(RADAR\) Alerts on benzodiazepines](#)

Public Health Scotland (PHS) has published guidance on new benzodiazepines for people working and volunteering in drug and alcohol services, emergency services, healthcare and medical settings, and high-risk settings such as prisons and hostels. A [RADAR alert](#) has also been published in relation to the use of new benzodiazepines such as bromazolam.

Alzheimer's/Dementia

[Advice on Dementia Safeguarding Tags pilot](#)

Alzheimer Scotland and Police Scotland are running a pilot scheme with free Dementia Safeguarding Tags, and are advising the public to be aware of scam callers attempting to ask for money for the tags. These tags are part of a small pilot scheme and are, at present, only available in Argyll and Bute, West Dunbartonshire or Oban where they are distributed free of charge.

Care Homes/Care at Home

[Agreement on National Care Home Contract](#)

Scottish Care has made a statement on the agreement reached with COSLA on the National Care Home Contract. Their members have voted to accept the offer made by COSLA for an uplift of 6% on the previous rate and thereby to continue the National Care Home Contract.

Mental Health

[Skilled level facilitation resources for mental health improvement](#)

Public Health Scotland (PHS) and NHS Education for Scotland (NES) have launched four skilled level facilitation packages covering distress and crisis, self-harm prevention and suicide prevention for children and adults. The resources aim to support the education and development of the workforce across health, care and the wider public sector, and provide facilitators with materials to deliver educational training sessions to staff who, in the context of their role, are likely to have direct or substantial contact with people who may be at risk of mental ill health, distress, crisis or suicide and where they may play a role in supporting people's health and wellbeing.



Older People

[Emotional wellbeing](#)

Age Scotland is highlighting evidence on how to enjoy good wellbeing and health in later years, with a focus on emotional wellbeing. Tips given by Age Scotland include recognising your emotions, writing down thoughts and feelings, mindfulness practice, and spending time in nature.

Other Health and Social Care

[Agreement on National Care Service](#)

The Scottish Government has announced that an initial agreement has been reached on accountability arrangements for the National Care Service. Under the agreement, overall legal accountability will be shared between Scottish Government, the NHS and local government. Staff will continue to be employed by local authorities, and councils will still be responsible for assets like buildings and the delivery of services.

[Benchmarking survey and analysis of social care workforce](#)

The HR Voluntary Sector Forum (HRVSF) and Coalition of Care and Support Providers in Scotland (CCPS) have published a report after commissioning the University of Strathclyde to conduct a benchmarking survey and analysis on the social care workforce. The 'Social Care Benchmarking Report' examines recruitment, retention and staffing challenges, including the impact of commissioning and pay uplift processes on pay differentials.

[Royal College of Nursing annual report](#)

The Royal College of Nursing (RCN) has published their annual review for 2022. The review reports on key events and achievements in 2022, and work carried out over the year to achieve their goals and priorities.

[Promoting relationship based practice \(England\)](#)

A new toolkit is being developed by the British Association of Social Workers (BASW), as part of their 80:20 campaign for social workers to be given more time to engage in direct relationship based work. The toolkit will reportedly be a document with a series of 'top tips' explaining to employers and the government about what needs to be improved, ideas for what changes should happen and the impact they would have. BASW are seeking views on what support social workers need to make time for relationship based social work and the closing date is 14 August 2023.

[Examination of Integrated Care Systems \(England\)](#)

Care England has published a report, 'From Inception to Implementation: A Year in Integrated Care Systems', examining how Integrated Care Systems (ICSs) have



developed, and seeks to place a specific focus on how ICSs have managed and overcome pressures associated with the planning, coordination and commissioning of health and care services. Care England held a series of interviews on the themes of new structures and managing the change, identifying and overcoming the pressure points, priorities and ambitions, and where to go next, and make recommendations aimed at ICSs and the UK Government to accelerate integration whilst overcoming identified system barriers.

Other

[Consultation on plan for British Sign Language](#)

The Scottish Government has launched a consultation on a national plan for 2023-2029 on British Sign Language (BSL). The draft actions proposed for the BSL National Plan 2023-29 contains a package of commitments and measures that work together to address the six identified priority areas: BSL data strategy, BSL workforce, support for deaf children, young people and their families, BSL accessibility, the promotion of the heritage and culture of BSL, and social care and wellbeing. The consultation closes on 3 September 2023.

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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