



RESEARCH & INNOVATION IN CARE HOMES

Nuno Santos Lopes
Director of Research & Innovation



The pillars of Nightingale Hammerson



Resident



Resident's support network



Education



Research and innovation





Why invest in Research & Innovation

Invest to continuously challenge ourselves to improve the service delivery

4 ways in which we challenge ourselves:

- Student Placements
- Publications
- Practical Advice Content
- Research



Why Research & Innovation now?

- Social care at tipping point
- Increasing complexity of Residents needs
- Funding gaps
- Need to move from reactive to proactive care

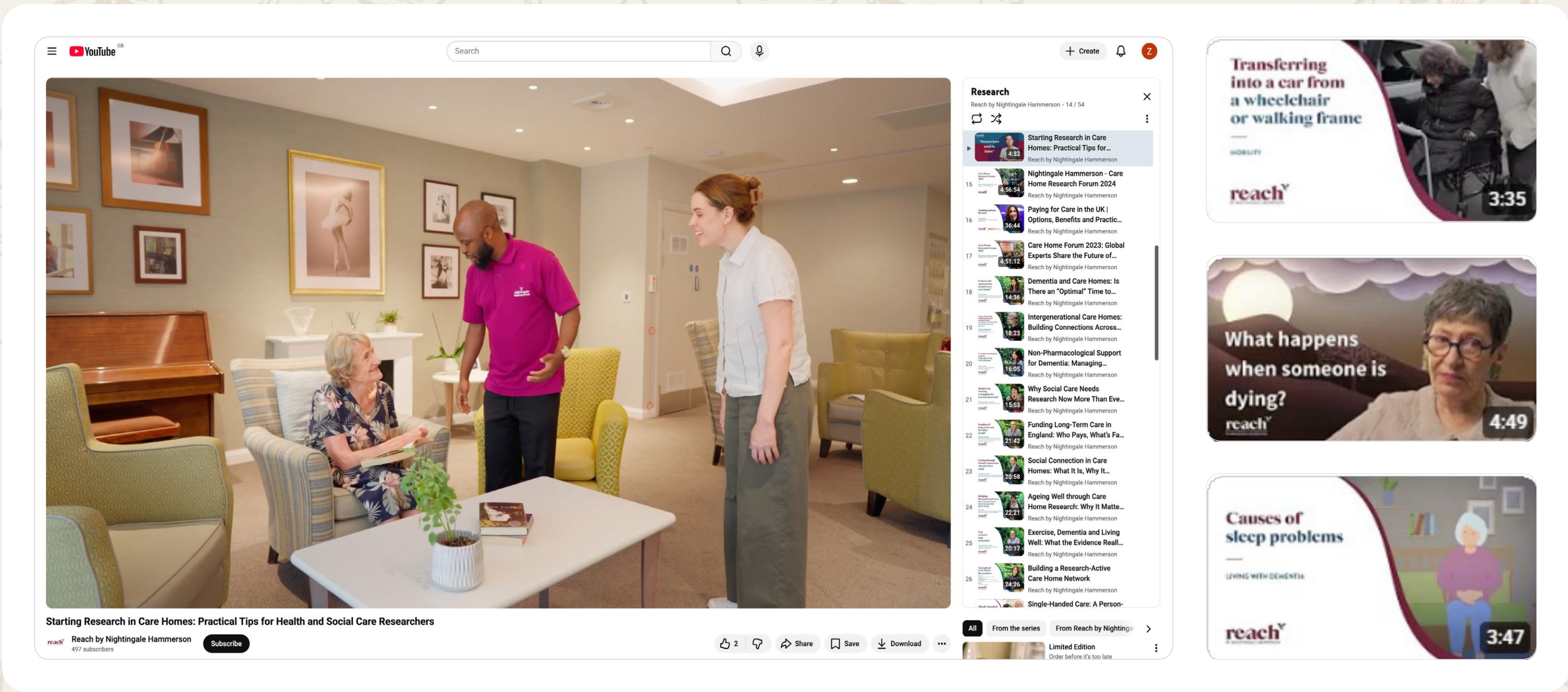




What Research & Innovation looks like in a care home

- Strategic objective for the organisation
- Have opportunities for involvement across all the organisation
- Listen to Residents feedback
- Unique selling point
- Raise funds

