**Bulletin**

**Palliative Care**

**Articles**
The following journal articles are available from the Library and Knowledge Service electronically or in print. Please follow links to access full text online, contact me to order copies, or call into your nearest library.

**Airflow relieves chronic breathlessness in people with advanced disease: An exploratory systematic review and meta-analyses.**
[Airflow appears to offer meaningful relief of chronic breathlessness and should be considered as an adjunct treatment in the management of breathlessness.]
Freely available online

**Incorporating the patient experience into clinical guidelines: recommendations for researchers and guideline developers.**
[It is imperative that those developing guidelines recognise and incorporate research concerning patients’ or carers’ perspectives of the topic under consideration. This has the potential to improve patient care, particularly in community care, by making recommendations which patients themselves have identified as being feasible and acceptable. ]

**Nurses must be aware of the potential for causing distress when recruiting vulnerable populations to research projects.**
White C M. *Evidence-Based Nursing* 2019;22(3):86.
[This systematic review focused predominantly on patients with trauma, mental illness and terminal illness asked questions about these experiences. A solid majority felt that participation was not distressing or in some cases, even beneficial (ie, cathartic, reduced feelings of loneliness and stigma). However, up to 10% did feel some additional distress and up to 5% felt severe distress in some studies.]
Available with an NHS OpenAthens password

**Patients and nurses have differing views of what is meant by ‘compassion’.**
Green L. *Evidence-Based Nursing* 2019;22(3):75.
[Implications for practice and research
There is ambiguity regarding how compassion is defined and experienced within nursing. Patients and nurses hold different views on what constitutes compassionate care. Understanding the concept of compassion can help nurses in their clinical practice. Focusing on the nature of compassion—particularly from the point of view of patients—is an important direction in nursing education and research.]
Available with an NHS OpenAthens password
When words make a difference in palliative care.
Nyatanga B. *British Journal of Community Nursing* 2019;24(7):347.
"Over my years of working in and teaching palliative care, I have often used the terms ‘empathy’, ‘sympathy’ and ‘pity’—in some cases, even interchangeably...In this column, I intend not only to define them, but also to show the impact they have on communication with patients in their palliative care phase. The definitions I have chosen here are the ones I use when teaching, which are scenario rather than dictionary-based, to help illustrate these concepts visually."

**Books**

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

**An introduction to coping with grief.**
[Grief is a natural reaction to loss but in some cases it can be devastating, preventing you from moving on in your life and affecting your relationships and work. This fully updated self-help guide offers an examination and explanation of the grieving process and outlines clinically-proven strategies, based on cognitive behavioural therapy (CBT), to help you adjust to life without a loved one.]
*Available with appropriate registration or membership*

**An introduction to Coping with health anxiety; Hogan B**
[Health anxiety affects many people across the world - a preoccupation with physical illness that is equally bad for your mental health. This self-help guide explains how it develops and what keeps it going.]
*Available with appropriate registration or membership*

**Grief works; stories of life, death and surviving.**
[This book is full of psychological insights on how grief, if approached correctly, can heal us.]
*Available with appropriate registration or membership*

**Life after bereavement; beyond tomorrow**
[This book acts as a supportive road map through the initial period of loss, and through the weeks and months that follow.]
*Available with appropriate registration or membership*

**Mindfulness a practical guide to finding peace in a frantic world**
[Mindfulness reveals a set of simple yet powerful practises that you can incorporate into daily life to help break the cycle of anxiety, stress, unhappiness and exhaustion. It helps promote a genuine joie
de vivre; the kind of happiness that gets into your bones and allows you to meet the worst that life throws at you with new courage.]

Available with appropriate registration or membership

Reports

The following report(s) may be of interest:

**Bridges not walls: Good practice guidance for transition and cooperation between mental health services for older patients.**
Royal College of Psychiatrists (RCPsych); 2019.

[This Report CR218 updates the evidence base in relation to transitions between services, for example by recognising the growing needs of patients in specific groups – offenders; older people with alcohol and substance misuse problems; people with neuropsychiatric disorders; and people with intellectual disabilities. Through the implementation of its recommendations, the Report provides an excellent opportunity to ensure that transition between services is effective and positive.]

Freely available online

**Summary Hospital-level Mortality Indicator (SHMI) - Deaths associated with hospitalisation, England, March 2018 - February 2019.**

[The SHMI is the ratio between the actual number of patients who die following hospitalisation at the trust and the number that would be expected to die on the basis of average England figures, given the characteristics of the patients treated there. It covers patients admitted to hospitals in England who died either while in hospital or within 30 days of being discharged.]

Freely available online

**The Foursquare Protocol: Managing Ethical Decision Making.**
Mind Tools; 2019.
https://www.mindtools.com/pages/article/newTED_83.htm

[In this article, we examine how you can use the Foursquare Protocol to make impartial, objective decisions. It is designed to help you to avoid unconscious bias, by focusing on facts rather than assumptions.]

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