 **NHS Education for Scotland**

**Transcript of ‘She felt like she’d had a weight taken off her back’:** **Providing support with grief and practice-based learning after a death in a care home film clip recording**

**Speakers:** Julie Watson, Clinical Lead Care Home Programme, Marie Curie Scotland and Ian Chisholm, Senior Project Manager (OSCaRS), Corporate Nursing, NHS Lothian

**JW**: My name's Julie Watson, and I lead Marie Curie's care home work in Scotland.  And previously I was a researcher at Edinburgh University when I was involved in the project that we're talking about today. This workshop session is about OSCaRS, which stands for, the O stands for Online or Ongoing Supportive Conversations and Reflective Sessions with staff in care homes after the death of a resident as a way to support them around loss and bereavement, and also as an opportunity for practice-based learning on death and dying. And we know that care home staff get to know the people in their care very well over a long period of months or years. And they're experts in relationship centered care, and therefore they will likely experience a sense of loss when one of the people in their care dies. And care home staff have told us that they appreciate the opportunity to talk about these experiences with someone coming into the care home who has palliative and end of life care knowledge, and who understands the unique aspects of the care home context. So in this session, we will first of all share our experiences and learning from a two year project from inception to rollout of the OSCaRS in one health board area. And then I'll pass over to my colleague Ian, who will tell you about the rest of the session.

**IC:** Hi, so my name's Ian Chisholm. I'm, I'm part of the OSCaRS project that we're rolling out across the Lothians. We're going to consolidate what we already have within the Lothians in terms of care homes and facilitators. Prior to being project manager for this project, I was 22 years in Marie Curie as a palliative nurse. One of the things that we realised whilst I was working with the care home support team was that the relationship that residents and staff form is very close, and grief is a natural part when somebody dies. And I think what we're trying to bring through the OSCaRS is that understanding not just the educational part of, of what the OSCaRS can do, but that emotional support part to say that it's ok to be upset, it's ok to feel grief when somebody that you cared for and care about dies. I think also what we'd like to emphasise is that we can learn from that grief. There's a communal element to it, and I think by talking about it, we can make it less difficult to deal with and get a better understanding of, of why we feel that way.

The film was produced in September 2023 and can be found at <https://www.sad.scot.nhs.uk/events/2023-conference/> or <https://vimeo.com/868749919>

For more information visit [www.sad.scot.nhs.uk](http://www.sad.scot.nhs.uk) or contact [supportarounddeath@nes.scot.nhs.uk](mailto:supportarounddeath@nes.scot.nhs.uk)

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