Reshaping Clinical Care—9th August 2019

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

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Dementia

**Association of ideal cardiovascular health at age 50 with incidence of dementia: 25 year follow-up of Whitehall II cohort study**
Séverine Sabia et al.  
*BMJ* 2019;366:l4414

Adherence to the Life Simple 7 ideal cardiovascular health recommendations in midlife was associated with a lower risk of dementia later in life.

**Association of social contact with dementia and cognition: 28-year follow-up of the Whitehall II cohort study**
Sommerlad, Andrew et al.  
*PLoS Medicine* 02 Aug 2019, 16(8):e1002862

Findings suggest a protective effect of social contact against dementia and that more frequent contact confers higher cognitive reserve, although it is possible that the ability to maintain more social contact may be a marker of cognitive reserve.

**Going the extra step: a compendium of best practice in dementia care**
Housing Improvement and Learning Network  
2nd August 2019

This case study report provides examples of extra care schemes and other housing-related community services supporting people with dementia to develop meaningful relationships to reduce social isolation and loneliness.

**Association of Lifestyle and Genetic Risk With Incidence of Dementia**
Lourida I et al, *JAMA*. Published online July 14, 2019.

Among older adults without cognitive impairment or dementia, both an unfavourable lifestyle and high genetic risk were significantly associated with higher dementia risk. A favourable lifestyle was associated with a lower dementia risk among participants with high genetic risk.

**Handbags and glad rags: preserving identity in dementia.**

Maintaining personhood and identity in dementia may often become dependent upon the support of others—both professional and family carers. Clothing and accessories are an important element in displaying who we are to the outside world; this is even more important in dementia. The handbag and its contents can be used to reinforce memories, personhood and identity.

**Recognition and assessment of dementia in primary care.**
Community nurses (CN) are well placed to identify patients who are already in their care for other conditions and who may also start to have problems with their memory; CNs should familiarise themselves with the local referral pathway for memory assessments; Various tools are available to help gauge a patient's cognitive status; CNs should ensure that the local GP practice shares information for families where a diagnosis of dementia is either suspected or confirmed.

**Integrated Care**

**Primary Care Networks: a quiet revolution.**
*NHS Confederation; 2019.*

While there is recognition in NHS England/Improvement that PCNs are not the answer to everything, and can't be given too much to do too quickly, it is clear that they are now expected to be the principal mechanism to achieve changes in how neighbourhood-level health and care will be delivered across the country. This briefing paper sets out the essential knowledge that providers should have on PCNs.

**Emergency admissions to hospital from care homes: how often and what for?**
*The Health Foundation; 2019.*

There is greater potential to reduce emergency admissions and A&E attendance in residential care homes compared with nursing homes; co-production between health care professionals and care homes is key to developing effective interventions; access to additional clinical input by named GPs and primary care services and/or multidisciplinary teams may be a key element in reducing emergency hospital use.

**Better Care Fund health and social care integration guides**
*SCIE August 2019*

New SCIE guidance for the Better Care Support Team on planning and delivering joined-up, integrated, person-centred care as part of Better Care Fund plans or other initiatives. Including guides on leadership, risk sharing, measuring impact and transfers of care.

**Social prescribing link workers: Reference guide for primary care networks.**
*NHS England; 2019.*

This guide is provided as additional information to help primary care networks (PCNs) introduce the new role of social prescribing link worker into their multi-disciplinary teams as part of the expansion to the primary care workforce introduced under the GP contract reforms.

**Using pharmacists to help improve care for people with type 2 diabetes**
*Royal Pharmaceutical Society July 2019*

Pharmacists should: work in collaboration with other healthcare professionals to play a greater role in prevention and detection services for type 2 Diabetes; play an active role in optimising medicines, improving the health, wellbeing and safety of people with type 2 diabetes; be given access to the most up to date education and training to support people with multiple conditions. NHS organisations need to establish and embed the role of consultant pharmacists in diabetes across the NHS.
A descriptive study of a novel pharmacist led health outreach service for those experiencing homelessness
Lowrie F. et al. International Journal of Pharmacy Practice; Aug 2019; vol. 27 (no. 4); p. 355-361
Assertive outreach by pharmacist independent prescribers for people who are homeless is feasible and leads to increased access to medicines for acute and chronic health problems. Further work is needed to evaluate the impact of this new service on key clinical outcomes.

Opportunities for collaboration between pharmacists and clinical pharmacologists to support medicines optimisation in the UK.
Barnett, Nina L British journal of clinical pharmacology; Aug 2019; vol. 85 (no. 8); p. 1666-1669
Potential opportunities for collaboration are extensive. Pharmacists and clinical pharmacologists have complementary skill sets and through acknowledging the differences in their approaches and valuing their unique skills, health services can ensure that patients are signposted to appropriate services.

