Reshaping Clinical Care – 13th December 2019

[Covering dementia, integrated care (including Primary Care Networks and emerging roles), long term conditions, older people, safeguarding]

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Dementia

Identifying undetected dementia in UK primary care patients: a retrospective case-control study comparing machine-learning and standard epidemiological approaches.
Ford, Elizabeth et al. BMC medical informatics and decision making; Dec 2019; vol. 19 (1):248
This model could aid GPs or health service planners with the early detection of dementia.

An intervention to improve outcomes of falls in dementia: The DIFRID mixed-methods feasibility study
The study highlights the feasibility of delivering a creative, tailored, individual approach to intervention for people with dementia following a fall. Although the intervention required greater investment of time than usual practice, many staff valued the opportunity to work more closely with people with dementia and their carers.

Palliative care for community patients diagnosed with dementia: a systematic review.
Smith C. British Journal of Community Nursing 2019;24(12):570-575.
The review provides health professionals with an understanding of the barriers and challenges associated with palliative care and dementia. More qualitative research is needed to enhance understanding of the views of professionals with regard to EoL care for patients with dementia, specifically using either interviews or focus groups involving participants who work within primary and community care and have hands-on experience.

Experiences of older people with dementia: Homecare enablement to support transitions in daily life at home.
The majority of people with dementia live at home. Homecare enablement services are considered an important short-term intervention, using a person-centred approach. Little is known about people with dementia’s perspectives of the services. This study aimed to explore the users’ experiences.

Too much TV is associated with decline in verbal memory.
Sarah Gregory The Mental Elf, November 2019.
A large dataset analysis explores the relationship between watching television and later cognitive
A less healthy lifestyle increases the risk of dementia

NIHR Signal 26th November 2019

The less healthy your lifestyle, the more you are at risk of developing dementia in later life, a new systematic review has shown. Researchers analysed the results of 18 studies with over 44,000 participants.

Commitment to Care of People living with Dementia: SPACE principles.
Royal College of Nursing (RCN) November 2019

This guidance sets out the five principles that form a shared commitment to improving care for people living with dementia and their families. The document is designed to be used in a wide range of health and social care settings and has included the most recent evidence and best practice.

Projections of older people living with dementia and costs of dementia care in the United Kingdom: 2019–2040
London School of Economics November 2019

This report, commissioned by Alzheimer’s Society, provides projections of the number of older people (aged 65 and over) living with dementia and the costs of health care, social care and unpaid care for older people living with dementia from 2019 to 2040 in the four countries of the United Kingdom.

A good CHAT boosts quality and saves money in dementia care
PCC November 2019

A nurse-led service aimed at providing more care for care home residents with dementia outside hospital has produced big savings and improved patient care. As well as providing expert care to the residents, the Enfield Care Home Assessment Team (CHAT) supports and trains care home staff – giving them the confidence to respond to the residents’ needs and easier access to healthcare services when needed.

Integrated Care (including Primary Care Networks and emerging roles)

Primary care networks: A pre-mortem to identify potential risks
Nigel Edwards and Stephanie Kumpunen. Nuffield Trust November 2019

Six risks may lead to the failure of PCNs: Failure could be inherent in the policy design or could be unfairly identified too early. PCNs: may not be able to create effective organisations; could have a lack of focus; could experience failures of leadership and followership; could become overwhelmed by external pressure. Recommendations and possible solutions are offered for avoiding these pitfalls.

Caring for doctors Caring for patients
GMC November 2019
Identifies the main factors impacting doctors’ and medical students’ wellbeing and the action needed to create more compassionate working environments. Includes eight recommendations to help deliver safe, supportive and inclusive environments, and compassionate cultures across the UK.

**Evaluating integrated care: why are evaluations not producing the results we expect?**
Stephanie Kumpunen 18 November 2019
This briefing outlines the reasons why different integrated care models have not reduced hospital admissions as expected. It includes advice for model design and implementation, for commissioners of evaluation, and for evaluators on how to address these issues.

**Applying a whole systems lens to the general practice crisis: Cross-sectional survey looking at usage of community pharmacy services in England by patients with long-term respiratory conditions**
Hindi A.M.K.; Schafheutle E.I.; Jacobs S. BMJ Open; Nov 2019; vol. 9 (no. 11)
Community pharmacies having staff with strong interpersonal skills, good quality consultation rooms and integrated information systems could positively influence patients to use community pharmacies for management of long-term conditions. There are opportunities for community pharmacies to alleviate GP workload, but a whole system approach will be necessary.

