

# IDENTIFYING BARRIERS AND FACILITATORS TO THE INCLUSION OF UK CARE HOME RESIDENTS IN RESEARCH: A SCOPING REVIEW

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## BACKGROUND, METHODS AND RESULTS

Increasing the opportunities and ability for care home residents to be included in research, including greater inclusivity of residents with cognitive impairment, is urgently needed. In health and social care research, adequate representation of the population who are likely to benefit from the research is important in order to support the generalisability and application of research findings in practice. Representation is needed in care home research to allow for generalisable evidence-based findings to inform and increase the quality of person-centred care for older adults living in these facilities. To better understand why older adults living in care homes are often excluded, and therefore underrepresented, we aimed to:

- Identify resident-related barriers and facilitators to including older people living in UK care homes in research
- Identify potential interventions to appropriately modify identified barriers and facilitators.

The protocol for this scoping review followed the scoping review protocol framework by Peters et al. (2022; [1]) and can be found at: <https://osf.io/fdy78>

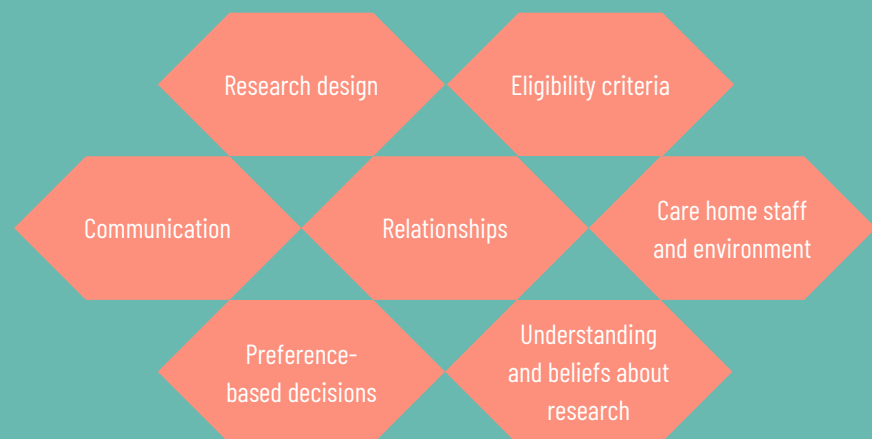
**Methods.** Arksey and O'Malley's (2005, [2]) scoping review methodological framework was followed, comprising of six stages: identifying the research question; identifying relevant studies; selecting studies; charting the data; collating, summarising, and reporting the results; and consultation.

**Eligibility.** Studies and other information sources were included in the review if they: (1) included care home residents, residents' family members, care home staff, or researchers; (2) mentioned barriers or facilitators to inclusion, or suggestions/advice for modifying barriers or facilitators; (3) took place in UK care home settings; (4) were published between 2005 and the commencement of the review; (5) were published in English.

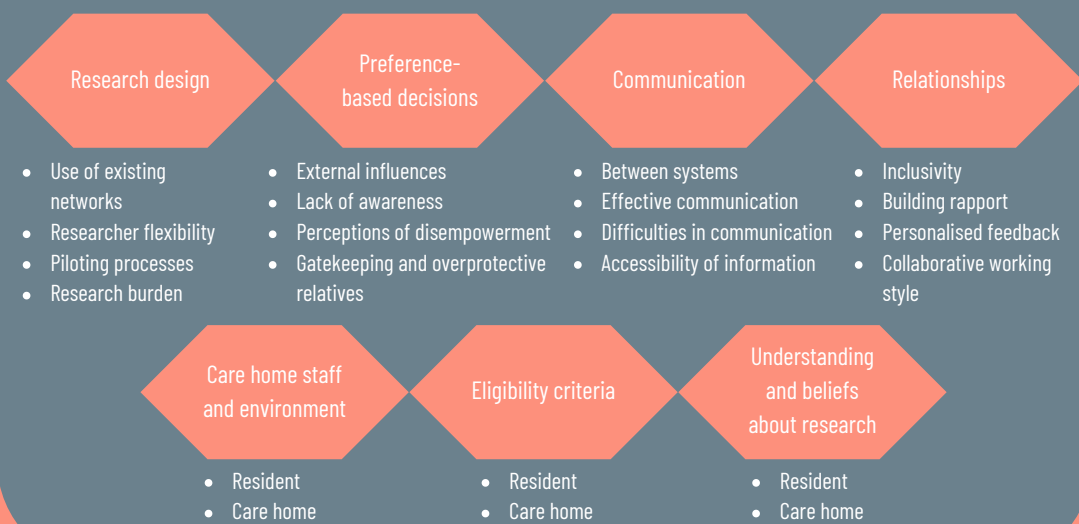
**Search Strategy.** Electronic database searches of: MedLine, Web of Science, Scopus, CINAHL and PsychINFO, were conducted. Grey literature was also searched.

