University of Chester

Title of Project:	**Exploring nurses' awareness of the Women's Health Strategy and its effectiveness on improving the health of older women living in nursing homes.**
Name of Researcher:	**Professor Robert McSherry**

Participant Information Sheet

Online survey

You are being invited to take part in the above research. Before you decide, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether you wish to take part. Thank you for reading this information sheet.

In August 2022, recognising the disparities in women's health and health inequality across the country, the Government published its Women's Health Strategy for England which aims to improve women's health across the life course. However, while populations continue to age, the number of years an individual will live in good health has fallen since the COVID-19 pandemic and recent research by Age UK found almost one third of older women report their health has worsened post pandemic. Indeed, in 2024 the Royal College of Nursing highlighted for women, later life is often associated with health challenges such as osteoporosis, cardiovascular diseases, dementia, frailty and they may develop pelvic organ prolapse, atrophic vaginitis, and bladder problems.

Irrespective of place and type of care, equality and quality of care is key for older women. However older women living in nursing homes are an under researched and underrepresented population. This project therefore sets out to understand, if and how the Women's Health Strategy is being applied in nursing homes in England and whether it meets the needs of this group of older women.

What is the purpose of the research?
The project also aims to develop a resource for nurses working in nursing homes to facilitate implementation and application of the Strategy. The aims are to:

- Review the Women's Health Strategy to identify whether it meets the needs of older women living in nursing homes
- Identify whether nurses are aware of the Women's Health Strategy and, if so, how they heard about it
- Ascertain whether the Women's Health Strategy being implemented in nursing homes
- Identify examples of best practice
- Develop a resource for nurses to enhance their practice regarding the health and wellbeing of older women living in nursing homes

Why have I been chosen?
The research will be produced in partnership with key individuals and organisations to co-create a resource for nurses working in nursing homes. It is essential, therefore, to capture the knowledge and experience nurses working in nursing homes have about the Women's Health Strategy. You are being invited to complete the online survey because you work in a nursing home.

What will happen to me if I take part?
If you decide to take part, you will be asked to complete an online survey. The survey is anonymous and we are not collecting any personal information about you. The survey includes a section where you give consent for us to use the information you provide. You can access the survey using this link:

Women's Health Strategy for England - survey for nursing teams working in nursing homes

If the link does not take you to the survey, you can copy and paste the link into your internet browser.

Do I have to take part?
It is up to you to decide whether to take part. Please be aware that you can withdraw from the research, without giving a reason, up until you submit the online survey. Once you have submitted the survey it will not be possible to remove the information you have provided.

What are the possible disadvantages and risks of taking part?
There are no disadvantages or risks anticipated from taking part in the study.

What are the possible benefits of taking part?
The research will create a resource to facilitate monitoring, reviewing and reporting of older women's health and wellbeing, along with raising awareness of the Women's Health Strategy and its applicability in nursing homes.

Nursing homes will have access to quality indicators, standards, and guidance on older women's health and wellbeing

The research will empower nurses to identify older women's health needs and implement the Women's Health Strategy, and champion and lead care and quality improvements in services for older women living in nursing homes:

Dissemination of the findings and recommendations from the research may inform policy and strategy locally and nationally, offering key messages to professional and regulatory bodies.

What if something goes wrong?
If you wish to complain or have any concerns about any aspect of the way you have been approached or treated during the course of this research, please contact Professor Basma Ellahi, Associate Dean (Research and Innovation), Faculty of Health, Medicine and Society, University of Chester, Riverside Campus, Castle Drive, Chester, Cheshire, CH1 1SL. Email: b.ellahi@chester.ac.uk.

The University does not accept responsibility for any harm experienced apart from that which is proven to have been caused through its negligence. In the unlikely event that you experience

harm through your participation in the research, and this is due to the negligent conduct of the researchers, then you may have grounds to bring legal action. If you choose to bring such action, you may incur legal costs.

Will my taking part in the research be kept confidential?
The online survey is anonymous and does not ask for any personal information. However, any information you provide which may identify you will be treated as confidential; only staff from the Centre for Ageing and Mental Health will have access to identifying information.

What will happen to my data?
Data collected during the research may be retained and published in an anonymised form. By agreeing to participate in this project, you are consenting to the retention and publication of data.

All information collected will be stored on password protected computers and hard copy data will be stored in lockable cabinets at the University.

What will happen to the results of the research?
The results will be used to develop the resource for care homes and will also be included in reports, presentations, and academic papers, as well as in a report for the funders of the research. Individuals who participate will not be identified in any subsequent report or publication.

Who is organising and funding the research?
The research is funded by the Burdett Trust for Nursing.

Who may I contact for further information?
If you would like more information about the research before you decide whether to take part, please contact one of the research team:

Professor Robert McSherry at r.mcsherry@chester.ac.uk

Dr. Nellie Makhumula-Nkhoma at n.makhumulankhoma@chester.ac.uk

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Thank you for your interest in this research.