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Covid-19 General

[Scottish Covid-19 Inquiry findings from Let's Be Heard project](#)

The Scottish Covid-19 Public Inquiry has published its first report from the Inquiry's listening project, Let's Be Heard. It includes the preliminary findings from more than 4000 responses and focuses on the three core questions asked by Let's Be Heard. Key findings from the report indicate that many respondents felt that they had received contradictory and inconsistent guidance around rules, restrictions, and the provision of personal protective equipment (PPE), and that key workers reported difficulties in accessing vaccination and childcare.



Alcohol and Drugs

[Literature review on recovery housing](#)

The Scottish Government has published a review of international evidence on recovery housing. The review highlights the key principles of recovery housing, including the implementation of the social model of recovery principles and building residents' recovery capital, and includes a description of different recovery housing models and different levels of recovery housing support. The review found that there is limited research on recovery housing in the UK, with the review failing to identify any literature that directly looked at recovery housing in Scotland. However, the literature review identified one study that explored the key principles of recovery housing in a Scottish context and suggests that the findings from this study indicated that links between recovery housing, well-being and quality of life are relevant to a Scottish context.

Alzheimer's/Dementia

[NICE report on evaluating new dementia treatments](#)

The National Institute for Health and Care Excellence (NICE) has highlighted recent breakthroughs in understanding dementia and emerging new treatments, including DMDTs (disease modifying dementia treatments). Currently there are no licensed DMDTs in the UK, however two new treatments are scheduled for appraisal by NICE next year. NICE is preparing for the assessment of the new treatments and has published a report identifying a number of issues that need to be considered as part of the appraisal process.

[Age Scotland is seeking new dementia activists](#)

Age Scotland has launched an appeal for anyone with lived experience of dementia to join its group of Dementia Activists and to be involved in the charity's About Dementia project.

Mental Health

[Scotland's first self-harm strategy and action plan has been published](#)

The Scottish Government and COSLA have published Scotland's first dedicated self-harm strategy and action plan covering the period 2023-2027. The strategy includes three priority areas: continue to expand and deepen knowledge and embed compassionate understanding of self-harm and tackle stigma and discrimination, continue to build person-centred support and services across Scotland to meet the needs of people affected by self-harm, and review, improve, and share data and evidence to drive improvements in support and service responses for people who have self-harmed, or are at increased risk of doing so. The Action Plan sets out a number of actions under each priority area and recognises the importance of lived and living experiences of self-harm in guiding the delivery of the plan.



[RCN warns of growing mental health crisis among nursing staff](#)

The Royal College of Nursing (RCN) has reported a 98% increase in nursing staff telling the RCN Advice Line that they're having suicidal thoughts in the first 10 months of 2023 compared to the same period last year. The RCN also notes that leading mental health experts suggest that nurses and other health care professionals are at a higher risk of suicide due to work environments, staff shortages and poorly resourced workplaces. It is calling on the government to fund mental health support for nursing staff and to tackle the nursing shortages.

Older People

[Malnutrition and dehydration in older people](#)

Age UK has published an article on the causes and challenges of malnutrition in older people, and what steps can be taken to better recognise the condition. The charity notes that around 1 in 10 people over the age of 65 are either malnourished or at risk of malnutrition, however it highlights that awareness of the condition remains relatively low. Age UK suggests that the first step to finding a solution for this issue is raising awareness of and providing professional training.

Other Health and Social Care

[Joint inspection of adult services in Midlothian HSCP](#)

The Care Inspectorate and Healthcare Improvement Scotland have published a joint inspection report of adult services in Midlothian Health and Social Care Partnership. Inspectors found that most people with physical disabilities and complex needs had positive experiences of integrated and person-centred health and social care, which supported an improved quality of life, and that there was a positive and effective approach to early intervention and prevention support. The inspection report also notes areas for improvement, including support for carers, and ensuring that the partnership has an integrated approach to providing information and advice, so that people can make informed choices about their support, care, and treatment.

[Updated implementation plan for chronic pain service delivery](#)

The Scottish Government has published an updated implementation plan for its Framework for Chronic Pain Service Delivery. The updated implementation plan sets out the government's priorities and actions to reduce the impact of chronic pain on quality of life and wellbeing and improve information, care and services. It also includes a summary of the progress made against the 18 actions outlined in the initial implementation plan which was published in July 2022.

[UK Autumn Statement 2023](#)

Jeremy Hunt presented his [Autumn Statement](#) to the House of Commons last week where he announced a cut in National Insurance Contributions from 12% to 10%, which will be introduced from 6 January 2024, and a 9.8% increase in the National Living Wage. The Scottish Government will receive £545 million in Barnett



consequential. In his speech, Mr Hunt also announced reforms to welfare measures, including rolling out a new programme which requires those who have been unemployed for over 18 months to take part in a mandatory work placement. [Mencap](#) and [Learning Disability Today \(LDT\)](#) have raised their concerns around the introduction of a mandatory work placement and the impact this will have on people with a learning disability who face multiple barriers to gaining employment.

Workforce

[New cultural humility digital resource for health and social care workforce](#)

The NHS Scotland Academy has created a new digital resource to support positive cultural humility values and behaviours across the health and social care workforce. The introductory digital course includes videos, reflective activities, scenarios, and a resource pack.

[RCN calls for NHS-wide pay scheme reform](#)

The Royal College of Nursing (RCN) has highlighted that the Agenda for Change review has reported its recommendations to the Cabinet Secretary for NHS Recovery, Health and Social Care, and is calling on the Scottish Government to approve funding to implement the recommendations set out by the review.

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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