

# Adult Social Care Nurses Network meeting

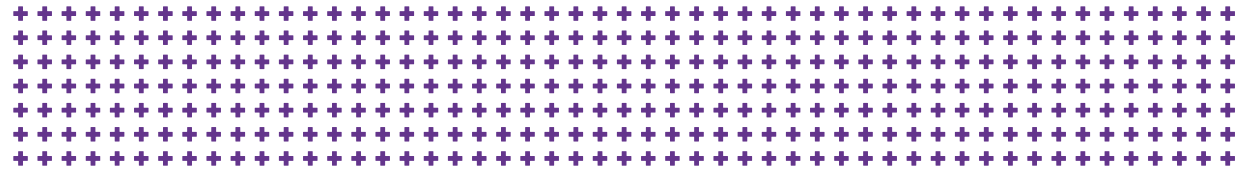
## SUMMARY

### Research in Adult Social Care

[Dr Zena Aldridge](#) RMHN MA QN FRSA, NIHR Nursing and Midwifery Associate Director for Social Care, Director of the NIHR Researcher Development Programme for Social Care Nurses, NIHR

[Stuart Wright](#), Dementia Care Lead, Brunelcare

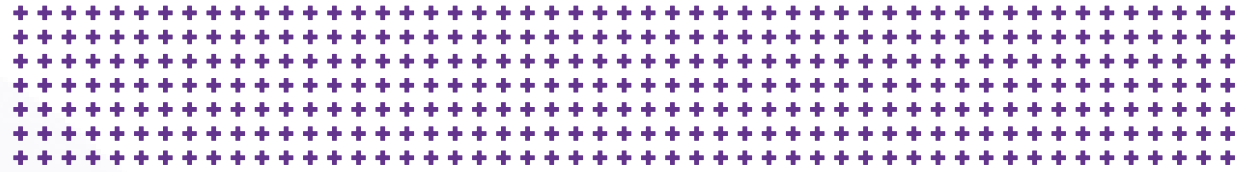
Tuesday 2 December 2025  
2pm - 4pm, via Zoom



## Co-Chair's Welcome

Teresa Chinn MBE RN QN, Co-chair for the QICN Adult Social Care Nursing Network. Nursing and Care Homes Support, Brunelcare and Melanie Furness BEM MSc RGN QN, Nursing Moving with Dignity Team Manager/Nurse, Norfolk County Council.

- Welcome everybody! We have an excellent agenda today. Thank you to Zena and Stuart for giving of their time and expertise
- This meeting will focus research in Adult Social Care.
- As you know, we have merged the Care Home Nurses Network and the IPC Champions Network and are now the Adult Social Care Nurses Network .
- To join the Adult Social Care Nurse Network, [please click here](#). To join our private Facebook book, [click here](#).
- To get in touch please email: [agnes.fanning@qicn.org.uk](mailto:agnes.fanning@qicn.org.uk)



# Improving Research Capacity and Capability in Social Care Nursing: Opportunities, Challenges, and a Bit of Myth Busting

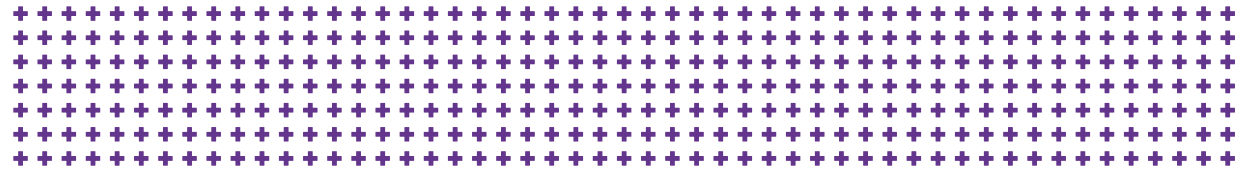
Dr Zena Aldridge QN, NIHR Nursing and Midwifery Associate Director for Social Care, Director the Researcher Development Programme for Social Care Nurses

## Enhancing Research in Social Care

- Dr Aldridge presented her career journey and discussed the importance of research in social care nursing.
- She highlighted the challenges faced by social care nurses in accessing research opportunities and the need to demystify research for this group.
- Zena introduced an NIHR programme offering research opportunities for social care nurses, aiming to increase their involvement in research and improve their professional identity.
- She encouraged attendees to consider applying for Cohort 2 of the programme and discussed potential barriers to participation.