**Running a successful patient group: top tips**
Mike Etkind PCC 1 October 2019
The author is the chair of a Buckinghamshire patient participation group (PPG) that has teamed up with others in the area to form a primary care network-wide patient group, thought to be one of the first in the country. He says there is no one-size-fits-all approach to setting up and running a successful PPG and offers some tips for PPGs, GPs, practice managers, PCNs and CCGs.

**Achieving integrated care: 15 best practice actions.**
This resource aims to support local systems in fulfilling their ambition of integration. The 15 actions prioritised in this resource draw on evidence about what works from international research, emerging best practices, and engagement with stakeholders and partners.

**Opportunities to embed sexual and reproductive healthcare services into new models of care: A practical guide for commissioners and service providers.**
Faculty of Sexual and Reproductive Healthcare (FSRH). 2019.
This report sets out case studies demonstrating the potential for new models of care to embed SRH services. It is based on an audit to assess the extent to which SRH is being factored into new models of care. 51 strategies and operational plans were reviewed from Sustainability and Transformation Partnerships, NHS England Vanguards and large-scale general practice organisations. The results show that few areas have explicitly recognised the opportunity to embed SRH services.
Long-Term Conditions

The Year of Care approach: developing a model and delivery programme for care and support planning in long term conditions within general practice.
Roberts, Sue et al. BMC family practice; Nov 2019; vol. 20 (no. 1); p. 153
Tested in multiple settings, CSP is a reproducible and practical model of planned care applicable to all LTCs, with the capacity to be transformative for people with LTCs and health care professionals. It recaptures relational dimensions of care with transactional elements in the background. Options for applying this model and implementation framework at scale now need to be explored.

NICE Bites - Hypertension.
Specialist Pharmacy Service. 2019
Summary of prescribing recommendations from NICE guidance. This edition includes NG136 - Hypertension in adults.

Exoskeletons With Virtual Reality, Augmented Reality, and Gamification for Stroke Patients' Rehabilitation: Systematic Review.
The use of technologies such as VR-, AR-, or gamification-based exoskeletons could fill the transition from the clinic to a home-based setting. Our analysis showed that there were general improvements in the motor function of patients using the novel interfacing techniques with exoskeletons. This categorization of studies helps with understanding the scope of rehabilitation therapies that can be successfully arranged for home-based rehabilitation.

The Multiple Conditions Guidebook – case studies and practical solutions to help local areas improve health and wellbeing
The Richmond Group of Charities. 2019.
This second output from the Taskforce on Multiple Conditions builds on earlier learning from people living with multiple long-term conditions across England as well as our learning from the Richmond Group’s partner programme Movement for All and the We Are Undefeatable campaign where people with multiple conditions were in the majority.

What is the evidence on the role of the arts in improving health and well-being? A scoping review (2019).
Results from over 3000 studies identified a major role for the arts in the prevention of ill health, promotion of health, and management and treatment of illness across the lifespan.

Lung function and asthma control in school-age children managed in UK primary care: A cohort study
Lo D.K. et al Thorax; 2019
Abnormal lung function and FeNO are common in children attending for asthma review in primary care and relate poorly to symptom scores. A symptoms-based approach to asthma monitoring without objective testing is likely to miss children at high risk of future severe asthma attacks.
Psychological Therapy for Postnatal Depression in UK Primary Care Mental Health Services: A Qualitative Investigation Using Framework Analysis.

*Hadfield, Holly et al*  
*Journal of Child & Family Studies; Dec 2019; vol. 28 (no. 12); p. 3519-3532*

Primary care-based psychological therapy for PND was perceived as helpful and acceptable. It clearly met some of the mothers’ goals, especially if their beliefs about being a 'bad mother' was challenged and modified. Barriers to engagement, such as childcare issues and therapist’s knowledge about perinatal mental health, would also need to be overcome.

**Losing weight following type 2 diabetes diagnosis boosts chance of remission.**

*NHRI Dissemination Centre.* 2019.

People who lose at least 10% of their body weight in the first year after being diagnosed with type 2 diabetes increase their chances of being in remission after five years, compared with those whose weight remains stable. Losing this weight over the next four years also makes remission more likely.

**Telephone-delivered CBT can provide lasting benefits for people with IBS.**

*NHRI Dissemination Centre.* 2019.

People with IBS who receive CBT continue to have lower levels of symptoms over the following two years. Telephone-delivered CBT is particularly effective, with 71% of study participants experiencing a clinically significant improvement in their IBS symptoms.

**Completeness and validity of alcohol recording in general practice within the UK: A cross-sectional study**

*Mansfield K.*  
*BMJ Open; Nov 2019; vol. 9 (no. 11)*

Half of adults in UK primary care have no recorded alcohol consumption data. When consumption is recorded, we have demonstrated internal and external validity of the data, suggesting greater recording may help identify opportunities for interventions to reduce harms.