Collaborating Across Disciplines to Improve Nutrition Support Care.
Peterson, Sarah Support Line; Aug 2019; vol. 41 (no. 4); p. 9-12
This review will provide dietitians who do not have the opportunity to participate in multidisciplinary practice with examples of how to engage with their health-care colleagues to expand current knowledge and improve patient care.

Shared medical appointments and patient-centered experience: a mixed-methods systematic review.
Wadsworth, Kim H. et al; BMC Family Practice; Jul 2019; vol. 20 (no. 1)
SMAs are increasingly employed in primary care settings. Accepting and implementing this non-traditional approach can yield measurable improvements in patient trust, patient perception of quality of care and quality of life, and relevant biophysical measurements of clinical parameters. Further refinement will be best driven by standardizing measures of patient satisfaction and clinical outcomes.

Collaboration between the family nurse and family doctor from the perspective of patients: a qualitative study
Taranta E.; Marcinowicz L Family practice; Jul 2019
The perception of collaboration (or lack thereof) between the family nurse and family doctor results from patients’ experiences. The traditional model of nursing care and the hierarchical relationship, in which the doctor has the dominant role, are evident in the patients’ remarks. The autonomy of nursing could be strengthened by expanding, and highlighting, the primary care activities that a nurse can perform on her own.

Using online patient feedback to improve care.
Point of Care Foundation; 2019.
This guide aims to support clinical, patient experience and quality teams to understand how to use online patient feedback to improve quality in health care.
Long-Term Conditions

Interprofessional team-based approach to patients with chronic hepatitis C and personality disorder: Three case studies.
Gardenier, Donald et al. Archives of Psychiatric Nursing; Aug 2019; vol. 33 (no. 4); p. 352-357
Integrated care models that address multiple patient needs using a team approach have been successful in this population. Customizing and adapting care based on evolving patient needs led to successful outcomes in the three patients presented here.

NICE encourages use of greener asthma inhalers.
People with asthma will be helped to choose the inhaler that is best for them, and best for the environment, by a ‘patient decision aid’ from NICE. Some inhalers have a much higher carbon footprint than others.

Longitudinal evaluation of a countywide alternative to the Quality and Outcomes Framework in UK General Practice aimed at improving Person Centred Coordinated Care.
Close, James et al. BMJ open; Jul 2019; vol. 9 (no. 7); p. e029721
The Somerset Practice Quality Scheme (SPQS) leveraged time savings and reduced administrative burden via discretionary removal of QOF incentives, enabling practices to engage actively in schemes aimed at improving care for people with LTCs. There were no differences in the experiences of patients or healthcare professionals between SPQS and control practices.

Halls, Amy et al. BMJ open; Jul 2019; vol. 9 (no. 7); p. e028572
This study suggests in situ simulation can be an acceptable approach for interdisciplinary team training within primary care, being well-received by practices and staff and contributes to a fuller understanding of how in situ simulation can benefit both workforce and patients.

Effect of pedometer-based walking interventions on long-term health outcomes: Prospective 4-year follow-up of two randomised controlled trials using routine primary care data
Harris T et al. PLoS medicine; Jun 2019; vol. 16 (no. 6)
Routine primary care data used to assess long-term trial outcomes demonstrated significantly fewer new cardiovascular events and fractures in intervention participants at 4 years. Short-term primary care pedometer-based walking interventions can produce long-term health benefits and should be more widely used to help address the public health inactivity challenge.
Six decades of preventing and treating childhood anxiety disorders: a systematic review and meta-analysis to inform policy and practice.
Schwartz C. Evidence-Based Mental Health 2019;22(3):103-110.
Anxiety disorders are the most prevalent childhood mental disorders. CBT is effective for preventing and treating childhood anxiety across a range of ages and formats. Fluoxetine is also effective but side effects must be managed. CBT prevention and treatment interventions should be made widely available, adding fluoxetine in severe cases.

BTS/SIGN British Guideline on the Management of Asthma.
Asthma attack prevention is one of key areas of advice in updated national guidance produced by BTS and SIGN. Health professionals should assess all patients for their level of risk of having a future asthma attack and tailor monitoring, treatment & care accordingly.

Pulmonary rehabilitation may modestly improve anxiety and depression in adults with chronic obstructive pulmonary disease.
NIHR Dissemination Centre. 2019.
This review of 10 trials is the first to show that pulmonary rehabilitation may also improve anxiety and depression, which are common in people with COPD.

Chronic obstructive pulmonary disease: diagnosis and management: summary of updated NICE guidance.
Hopkinson NS. BMJ 2019;366:l4486.
The updated areas are mainly concerned with the management of stable COPD and include self management and education, assessment for lung volume reduction procedures, and home oxygen use. This article focuses on the newly updated sections, with reference to older recommendations where they are particularly important or needed for context.

