



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

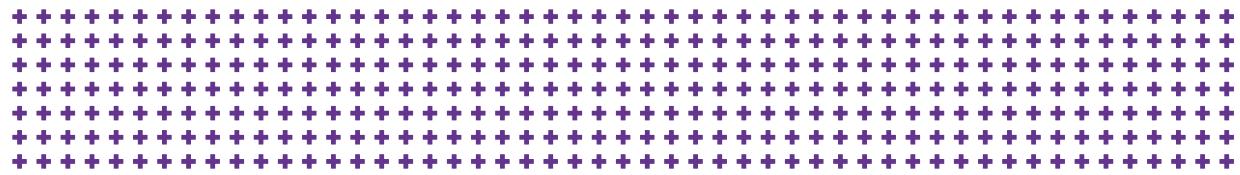


The Queen's
Institute of
Community
Nursing

Adult Social Care Nurses Network meeting

2 December 2025

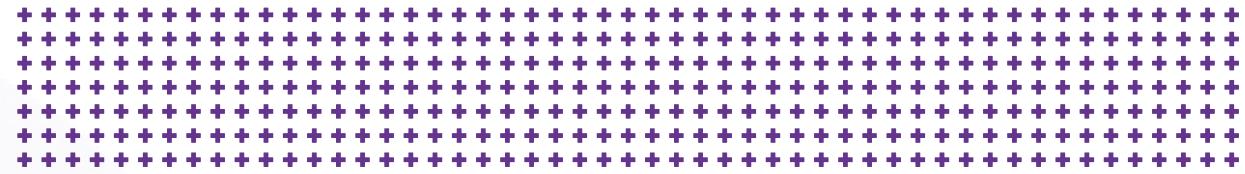
SUMMARY



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



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

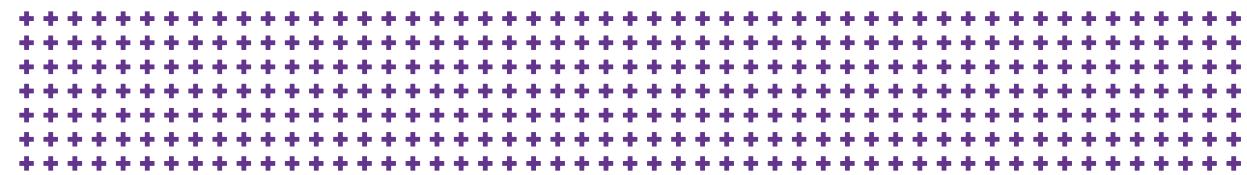
Dr Zena Aldridge QN, NIHR Nursing and Midwifery Associate Director for Social Care, Director the Researcher Development Programme for Social Care Nurses

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

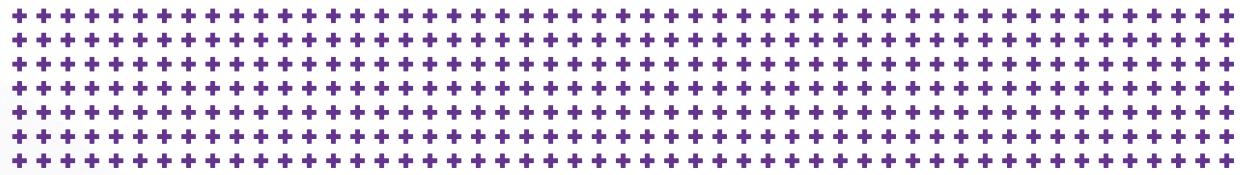
- Zena discussed the opportunities for nurses to pursue PhDs or professional doctorates, emphasising that age is not a barrier and support is available for those balancing academic pursuits with personal and professional commitments.
- She highlighted the importance of enabling conversations about career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

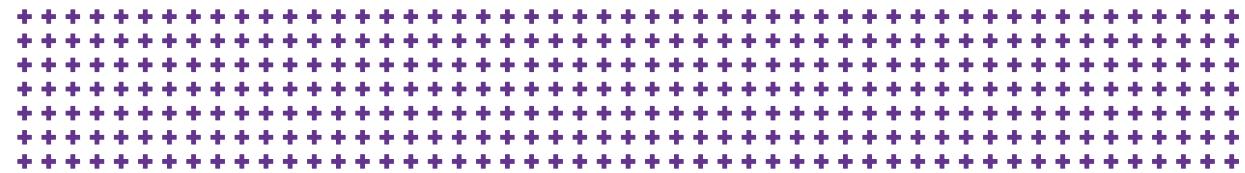
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Namaste Care and Dementia Training

- 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.

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.