

## LOP3 Update: Autumn / Winter 2019

The LOP3 team have been delivering 'Brief Osteoporosis Simulation Workshops' to a range of community staff in NHS, Health and Social Care Partnership and Private Nursing and Residential Homes in City of Edinburgh, Midlothian and Fife. At each venue, several thirty minute sessions were implemented with four to six staff at a time, rotating staff according to when they could be released from their clinical environment. In total 151 community staff have participated across 9 different settings. Further osteoporosis simulation sessions are planned in East Lothian.....

All workshop participants had the opportunity to try on one of our 'osteoporosis suits' or 'ageing suits' to experience how it feels to have osteoporosis and to reflect on how their experience of the condition could have positive implications for their practice. Each participant also received a selection of relevant written resources for further reflection.

Feedback has been very positive. An increased awareness of the condition, albeit following a short 'suit experience', clearly resonated with participants, who felt more able to evaluate their own risk factors for the condition as well as assessing their clients following the sessions.

**"From my osteoporosis simulation experience I felt vulnerable, at risk of fall, restricted in movement and tiredness. This experience definitely provides an insight of our residents' life and mobility. It is very important to be patient, helpful in guidance and adhere to the appropriate moving and handling"**

**"I knew it was challenging for people to move when they have postural changes. I had no idea how exhausting this could be and just how effortful a simple task could be. Everyone on the frontline of the NHS should have the opportunity to try these suits to try to appreciate the challenges faced"**

**".....This was an eye-opening and immersive experience which is so important when working with frail and elderly and osteoporosis residents....."**

**"Interesting to experience how someone with mobility issues is able to get around day to day, feeling vulnerable, relying on others to assist with basic tasks, reduced independence, isolated, made me think of obstacles that are experienced and will make me more empathetic and patient"**

Claire Pearson & Margaret Smith