

A collaborative approach to reducing stress and distress for people living with dementia

A national partnership is strengthening dementia care in Scotland by uniting improvement methods with education and regulatory frameworks to reduce stress, distress, and improve outcomes across health and care settings.

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Aim

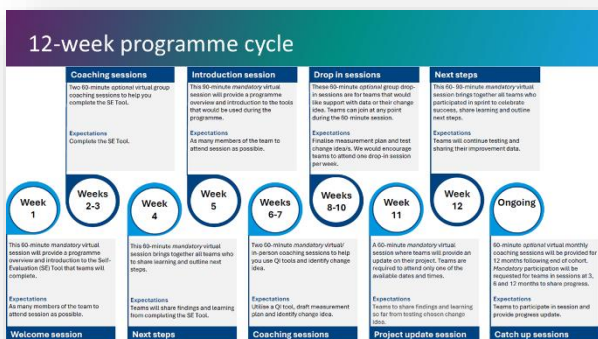
Stress and distress in health and social care settings negatively impacts on the wellbeing of people receiving support, unpaid carers and workers. A Scotland wide collaborative between Healthcare Improvement Scotland, the Care Inspectorate and NHS Education for Scotland aims to align quality improvement with national frameworks on education and regulation to support trauma-informed, person-centred approaches that reduce stress and distress.



Methods

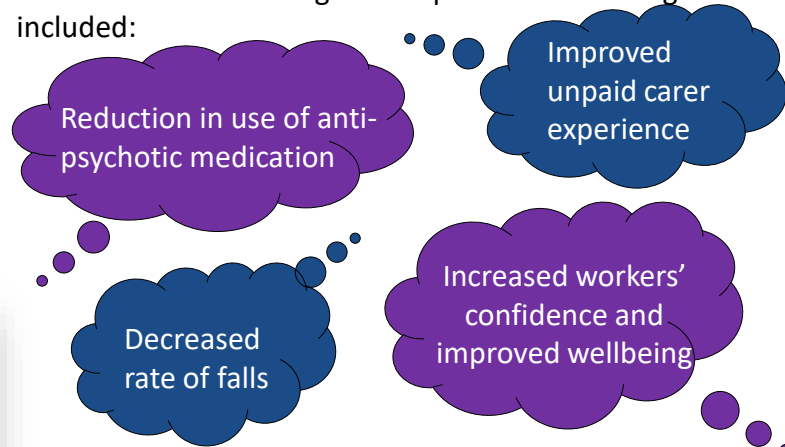
The collaboration delivered a structured 12-week improvement programme to support hospital and care home teams to develop clear improvement plans. Key activities included:

- Development of a self-evaluation tool that encouraged appreciative enquiry for teams
- Support to understand the role of effective dementia education
- Tailored coaching support to identify drivers for change, test interventions, collect data, and reflect on learning.



Outcomes/results

The programme successfully brought care home and hospital teams together around similar challenges and enabled shared learning. The impact of ideas being tested included:



The collaborative approach resulted in improved alignment between improvement support and education. Education was a key component for improvement for many teams in the programme – by addressing education needs within an improvement programme it has ensured that the focus is on the impact of training and in supporting change in culture or practice within a service leading to improved quality of care (enabling learning into practice).

Conclusion

The collaboration has demonstrated the value of partnership working across national organisations through consistent messaging, reduced duplication, and sustainable practice change. There has been positive impact for the organisations involved, the participating teams and ultimately for people living with dementia and their unpaid carers.

References

We would like to thank all the hospital and care home teams that participated in the Reducing Stress and Distress Improvement Programme

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