

SPARK-ing interest in research

Information for care home staff

What is research?

We need to think about what the word 'research' means...

... it means to **discover** new information or **try something new**, finding answers about the best options to improve health and care for all of us.

Being **curious** about finding new ways of doing things or searching out new information is the first step!

Who is research for?

It's for **everyone**!

As a care home team, you are natural researchers... Every time you 'think of something new, try it out, and if it goes well, try it again, or if not change it or forget it', you are doing the start of research.

Why research?

Think of research as one of your **essential tools** in your tool box!

You might not use it every day but it's there when you want to **find out new information** to questions you are curious about.

Research can support you to **be heard** – to make positive change, improve the quality of life of your residents, and to improve your working day.

Taking part in training workshops to develop your research skills and any research or structured reading related to your practice, counts towards your **Continued Professional Development hours** (45 hours required per 3 years of practice).

You are the experts

You know the everyday questions that need to be asked, and you are probably already doing small bits of research in your everyday practice without realising.

Your experiences of working in a care home is valuable in this process – you are the **experts**.

Did you chat today to residents to find out more about their lives and their care, and use the info to inform their care, whilst sharing with other staff? This kind of enquiry is the beginnings of research.

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Curiosity is key

By asking questions and exploring ideas, we can uncover new ways to enhance the care you provide.

Be curious, and ask questions!



Here are some examples of research questions developed by staff in Pobl care homes

- Why does the mental and physical health status of residents seem to decline so rapidly after a stay in hospital for our residents?
- What are the effects of long-term use of many different medications on our residents?
- What is the best evidence regarding how staff should respond to residents living with dementia?



Develop your ideas

Here are some suggestions for areas that you can explore further:

- Identify and nominate **research champions** within your care home to take the lead in supporting staff to discover new information
- Take part in **training workshops** to develop your research skills
- Take part in **research studies** to explore new ways of providing care for the potential benefit for your residents.
- Talk to other staff who are also interested in **asking questions** to discover new information
- **Connect** with other care homes in your group or network, who are based locally that might also have an interest in doing things differently and learning from each other
- **Explore** ways in which research fits into the schedule of your care home community e.g. regular team meetings, specific interest groups

Want to find out more?

ENRICH Cymru is a network of care homes, supporting research and offering in house training workshops to develop your research skills. This, and any research or structured reading related to your practice counts as CPD.

Scan the QR code for more information.