How we have invested in Research & Innovation



The screenshot shows a YouTube video player with the following content:

- Video Title:** Starting Research in Care Homes: Practical Tips for Health and Social Care Researchers
- Channel:** Reach by Nightingale Hammerson (497 subscribers)
- Thumbnail:** A man in a pink polo shirt and a woman in a white shirt standing in a care home lounge, talking to an elderly woman seated in a chair.
- Right-hand Playlist:**
 - Research (14 / 54)
 - Starting Research in Care Homes: Practical Tips for... (4:32)
 - Nightingale Hammerson - Care Home Research Forum 2024 (4:56:54)
 - Paying for Care in the UK | Options, Benefits and Practi... (36:44)
 - Care Home Forum 2023: Global Experts Share the Future of... (4:51:12)
 - Dementia and Care Homes: Is There an "Optimal" Time to... (14:36)
 - Intergenerational Care Homes: Building Connections Across... (18:23)
 - Non-Pharmacological Support for Dementia: Managing... (16:05)
 - Why Social Care Needs Research Now More Than Eve... (15:53)
 - Funding Long-Term Care in England: Who Pays, What's Fa... (21:42)
 - Social Connection in Care Homes: What It Is, Why It... (20:58)
 - Ageing Well through Care Home Research: Why It Matte... (22:21)
 - Exercise, Dementia and Living Well: What the Evidence Reall... (20:17)
 - Building a Research-Active Care Home Network (24:26)
 - Single-Handed Care: A Person...
- Bottom Right:** Limited Edition (Order before it's too late)



Scan the QR code to access Practical advice videos



How we have invested in Research & Innovation



Book your place for the **2026 Care Home Research Forum**



A vertical poster for the Care Home Research Forum 2025. At the top, it features the logos for "reach BY NIGHTINGALE HAMMERSON" and "nightingale hammerson". Below the logos is a collage of images showing people in professional settings. On the right side of the collage, the date "6TH NOVEMBER" is written vertically. At the bottom of the poster, the text reads: "Care Home RESEARCH FORUM 2025", "HAMMERSON HOUSE, WOHL CAMPUS". At the very bottom, it says "SPONSORED BY - NIHR | Research Delivery Network" and "CareHomeLife".

Who we have invested in Research & Innovation with?

 Student placements

“

I have been fortunate to learn under your guidance, and I would like to express how valuable your support has been to my professional and academic development.”

– Diana, Student from King’s College London

“

I am very grateful for the opportunity to have learned from you; you have skills that any student nurse would be lucky to have had as a learning tool.”

– Lucy, Student from UEL University



Our Pillars of Care

190
Residents



Over
100
free practical
advice videos

80
research
studies
delivered



153
Volunteers



728
Relatives/
next of kin

470
Team
members

Our outcomes

01 Improved care ratings



02 Decrease in times the ambulance at Hammerson House is called



03 Increased awards recognition



04 Increased team public speaking opportunities to share our expertise

Our outcomes

05 Increased visibility in publications



Scan the QR code to visit our **website to learn more**

July 2025

THE CURRENT STATE OF DEMENTIA DIAGNOSIS AND CARE IN ENGLAND

Prepared by

CAN CARE HOMES BE THE HOSPICES OF THE FUTURE?

nightingale hammerson

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BACKGROUND

In the past 10 years a gradual increase in the frailty, vulnerability and complexity of care home residents has been observed with an increased need for palliative care support, skills and expertise.

In 2022, most deaths of long-term care home residents registered in England occurred within their care homes (87.2%), compared with 12.3% that occurred in hospitals and 0.3% occurring elsewhere.

Nightingale House, is a good example of collaborative work that led to 50% of the annual deaths happening within the service, with maximal input from the local hospice.

