Wellbeing Bulletin

Articles

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**Comparison of nicotine exposure during pregnancy when smoking and abstinent with nicotine replacement therapy: systematic review and meta-analysis.** [Review]
[Of the 12 included studies, four cotinine-measuring studies were combined in a random effects meta-analysis; the pooled estimate for the mean difference in cotinine levels between when women were smoking and abstinent but using NRT was 75.3 (57.1 to 93.4) ng/ml. Of eight narratively-described studies, six reported lower cotinine and/or nicotine levels when abstinent and using NRT; two had mixed findings. Pregnant women who use NRT instead of smoking reduce their nicotine exposure.]
*Freely available online*

**Differences in dietary composition between infants introduced to complementary foods using Baby-led weaning and traditional spoon feeding.**
[The findings add to a growing body of evidence that suggest a Baby-led weaning (BLW) approach may be safe and sufficient.]
*Freely available online*

**Effect of breakfast on weight and energy intake: systematic review and meta-analysis of randomised controlled trials.**
Sievert K. *BMJ* 2019;364:l42.
[To examine the effect of regular breakfast consumption on weight change and energy intake in people living in high income countries.]

**Efficacy of psychotherapy for bulimia nervosa and binge-eating disorder on self-esteem improvement: Meta-analysis.**
[Psychotherapy may lead to small improvements in self-esteem in BN and BED. Additional RCTs with follow-up assessments are required to make more definitive conclusions about the effects of psychotherapy for eating disorders on self-esteem in the long-term.]
*Contact the library for a copy of this article*

**Measuring the benefits of free pregnancy yoga classes.**
Westbury B. *British Journal of Midwifery* 2019;27(2):100-105.
[Antenatal yoga is known to have many benefits, including increased comfort in labour, decreased pain in labour and decreased length of labour. The aim of this study was to identify the impact and benefits of free yoga sessions on women's pregnancy experience and birth.
outcomes. A structured service evaluation was carried out, consisting of a small-scale audit of birth outcomes of primigravid women who had attended six or more yoga sessions, and a survey of women who had attended.

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The impact of a primary care stress management and wellbeing programme (RENEW) on occupational participation: A pilot study.
[Stress has been identified as a risk factor in both physical and mental illness and can negatively impact on an individual’s ability to participate in daily occupations. There has been an increased emphasis on addressing mental health in a primary care context using a health promotion approach. The purpose of this pilot study was to explore the acceptability of a primary care 6-week Stress Management and Wellbeing (RENEW) programme.]
Contact the library for a copy of this article

The role of self-esteem in the treatment of patients with anorexia nervosa – A systematic review and meta-analysis.
[Results suggest a significantly lower global self-esteem in individuals with AN than in healthy controls. Global self-esteem of AN and BN patients was found to be comparable. Significantly moderate self-esteem increases were observed in treated AN patients at the end of treatment, short-term, and long-term follow-up. Implications concern the overall support for transdiagnostic approaches and the recommendation to consider low initial self-esteem for decisions on after-care.]
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Unguided and guided self-help interventions for common mental health disorders in children and adolescents: a systematic review and meta-analysis.
[Results demonstrated a moderate positive effect size for guided and unguided self-help interventions when compared against a control group (n = 44; g = 0.49; 95% CI: 0.37 to 0.61, p < .01) and a small but significant negative effect size when compared to other therapies (n = 15; g = −0.17; 95% CI: −0.27 to −0.07, p < .01).]
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Vegans, vegetarians and pregnancy. [Comment]
Winter GF. British Journal of Midwifery 2019;27(2):75-75.
[Increasing numbers of people are choosing to follow a vegetarian or vegan diet. What effect does cutting out meat and other animal products have on the pregnant woman and the baby?]
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What is your 'normal'?
[[Comment] A review of a consultant paramedic's week, reflecting that 'normality' is actually unusual for paramedics. Importance of reflecting and recharging to protect wellbeing, and of
learning from all experiences, both bad and good.

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Books

New book(s) from the Library and Knowledge Service. Call into your nearest library or contact me for more information.

**Tackling bullying and harassment at work: a guide for union reps and workers.**
Labour Research Department. 2019. Library Shelf Location: HF 300 LAB.
[Employers have a legal duty to tackle bullying and harassment and there is action that can be taken to deal with the problem. This updated guide provides union reps with examples of best practice and practical guidance. Reay House Library books can be sent out to you and returned by post.]
Available with appropriate registration or membership

Events

You may be interested in this (these) forthcoming event(s):

**Mind & Body Wellness at Work.**
[Boost your knowledge and learn some practical tips to look after your and others’ health and wellbeing. The event will see the launch of the Mind & Body staff health and wellbeing toolkit. Hear from a range of guest speakers and be part of practical workshops on some of the sessions in the toolkit such as sleep, mindfulness and values. All staff welcome. Lunch and refreshments provided.]
ORTUS Conferencing and Events Venue
Date: 6th March, 2019, 9:00am-3:00pm
[https://www.eventbrite.co.uk/e/mind-body-wellness-at-work-tickets-55334534081](https://www.eventbrite.co.uk/e/mind-body-wellness-at-work-tickets-55334534081)
For more information, please contact mindandbody@slam.nhs.uk.