**Older people**

**Estimating need in older people: findings for England**

*Age UK*  
*29th November 2019*

This report outlines how ill health, poverty, unmet needs for care and support, poor housing, loneliness and social isolation are profound challenges for many older people.

**Is age 70 the new age 65?**

*Office for National Statistics*  
*19th November 2019*

Given changes in remaining life expectancy over time, age 70 can be thought of as the new age 65; initially, age 70 also appears to be the new 65 (or even younger) in terms of health.

**The experience of transitions in care in very old age: implications for general practice.**
Most of the sample moved into residential care. This study highlights the importance of connections to locality, people and place along with good family relationships as the key facilitators of a healthy transition into care for the oldest old. The proposed checklist may have clinical utility.

Role of primary care in supporting older adults who self-harm: a qualitative study in England

*M Isabela Troya.*

*Br J Gen Pract* October 2019 69:e740-e751

Primary care is a potential avenue for delivering effective self-harm support, management, and suicide prevention in older adults. Given the complex nature of self-harm, there is a need for primary care to work with other sectors to provide comprehensive support to older adults who self-harm.

RESTORE2 - physical deterioration and escalation tool for care / nursing homes based on NEWS2

*Wessex Academic Health Science Network.*

This tool has been a key element of the process of implementing NEWS2 within Care Homes, initially across Wessex and subsequently nationally via the AHSN network.

Safeguarding, Safety

Clinical implications of self-neglect among patients in community settings.

*Noblett K.*

*British Journal of Community Nursing* 2019;24(11):524-526

Self-neglect is a serious public health problem that often goes under-reported, yet research mostly covers the social aspects rather than the health aspects. Community nurses should assess their patients for self-neglect, as they are well placed to manage this problem. Supporting patients with self-neglect requires comprehensive multi-agency assessment.

The role of primary care in preventing male suicide.

*Hardy, Sheila*

*Practice Nursing; Nov 2019; vol. 30 (no. 11); p. 538-542*

This article describes the responsibilities of health professionals in primary care consulting with men who may be at risk of suicide.

A systematic review of patient complaints about general practice.

*O'Dowd, Emily et al.*

*Family practice; Nov 2019*

The review highlighted the high proportion of clinical complaints in general practice compared to secondary care, patients’ motivations for making complaints and the positive and negative impacts that complaints can have on health care systems. Future research focused on the reliable coding of complaints and their use to improve quality and safety in general practice is required.

Recognising Skin Cancer in Primary Care.

*Jones, Owain T et al.*

*Advances in therapy; Nov 2019*

Focuses on the most common types of skin cancer, describes the main risk factors and prevention advice, summarises key guidance on the symptoms and signs of skin cancers and their management. Also reviews emerging technologies and diagnostic aids to aid the triage of suspicious skin lesions.
An analysis of general practitioners' perspectives on patient safety incidents using critical incident technique interviews.

Curran, Ciara et al. Family practice; Nov 2019; vol. 36 (no. 6); p. 736-742
Critical incident technique interviews support the identification of contributory factors to patient safety incidents. There is a need to explore the use of the resulting data for quality and safety improvement in general practice.

Safety netting in routine primary care consultations: an observational study using video-recorded UK consultations.

GPs appear to commonly give safety-netting advice, but the contingencies or actions required on the patient’s part may not always be specific or documented. The likelihood of safety-netting advice being delivered may vary according to characteristics of the problem or the GP.

Using quality improvement in a Primary Care Network – Newham Central 1
NHS England November 2019
Using learning from the General Practice Improvement Leads Programme, this Primary Care Network looks at how it can achieve its QoF target for safe prescribing.

The burden of mental ill health associated with childhood maltreatment in the UK, using The Health Improvement Network database: a population-based retrospective cohort study

Chandan J.S. et al The Lancet Psychiatry; Nov 2019; vol. 6 (no. 11); p. 926-934
Childhood maltreatment is thought to affect one in three children globally and therefore it is imperative that public health approaches are implemented to prevent mental ill health.

Mental well-being, job satisfaction and self-rated workability in general practitioners and hospitalisations for ambulatory care sensitive conditions among listed patients: a cohort study combining survey data on GPs and register data on patients.

Norroe, Karen Busk; Pedersen, Anette Fischer; Carlsen, Anders. BMJ quality & safety; Dec 2019; vol. 28 (no. 12); p. 997-1006
ACSC-H frequency increased with decreasing levels of GP mental well-being, job satisfaction and self-rated workability. GPs’ work conditions and mental well-being may have important implications for individual patients and for healthcare expenditures.

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