

Top research tips for care home managers

Key principles

Take time to build relationships with researchers and immerse them in your care home environment. For example, you can invite a researcher along to join your team meeting or to meet the team before a project begins. This will help to ensure the research activities are beneficial and tailored to the needs of your residents and staff.

Actively participate in research-related events and design where possible. As well as improving the quality of research that is done, these activities can build your confidence and provide a fun and refreshing break from daily routines that can give you new perspectives.

Tip 1: Ensure the research is collaborative

- Make sure researchers are prepared to listen to you about the needs of your staff, residents and family members. For example, you should be given the opportunity to explain how the research would be best carried out in your home.
- Encourage researchers to be flexible, in terms of fitting around the schedule of your home.
- Foster a sense of partnership and ensure the research activities align with your home's objectives and capacity. For example, gain as much information as possible from the study team about how long the research visits will take, who they are interested in working with, and what they want to achieve.
- Try to be clear on the purpose and processes involved in the research from the outset, and how it might benefit staff and residents or the home.

Tip 2: Build strong networks and relationships

- Try to engage with networks and organisations that support research, such as [ENRICH Cymru](#), [Health and Care Research Wales](#), [Social Care Wales](#) and [Care Forum Wales](#). These networks provide learning opportunities and help identify relevant studies.
- Consider if each study is right for your residents/staff/family. For example, listen to staff and residents about their views or experiences of taking part.
- Try to reassure residents and staff who may feel anxious about participating in research, ensuring their experiences are positive and valued.
- Advise researchers to get familiar with the care home before they come and do their research. e.g. invite them to come in for an hour a week to talk to staff and residents or engage in everyday activities.

Tip 3: Demonstrate evidence of benefit

- Use evidence from research involvement to demonstrate benefits to regulators such as Care Inspectorate Wales (CIW). For example, this evidence can be gathered from researchers, staff, and residents, showcasing the direct impact of research projects within the home.
- Regular bi-annual quality of care reports and monitoring can draw on research evidence. For example, managers could also ask staff and residents how they benefitted from being part of a research project and use this as evidence of direct impact within the home.
- Outline the main benefits to staff. For example, involvement in research can be evidenced in the Continuing professional development (CPD) hours for all your staff.
- Consider any possible wider implications of being part of a research study: improving staff confidence or training opportunities.

These top tips were co-produced by a group of care home managers and staff, along with care home researchers, as part of an ENRICH Cymru workshop run with Dr Laura Brown from Manchester University (December 2024). Thank you to the care homes (Pilipala Care Ltd, Swn-y-Mor Care Centre, and the Hafod Care group), researchers from Cardiff Metropolitan University and Swansea University, the ENRICH Cymru Advisory board and Dr Laura Brown for working with us to produce this resource.

Awgrymiadau ymchwil da ar gyfer rheolwyr cartrefi gofal

Egwyddorion allweddol

Cymerwch amser i feithrin cydberthnasau ag ymchwilwyr a sicrhau eu bod yn gyfarwydd ag amgylchedd eich cartref gofal. Er enghraifft, gallwch chi wahodd ymchwilydd i ymuno â chyfarfod tîm neu gyfarfod â'r tîm cyn dechrau prosiect. Bydd hyn yn helpu i sicrhau bod y gweithgareddau ymchwil yn fuddiol ac wedi'u teilwra i anghenion eich preswylwyr a'ch staff.

Cymerwch ran weithredol mewn gwaith dylunio a digwyddiadau sy'n gysylltiedig ag ymchwil lle y bo'n bosibl. Yn ogystal â gwella ansawdd yr ymchwil sy'n cael ei gwneud, gall y gweithgareddau hyn wneud i chi deimlo'n fwy hyderus a rhoi saib difyr ac adfywiol o arferion bob dydd sy'n gallu rhoi persbectifau newydd i chi.