Evidence Searches

**Environmental and societal impact of cigarette smoking.**
Carried out by Lisa Burscheidt from Aubrey Keep on 1/2/2019
[Research from Imperial College on environmental impact seems comprehensive. Several reports on extend of child labour in tobacco industry, smuggling, law enforcement and healthcare costs.]
Available with an NHS OpenAthens password

**Women’s access to alcohol misuse support.**
Carried out by Lisa Burscheidt from Aubrey Keep on 1/2/2019
[Search covers: review and PHE planning tool on interventions for non-dependent parental substance misuse; evaluations of what is effective in treating mothers who have alcohol and other substance use disorders. Integrated programmes (i.e. programmes combining childcare and substance abuse treatment) effective in reducing mothers’ substance use. Evidence on interventions involving home visits found to be inconclusive as it's not a very well researched area.]

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**Guidelines**

The following new guidance has recently been published:

**Don't be left in the dark: children and young people's mental health.**
Local Government Association (LGA);2019.
[This short guide provides an overview of the challenges facing mental health and wellbeing services for children and young people.]

*Freely available online*

**Person-centred care: what we’ve learned from drugs and alcohol services.**
Royal College of General Practitioners (RCGP);2019.
[Personalised care and social prescribing are very much on the agenda for the future of healthcare delivery in the UK. It is increasingly recognised that a wider and more holistic approach is pivotal to when managing complex and long-term conditions. The RCGP has long recognised the importance of a holistic and collaborative approach to care that shifts towards prevention, self-care and integrated care, which makes use of wider community assets and which puts the individual at its centre.]

*Freely available online*

**Priorities for Action on Alcohol in the 2018 Strategy.**
Faculty of Public Health (FPH);2018.
https://www.fph.org.uk/policy-campaigns/what-we-think/
[Position statement: Future of advertising and marketing; Alcohol sales and licensing; Treatment.]

*Freely available online*

**Screen-based activities and children and young people’s mental health and psychosocial wellbeing: a systematic map of reviews.**
EPPI-Centre, University of London;2019.
[The primary aim of this research is to produce a descriptive overview of the characteristics and quality of existing review literature examining the relationship between screen-based activities and CYP’s mental health and psychosocial wellbeing. As this is a systematic map rather than a review, it does not produce a synthesis of findings, but an account of what
evidence has been synthesised.]

Freely available online

Reports

The following report(s) may be of interest:

**Advancing the Safety of Acute Pain Management.**
Institute for Healthcare Improvement; 2019.
http://www.ihi.org/resources/Pages/Publications/Advancing-the-Safety-of-Acute-Pain-Management.aspx
[This report describes the recommendations of an expert panel convened by IHI to examine acute pain management. This resource specifically and uniquely addresses acute pain management as a patient safety issue, including the overuse of opioids for acute pain.]

Available with free registration

**An effective custodian of the public’s healt: A collection of essays on six years of public health in local government.**
Local Government Association (LGA); 2019.
https://www.local.gov.uk/effective-custodian-publics-health
[The rationale for a local government lead is unchanged: that the greatest impacts on health are in the circumstances in which we live, employment, education, environment and the effects of the social gradient of health, that is, equality or the lack of it. Local government, while often limited itself in its influence, can certainly impact more on these factors than the NHS.]

Freely available online

**Dropping out of virtual reality exposure therapy for anxiety: comparison with in-vivo exposure therapy.**
The Mental Elf; 2019.
[Blog on a recent meta-analytic examination of attrition in virtual reality exposure therapy for anxiety disorders.]

Freely available online

**Eating more fruit and veg 'improves mental wellbeing'.**
NHS Behind the Headlines; 2019.
[Researchers used survey results from UK families to estimate the link between how much fruit and vegetables people ate on a typical day, and their mental wellbeing. They found people reported feeling happier, more purposeful and less anxious when they ate more fruit and veg. They took account of many potential confounding factors. But we can't be sure that the results don't show, for example, that people eat more fruit and veg when they feel more cheerful, rather than the other way around.]
Freely available online

**Improving the public's health: local government delivers.**
Local Government Association (LGA); 2019.
https://www.local.gov.uk/improving-publics-health-local-government-delivers

[Good public health can make a real, large-scale difference to: promoting the independence of people with long-term chronic conditions; preventing ill health and therefore to reducing pressures on social care and the NHS; improving people’s lives and wellbeing and reducing health inequalities. The data presented in this publication demonstrates that the local authority delivery of public health is effective, accountable, efficient and offers great value for money.]

Freely available online

**Physical activity participation in severe mental illness: one step closer?**
The Mental Elf; 2019.

[Blog on a recent research paper that highlights the factors associated with regular physical activity participation among people with severe mental illness.]

Freely available online

**Transforming mental health throughout the life course.**
The Mental Elf; 2019.

[André Tomlin sets the scene for the 2019 #MQScienceMeeting which brings together researchers across different disciplines to explore cutting-edge new ways to understand, treat and prevent mental illness.]

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