**Results.** Of the 90 papers identified, 84 reported potential barriers and 75 reported potential facilitators of inclusion of UK care home residents in research. 30 of the included records also included advice or suggestions for improving the inclusion of care home residents in research.

## BARRIERS AND FACILITATORS - KEY THEMES



## BARRIERS AND FACILITATORS - EXAMPLES



## CONCLUSIONS

Care home residents remain an under-served group in research, which results in less evidence about how to best care for this group than those receiving care in other settings. This scoping review identified a number of complex, interacting barriers and facilitators to the inclusion of older adults living in UK care homes in research.

The findings have enabled a better understanding of common barriers and facilitators to the inclusion of care home residents in research, as well as presenting potential ways these factors can be modified to improve research within the field.

The next stage of the project is to conduct stakeholder interviews to explore the barriers and facilitators to care home resident inclusion in research in more depth, and to explore views about advance research planning. Further, we aim to develop a communication intervention to support residents' decision making and advance care planning.

## OVERCOMING BARRIERS AND FACILITATORS TO INCLUDING CARE HOME RESIDENTS IN RESEARCH

### Recommendations for researchers

#### RESEARCH DESIGN

- Work with care home research organisations (e.g., ENRICH)
- Be flexible, understanding and supportive
- Use a collaborative working style to work with residents, their relatives and staff
- Include residents who lack capacity to consent via use of a consultee
- Embed public involvement at all stages of your project

#### COMMUNICATION

- Discuss and identify realistic research targets with the care home manager at the start
- Provide accessible, tailored communication tools (e.g., using large font or images) to ensure potential participants are fully informed
- Provide active appreciation through feedback

#### PREFERENCE-BASED DECISIONS

- Widen participation opportunities by utilising legal arrangements that enable staff to act as a nominated consultee
- Try to allay concerns about research motives faced by any of the stakeholders
- Work with care homes to raise residents' and their relatives' awareness of research opportunities

#### CARE HOME AND STAFF

- Recognise that staff have an invaluable role and can act as a bridge for communication
- Be flexible and understand the differences in each care home's culture
- Provide training so that staff can better understand how to support research
- Make allowance for staffing pressures and the unique environment of care homes may impact research

#### RELATIONSHIPS

- Demonstrate willingness to work with, and be guided by, staff
- Be respectful and supportive to residents, relatives and staff
- Develop good and trusting relationships with residents, relatives, and care home staff and consider making them research partners
- Consider spending time in the care home before research begins

#### ELIGIBILITY CRITERIA

- Consider eligibility criteria carefully and avoid exclusion of potential participants because of age, multi-morbidity or frailty as these individuals are representative of the care home population

These evidence-based recommendations are the findings of a scoping review conducted as part of a PhD studentship project funded by the Welsh Government through Health and Care Research Wales. For more information about this project contact Brittany Nocivelli: [nocivelli@cardiff.ac.uk](mailto:nocivelli@cardiff.ac.uk)