

# Gerontological Demonstration Project



a national project to promote the care of older people through the development of gerontological nursing

issue 3 june 2003

## Welcome

Welcome to the third edition of the newsletter. This edition will provide you with an update on some of the activities and people that are contributing to the on-going work of the project. The project staff are looking forward to further meetings with many of you both on line and face to face in the forthcoming months. I hope that you have an enjoyable summer.

*Nicky Andrew*  
Project Coordinator

## Project News

The Demonstration Project has a busy 12 months ahead with the launch of our second best practice statement 'Working with older people towards prevention and early detection of depression' on the horizon, and work commencing on the 3<sup>rd</sup> and 4<sup>th</sup> statements. The Physical Activity BPS work sees the secondment of Dr Sarah Mitchell, a leading physiotherapist as the expert advisor and she has just started to review the evidence. Dr Petrina Sweeney, who the Core Group will remember for her colourful slides, will begin working with us on the Oral Health Statement in June.

The project staff at Glasgow Caledonian University are busy analysing evaluation data and reporting progress to the various funding agencies. This effort will help us to prepare publications for professional journals to describe our successes and lessons learnt.

As the Demonstration Model is unique we would like to invite link nurses, who

have been active for at least one year and have experiences that they would like to share, to consider co-authoring pieces with us. Have a think about what you have achieved and the messages you wish to convey and we will work with you towards publication. We are pleased to announce that Dr Jo Booth and Christine O'Donnell who took leading roles in the Nutrition Demonstration Site (and Debbie) have written a book chapter on enabling a person with dementia to eat well which was informed by work on the implementation of the BPS: *Chapter 6.2 in Marshall M (2003) Food Glorious Food: Perspectives on Food in Dementia. Hawker Publications.* If you want a copy its on offer at £19.99 but will go up soon!

In autumn as a follow up to the May 28<sup>th</sup> Seminar we intend holding virtual open days and would welcome ideas about what would be useful.

Finally, I would like to reiterate my thanks to our active link nurses, and ask the few of you who have not been able to participate fully and have changed status or are imminently changing to project associate status to keep in touch via the newsletter and website. There are some interesting developments coming soon!

*Debbie Tolson*  
Project Leader

## Best Practice Statements - Update

The development of our second Best Practice Statement 'Working with older people towards prevention and early detection of depression' is now almost complete. At the time of writing we are incorporating comments as a result of

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for more information about the project visit the web site at:  
[www.geronurse.com](http://www.geronurse.com)

the wide circulation and from the experience of the team at the practice demonstration site, Eastwood Court. Comments have been positive and constructive and we have needed to make only minor changes. We are currently waiting for feedback from two influential organisations and plan to have the final draft ready to send to NHS Quality Improvement Scotland (the new organisation that incorporates NMPDU) by the end of May.

We are now turning our attentions to the next two best practice statements. We have already identified our expert for the statement promoting physical activity. She is practising physio, Dr Sarah Mitchell who works with older people in the North Glasgow Trust. Sarah's research interests include osteoporosis and falls prevention. We hope to start work on identifying the evidence for the statement promoting physical activity as soon as possible and to involve those link nurse members who have signed up to be part of the initial development group.

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Post Script

Valerie Provan, link nurse and expert for the Prevention and Early Detection of Depression Statement is leaving the project to take up a consultant nurse post in England. I am sure you will join me in thanking Valerie for her contribution to the project and to wish her well in her new post.

*Irene Schofield*

## Falls Prevention – Taking Positive Steps to Avoid Trips and Falls

Falls, especially in the home, are the most common accident for older people. The older we get, the more serious the consequences of falling becomes and it is therefore important to raise awareness of the issues and measures we can take to hopefully reduce the number of falls suffered.

The Health Education Board for Scotland 'Health in Later Life' programme has worked with a group of experts and interested older people to develop a Falls Prevention Booklet and Video – 'Taking Positive Steps to avoid trips & falls'. Dorothy Paul, comedienne, introduces the video and encourages us to try out simple exercises which help avoid a trip or fall. The video and booklet also discuss some other important prevention measures to reduce the risk. The booklet will be available from GP practices or local pharmacists.

The Falls Prevention Conference, held on 26 November 2002, was the result of an exciting partnership between Health Education Board for Scotland (HEBS), The Royal Society for the Prevention of Accidents (RoSPA), Age Concern Scotland and the National Osteoporosis Society (NOS). The conference successfully brought together over 450 health, social care and voluntary sector professionals together with interested older people and experts in the field of falls prevention and osteoporosis to discuss the latest research, evidence, models and best practice. The aim of the

conference was to highlight falls prevention evidence and practice with practitioners working in this area and raise the profile of falls prevention with the Scottish population. It builds on good practice already going on in Scotland and hopes to support and develop this work further.

Copies of the Falls Prevention Conference Report and Taking Positive Steps booklet are available at [www.hebs.com](http://www.hebs.com) or by faxing NHS Health Scotland on 0131 536 5501.

*Fiona Borrowman*  
Programme Manager  
(health in later life)  
HEBS (now NHS Health Scotland)

## New! Gerontological Nursing Discussion Room

Due to the success of the Virtual College and the amount of interest from the wider Gerontological Nursing community, we are launching a new Discussion Forum for all people interested in the nursing of Older People in Scotland.

You can access the Forum by logging onto [www.geronurse.com](http://www.geronurse.com) and clicking on the 'Discussion Forum' button. By signing up you will be able to communicate with Nurses from all over Scotland.

During the first six months of testing the forum (starting June 2003), we are introducing monthly discussion topics. We hope this will get the forum active and then the 'floor' will be open to practitioners to develop their own discussion themes based on their practice experience and practice development needs.

As well offering access to the vast resource which Nurses, Carers, and Older People themselves comprise, we will also be able to inform practitioners about Virtual College Developments. We look forward to meeting you online.

*Andy Lowndes*  
Practice Development Fellow

## NHS Quality Improvement Scotland (NHS QIS)

NHS QIS, incorporating the remit of the former NMPDU was established on 1<sup>st</sup> January 2003 with a remit to:

- Report to the public on the performance of NHSScotland against nationally agreed standards
- Support NHSScotland in improving the quality of the services it provides.

In some instances, for example, standards in Palliative care, NHS QIS will also become involved with services other than mainstream NHS and on occasion may work with the voluntary, independent and care homes sector. Supporting as well as assessing improvements in the quality of care is vital for improvement and initiatives like the gerontological demonstration project will continue to be important to the organisation. The organisation committed to supporting the project through the production of a further two best practice statements and will work to ensure that guidance developed by this route is integrated with other NHS QIS outputs.

*Rhona Hotchkiss*  
Interim Director, Practice Development & Clinical Effectiveness Support, NHS QIS

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