Awgrym 1: Gwneud yn siŵr bod yr ymchwil yn gydweithrediadol

- Gwnewch yn siŵr bod ymchwilwyr yn barod i wrando arnoch chi am anghenion eich staff, preswylwyr ac aelodau teulu. Er enghraifft, dylech chi gael y cyfle i egluro beth fyddai'r ffordd orau o gynnal yr ymchwil yn eich cartref.
- Anogwch ymchwilwyr i fod yn hyblyg, o ran ffitio i mewn i amserlen eich cartref.
- Ewch ati i feithrin ymdeimlad o bartneriaeth a gwnewch yn siŵr bod y gweithgareddau ymchwil yn cyd-fynd ag amcanion a chapasiti eich cartref. Er enghraifft, gofynnwch am gymaint o wybodaeth â phosibl gan dîm yr astudiaeth am ba mor hir y bydd yr ymweliadau ymchwil yn eu cymryd, pwy mae ganddyn nhw ddiddordeb mewn gweithio gyda nhw, a'r hyn maen nhw eisiau ei gyflawni.
- Ceisiwch fod yn glir ynghylch diben yr ymchwil a'r prosesau cysylltiedig o'r cychwyn cyntaf, a sut y gallai bod o fudd i staff a phreswylwyr neu'r cartref.

Awgrym 2: Meithrin rhwydweithiau a chydberthnasau cryf

- Ceisiwch ymgysylltu â rhwydweithiau a sefydliadau sy'n cefnogi ymchwil, fel [ENRICH Cymru](#), [Ymchwil Iechyd a Gofal Cymru](#), [Gofal Cymdeithasol Cymru](#) a [Fforwm Gofal Cymru](#). Mae'r rhwydweithiau hyn yn darparu cyfleoedd dysgu ac yn helpu i nodi astudiaethau perthnasol.
- Ystyriwch a yw pob astudiaeth yn iawn ar gyfer eich preswylwyr/staff/teulu. Er enghraifft, gwrandewch ar farn neu brofiadau staff a phreswylwyr am gymryd rhan.
- Ceisiwch roi sicrwydd i breswylwyr a staff a all fod yn teimlo'n bryderus am gymryd rhan mewn ymchwil, gan sicrhau bod eu profiadau yn gadarnhaol ac yn cael eu gwerthfawrogi.
- Cynghorwch ymchwilwyr i ymgyfarwyddo â'r cartref gofal cyn iddynt ddod i wneud eu gwaith ymchwil e.e. gwahoddwch nhw i ddod i mewn am awr yr wythnos i siarad â staff a phreswylwyr neu gymryd rhan mewn gweithgareddau bob dydd.

Awgrym 3: Dangos tystiolaeth o fudd

- Defnyddiwch dystiolaeth o gymryd rhan mewn ymchwil i ddangos manteision i reoleiddwyr fel Arolygiaeth Gofal Cymru (AGC). Er enghraifft, gall y dystiolaeth hon gael ei chasglu gan ymchwilwyr, staff a phreswylwyr, i ddangos effaith uniongyrchol prosiectau ymchwil yn y cartref.
- Gall tystiolaeth ymchwil gael ei defnyddio ar gyfer monitro ac adroddiadau ansawdd gofal rheolaidd ddwywaith y flwyddyn. Er enghraifft, gallai rheolwyr hefyd ofyn i staff a phreswylwyr am y budd a gawsant o fod yn rhan o brosiect ymchwil a defnyddio hyn fel tystiolaeth o effaith uniongyrchol yn y cartref.
- Amlinellwch y prif fanteision i staff. Er enghraifft, gellir dangos cyfleoedd i gymryd rhan mewn ymchwil yn yr oriau datblygiad proffesiynol parhaus (DPP) ar gyfer pob aelod o staff.
- Ystyriwch unrhyw oblygiadau ehangach posibl o fod yn rhan o astudiaeth ymchwil: gwella hyder staff neu gyfleoedd hyfforddi.

Cafodd yr awgrymiadau da hyn eu cydgynhyrchu gan grŵp o reolwyr cartrefi gofal a staff, ynghyd ag ymchwilwyr mewn cartrefi gofal, fel rhan o weithdy ENRICH Cymru a gynhaliwyd gyda Dr Laura Brown o Brifysgol Manceinion (Rhagfyr 2024). Diolch i'r cartrefi gofal (Pilipala Care Ltd, Canolfan Gofal Sŵn-y-Môr, a grŵp Hafod Care), ymchwilwyr o Brifysgol Metropolitan Caerdydd a Phrifysgol Abertawe, bwrdd cynghori ENRICH Cymru a Dr Laura Brown am weithio gyda ni i gynhyrchu'r adnodd hwn.