## Nursing PhD Opportunities and Support

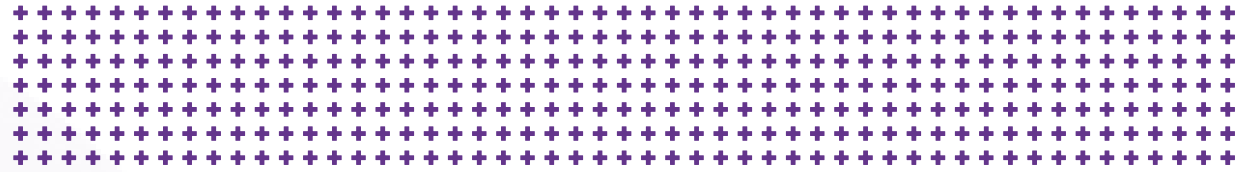
- Zena discussed the opportunities for nurses to pursue PhDs or professional doctorates, emphasising that age is not a barrier and support is available for those balancing academic pursuits with personal and professional commitments.
- She highlighted the importance of enabling conversations about career aspirations and the value of bringing experience to academic and research environments.



## Improving Research Capacity and Capability in Social Care Nursing: Opportunities, Challenges, and a Bit of Myth Busting

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- Zena also addressed the need to integrate research into social care nursing practice, suggesting that more role models and visible advocates for research are necessary to demonstrate its value.
- Zena emphasised the need to break down barriers and include the sector in research, highlighting the Vivaldi Social Care study as an example.
- The group discussed challenges such as lack of time, high workloads, and the need for organizational support in social care settings.
- Zena agreed with an attendee comment that cultural shifts and leadership support are crucial for encouraging questioning and curiosity among practitioners.
- The conversation ended with Zena offering support to colleagues interested in accessing research opportunities, despite potential challenges with their employers.



# Namaste Care: An Antidote to the Pandemic...and Beyond

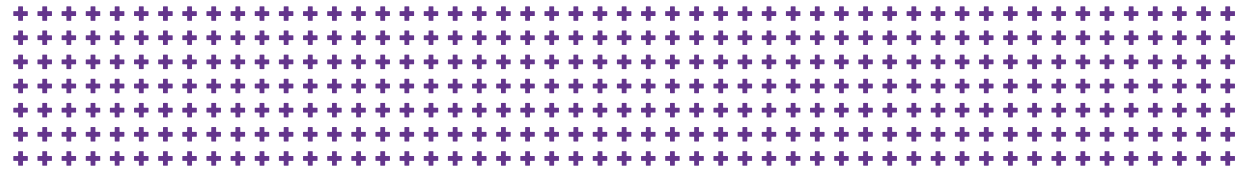
Stuart Wright, Dementia Care Lead, Brunelcare

## Namaste Care and Dementia Training

- Stuart Wright from Brunelcare presented on Namaste Care, an evidence-based approach to dementia care that focuses on relationship-building and connection.
- He shared insights from a Worcester University study that demonstrated Namaste Care's effectiveness in reducing distress behaviours and improving quality of life in care homes.
- Stuart discussed how the COVID-19 pandemic had shifted care homes towards task-focused care, leading to increased isolation and antipsychotic prescribing.
- Stuart concluded by describing how he implemented Namaste Care at a new care home, resulting in successful group activities for residents.

## Namaste Care Implementation Success

- Stuart presented on the implementation of Namaste Care, a sensory-based intervention for people with dementia, highlighting its success in improving resident well-being, staff confidence, and family engagement.
- He shared evidence of weight gain, reduced medication use, and enhanced emotional regulation among residents, as well as staff empowerment and cultural transformation in care homes.
- The presentation emphasized the importance of trust, training, and a holistic approach to care, with Stuart advising others to trust their instincts and find supporting evidence for innovative practices.



## Meeting Conclusion

Dr Agnes Fanning Fellow HEA. CNO Gold Award. Assistant Director of Nursing Programmes (Standards). Faculty Lead for Adult Social Care Nursing, The QICN

- Dr Agnes Fanning provided updates on the Adult Social Care Nursing Faculty, encouraging participation in surveys, writing blogs, and pursuing career progression opportunities.

## Network Announcements:

The next Adult Social Care Nursing Network webinar is scheduled to take place on Tuesday 3rd February 2026, 2:00–4:00pm on Zoom. Sign up for the [next webinar here](#)

If you would like to contribute to a future meeting, or have a request for information from the network, please contact [agnes.fanning@qicn.org.uk](mailto:agnes.fanning@qicn.org.uk).

We'd welcome any suggestions for future meeting topics and would like to hear from anyone interested in writing a blog post for the QICN website.