Hearing loss in adults.
National Institute for Health and Care Excellence (NICE);2019.
This quality standard covers assessing and managing hearing loss in adults (aged 18 and over). It includes people presenting with hearing loss for the first time in adulthood whether it started in adulthood or earlier. It describes high-quality care in priority areas for improvement.

Older people

Discussion of memory during primary care visits of older adults with cognitive impairment and accompanying family
Aufill, Jennifer et al. International Journal of Geriatric Psychiatry; Jul 2019
Discussion of cognitive impairment appears largely driven by clinician ratings of cognition and presence of an established diagnosis. Findings suggest potential benefit of engaging family to improve cognitive impairment detection in primary care.

Tackling loneliness
House of Commons Library 6th August 2019
This briefing: explains the governments’ Loneliness Strategy; the steps taken so far by the government; looks at research into the causes and impact of loneliness and possible interventions.

Time for action
The Housing and Ageing Alliance August 2019
Manifesto laying out three proposals: to enable older people to live independently and well wherever they choose, remaining in control of their homes and lives; to create age-friendly homes, neighbourhoods and services that enable people to live healthy, fulfilling lives, with families, friends and neighbours, and contributing to their communities in later life; to create integrated housing, health and care policies all aiming to enable people to live safely and well at home as they age.

EBN perspectives: care of the older person.
This article is part of Evidence Based Nursing (EBN) Perspectives Series within which published commentaries on a specific nursing theme are collated and highlights are discussed.

Aspirin for the primary prevention of cardiovascular disease in the elderly.
O’Sullivan JW. BMJ Evidence-Based Medicine 2019;24(4):143-144.
In healthy, community-dwelling elderly people aged 70 and older, aspirin does not prevent cardiovascular disease and does increase one’s risk of major haemorrhage. Clinicians should not offer aspirin as primary prevention to otherwise well elderly patients.

Quick Guide: allied health professionals enhancing health for people in care homes
NHS England 18th July 2019
The guide aims to support local health and social care systems in improving the health of people living in care homes, with practical examples of how the allied health professions can support implementation and roll-out of the framework for enhanced health in care homes.

Potentially inappropriate medication use and frailty phenotype among community-dwelling older adults: A population-based study
Bolina, Alisson Fernandes et al. Journal of Clinical Nursing; Jul 2019
Inappropriate medication use was prevalent among community-living older adults, and its presence was associated with the occurrence of frailty. Since primary care nurses are professionals who have the greatest contact with the older adults in the community, the results support the inclusion of the assessment of potentially inappropriate medication use in the routine of nursing consultation.
Quality of primary care delivery and productive interactions among community-living frail older persons and their general practitioners and practice nurses.
Frail community-dwelling older persons’ perspectives on quality of primary care were associated with perceived productivity of their interactions with the GP and practice nurse in both the intervention group and the control group. No significant differences were found in overall perceived quality of care and perceived patient-professional interaction between the intervention and control group.

Over-75s who stop taking statins 'may raise risk of heart attack'.
NHS Behind the Headlines; 2019.
French researchers looked at records of more than 120,000 people who were regularly taking statins at age 75, who had not previously had a heart attack or stroke. They followed them up for an average 2.4 years. People who stopped taking statins were about a third more likely to be admitted to hospital after a heart attack or stroke, compared to those who continued with their medication.

General practitioners' attitudes and decision-making regarding admission for older adults with infection: a UK qualitative interview study.
Moore, Abigail et al. Family practice; Jul 2019; vol. 36 (no. 4); p. 493-500
GPs need to be empowered to make safe decisions about place of care for older adults with suspected infection. This may mean developing strategies to support decision making as well as improving the ease of access to, and capacity of, any alternatives to admission.

Safeguarding

Quality improvement of prescribing safety: a pilot study in primary care using UK electronic health records
Booth H.P. et al The British journal of General Practice Jul 2019
Electronic health record data can provide standardised, reproducible reports that can be delivered at scale with minimal resource requirements and used in a national QI initiative.

Prevalence, severity, and nature of preventable patient harm across medical care settings: systematic review and meta-analysis.
The aim was to systematically quantify the prevalence, severity, and nature of preventable patient harm across a range of medical settings globally.

Evaluation of a health service adopting proactive approach to reduce high risk of lung cancer: The Liverpool Healthy Lung Programme.
Ghimire, Bhagabati et al; Lung cancer (Amsterdam, Netherlands); Aug 2019; vol. 134 ; p. 66-71
Comparison with the national stage distribution implied that the programme was reducing lung cancer mortality by 22%. Community based proactive approaches to early diagnosis of lung cancer in health deprived regions are likely to be effective in early detection of lung cancer.
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A MILLION DECISIONS
The joint campaign from CILIP and Health Education England
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