AIM

This case study aims to highlight some of the outcomes related to the provision of end-of-life care in a Care Home rated 'Outstanding' by the Care Quality Commission.

METHODS

The study used a retrospective cohort method that involved searching and interpreting our patient database regarding the records of residents who died between August 2022 to September 2024 at Nightingale House.

The following fields were analysed:

- The recorded advance care plan
- Whether preferred place of care/death was recorded
- Recorded ending of treatment

RESULTS

Between August 2022 to September 2024, there were 41 deaths identified, within a total of 545 residents. Only 4 (10%) died in the hospital, 37 (90%) died in the care home.

Of these, 100% had an advance care plan.

All the 4 Residents who died in the hospital had an advance care plan, and they would go to hospital for resuscitation, and their wishes were respected.

DISCUSSION

Compared to national data, it can be observed that there were a higher percentage of care home deaths at Nightingale compared to national average.

Contributing factors include the systematic end-of-life education provided to team members on palliative care, the coding of prognosis, the compliance with end of life medications, plus the multidisciplinary team within the home, which is unique. The care home (via its charitable foundation) has a team of General Practitioners, Occupational Therapists, Physiotherapists, Advance Nurse Practitioner, Palliative Care Lead, Pharmacist, and Spiritual Care Lead who all work closely with residents, their families and care staff.

REFERENCES

Lopes, N. & Taylor, R. (2024, May). Could Care Homes be the Hospices of the Future? Care UK, (134), 28-29.

OPix for National Statistics (ONS), released 8 November 2023, ONS website, statistical bulletin, Deaths of care home residents, England and Wales: 2022

Hearing Loss in Care Homes - a Call to Action

Engage, CARE ENGLAND, reach

Relationship Centred Care in Care Homes

CONCEPT AND KEY STEPS TO ITS IMPLEMENTATION

reach, nightingale hammerson, MACROSAD

Are two people always required for moving and handling?

HOW IMPLEMENTING SINGLE-HANDED CARE COULD BENEFIT YOUR SERVICE, STAFF, AND RESIDENTS' WELLBEING

GUEST COLUMN: THE VITAL ROLE OF NURSES IN CARE HOMES

Nuno Santos Lopes, SCNAC co-chair for London and director of care for Nightingale Hammerson, reflects on the importance of nursing in the sector

reducing unnecessary hospital admissions, helping people to live better at home, offering opportunities for people to spend less time in hospital by discharging as soon as possible, and by offering high quality, long term residential care through to end of life care. These are just a few of the areas social care covers to support the care needs of our country.

The London Social Care Nursing Advisory Council is on a mission to join forces with all parties within social care including nurses, NHS, ICBs, local authorities, domiciliary care, care homes, mental health services, learning disability services, hospices, NMC, Royal College of Nursing, Care England, patient representatives, National Institute for Health and Care Research (NIHR) and any other key parties who can help to actively make improvements.

Our first mission is to define the population needs so that we can then best decide how to focus our energy in order to provide the best advice on how social care, NHS and Government can deliver the best, most cost-effective care to our population. This is the beginning of a challenging and impactful mission to help the lives of millions of people. Together we are stronger!

For the first time ever, Care Show London are extending their invitation specifically to nurses, student nurses and nursing associates - please join us at our first SCNAC's lounge at the ExCeL on 30th April and 1st May. Book your free ticket at <https://care-show-london-2025.org/booz/scene>

Our outcomes

06

Team growth

- Team retention: **staff turnover 8.1%**
(National average 23.9%)
- Team diversity: team members from **all 5 continents** that have grown in-house
- Our current longest standing team member has been with us for **38 years**



NIHR | National Institute for
Health and Care Research

20
Years



Social Care Research Conference

Governors Hall, St Thomas' Hospital

Thursday 5 March 2026

Hosted by NIHR South London
Regional Research Delivery Network

Research Opportunities

Examples of funding opportunities through the NIHR

1. Strategic funding 2026/27
2. Wider care settings funding 2026/27
3. Developing Research Leader Programme
4. Practical Evaluation Scheme – NIHR
School for Social Care Research



Challenge the Status Quo



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