

Berkshire Care Home Support Team (East)

Our service includes physical and mental health nurses, a physiotherapist, an occupational therapist, a speech and language assistant practitioner, and a dietetic assistant practitioner.

We provide clinical advice, facilitate multidisciplinary team meetings, offer signposting, deliver training, and provide targeted support to nursing and residential homes.

Our aims

- To support the reduction of avoidable hospital admissions, by aiding care home staff to identify early signs of patient deterioration and associated risks, enabling timely intervention, escalation, and care coordination within the care home setting.
- To work in partnership with Frimley Integrated Care Board (ICB), local authorities, care homes and other organisations to identify gaps, and to educate and empower care home staff, enhancing their skills and confidence to improve quality of care provided to residents.
- Prevention and early intervention through education and awareness-raising, through face-to-face and virtual methods.
- Clinical advice and support through in-person visits, active participation in multidisciplinary team meetings, and by signposting to relevant services and resources.

Other activities

- Development and ongoing support of care home staff champions in pressure damage, dementia, and falls.
- Support care home staff to make appropriate referrals to other service.
- Mental health advice and assessment with a focus on psycho-social interventions.
- Provide advice on equipment provision for individual residents and the home.
- Encouraging person-centred approaches through Multidisciplinary Team support.
- Liaise with local hospitals, identifying patients admitted from care homes and provide support to facilitate timely discharge.
- Falls prevention and management.



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Physical health and clinical training

Session title	Session Length
Sepsis	1 hour
Hydration	1 hour and 30 minutes
Wound Care Management and Dressing Selection	2 hours
Pressure Ulcer Management	1 hour
Continence Awareness and Catheter Management	1 hour and 30 minutes
Epilepsy Awareness	1 hour
Pain Management	1 hour
Diabetes	1 hour and 30 minutes
Oral Hygiene	2 hours
End of Life Care	1 hour and 30 minutes
Stoma Care	1 hour
Syringe Driver Re-fresher	2 hours
Restore 2	2 hours and 30 minutes
Vital Signs	1 hour and 30 minutes
Autism Awareness	1 hour
Namaste Care Program	2 hours
Parkinson Awareness	2 hours
Heart Failure	2 hours

Mental health

Session title	Session length
Dementia Awareness & Behaviours that Challenge	2 hours
Mental Capacity Act & Deprivation of Liberty Safeguards (DOLS)	1 hour and 30 minutes
Delirium	2 hours
Depression in Older Adults	1 hour and 30 minutes

Physiotherapy and occupational therapy

Session title	Session length
Falls Awareness	2 hours
Postural Care	2 hours
Supporting Safer Transfers	2 hours
Rehabilitation Awareness	2 hours
Promoting Standing Exercises	1 Hour

Speech and language therapy / nutrition and dietetics

Session title	Session length
Dysphagia Awareness & Swallowing Safety	2 hours
Nutrition	1 hour

Bespoke training (all categories, contact CHST)

To support specific learning needs identified by the care home.	Variable length
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We're available 8.30am to 4.30pm, Monday to Friday