

The last year has certainly been full of activity as the Queen's Nursing Institute Scotland continues to engage with nurses in the community. Our vision is to promote the delivery of excellent care by nurses working in the community across Scotland. A key part of this is enabling nurses in the community to lead on specific pieces of work that pilot new ways of working, or build the evidence base for primary care and community nursing.

Since September 2013 five new projects have been funded and nine have successfully completed. From developing guidance for patients with heart failure to investigating the connections between dental neglect and broader issues around the care of children, all have made an important contribution. Congratulations to all the Project Leads who worked hard to complete and write up their work.

The Reports are all available at www.qnis.org.uk – why not have a look, and contact the office if you are interested in leading a project in your own area.

Here are a couple of highlights.....

New Venture ADHD Support Group

Attention deficit hyperactivity disorder (ADHD) is a group of behavioural symptoms that include inattentiveness, hyperactivity and impulsiveness. These symptoms can make caring for children with ADHD more stressful than usual. A health visitor in Argyll applied for QNIS funding to set up a support group that would help deal with the isolation, provide activities for children in a safe environment and support for their parents. Through weekly sessions based around physical activity, the children's behaviour and social skills improved and the parents and carers built up supportive networks.

The importance of the group has been recognised by all agencies.

"it's the first time his face has ever been red from playing"

East Pollockshields Early Years Project

The Early Years Project was carried out over two years, and was based in an existing community Early Years centre.

The overall aim was to encourage parents and carers to be proactive in relation to their childrens and families health and wellbeing.

A seven week programme was run twice, which included sessions on oral health, cooking skills and a physical activity. The programme did encourage some parents to make positive changes to their diets and increased their knowledge about issues such as the sugar content in foods and snacks, and the learning will be used to tailor future programmes to be more effective.



Delivering Dignity Programme

In an exciting new development, QNIS have become a funding partner of the Burdett Trust for Nursing. In funding Delivering Dignity Projects it is hoped to improve the healthcare experience of older people by promoting a common understanding of dignity and respect. We are delighted to announce that grants have been awarded to six nurse-led quality improvement projects, set in the community in Scotland. They cover much of Scotland, and represent exciting new collaborations between Care homes, Universities and community nurses.

Enhancing dignity through relational caring conversations is set in Carnbroe Care Centre in Coatbridge. The aim is to celebrate and develop human interaction that promotes dignity between community nurses, residents and families in care homes.

Raising awareness of sensory impairment with nurses working in the community. Sensory impairments pose a threat to older people's sense of dignity, and this project aims to raise awareness, to nurses working in the community, of the information, support and advice available to people with sight and hearing loss in the Western Isles.

Being Mindful of the Carers: a Mindfulness based Cognitive Therapy programme will be delivered to carers of people with dementia in Oban, and its effectiveness assessed.

Drink to Reduce INfection risK-up: A dignified approach to preventing urinary tract infection in older people resident in care homes: Urinary tract infection is the most common type of infection in care homes for older people; this project will test an intervention designed to increase the residents' fluid intake, and evaluate its effectiveness. (see photo left)

Food for Thought: enhancing dietary preferences for the person with advanced dementia. Set in Erskine Home, the aim of this project is to enhance the dignity of older people with advanced dementia using innovative methods to facilitate their food and drink choice.

Living Well with Dementia: Enhancing Dignity & Quality of Life, Using A Novel Intervention, Dignity Therapy. Dignity Therapy is a brief intervention that enhances the lives of people at the end of life; this project aims to determine its effectiveness with people with early dementia.