Future-proofing General Practice – 31st January 2020
[Covering innovation, leadership, skill mix & workforce planning, telehealth]
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Innovation

**UCLPartners launch new guide on how to set-up non face-to-face clinics**

UCL Partners 28th January 2020

The new how-to guide, developed by UCLPartners in collaboration with NHS clinicians, managers and patients, provides a comprehensive guide to setting up non-face-to-face clinics, including how to develop a project plan and business case.

Transforming health through innovation: Integrating the NHS and academia.

Academy of Medical Sciences; 2020.

This report finds that the UK’s world-leading biomedical and health research sector has contributed to major advances in patient care, as well as to the wealth of the nation. However, NHS staff increasingly lack the capacity to engage with research, and the number of clinical academics is declining.

**Acceptability of delivering an adapted Buurtzorg model in the Scottish care context**

Leask C.F.; Bell J.; Murray F., Public Health; Feb 2020; vol. 179; p. 111-117

The study aim was to understand the experiences of working in a self-managing, integrated, health and social care team. Study design: This is a case study within a primary care setting.

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**Quality improvement in general practice: what do GPs and practice managers think?**

The Health Foundation; 2019.

The report explores the level of quality improvement awareness, appetite and activity in general practice across the UK. The report highlights the need for practices to create an environment conducive to quality improvement, where: all staff are encouraged to learn about and participate in improvement; time is protected for undertaking QI activities, outside of daily roles; there is greater collaboration between practices, such as formal partnerships to identify and address capability gaps.

Leadership

**Becoming a lead nurse in a primary care network**

Blackwell, Clare  Practice Nursing; Jan 2020; vol. 31 (no. 1); p. 42-42

The new primary care networks provide opportunities for nurses working in general practice. Clare Blackwell provides an insight into the role of lead nurse in a primary care network.

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Skill Mix & Workforce Planning

Evaluation of an unscheduled care model delivered by advanced nurse practitioners in a primary-care setting
Leask, Calum F; Tennant, Heather Journal of Research in Nursing; Dec 2019; vol. 24 (no. 8); p. 696-709
It appears that delivering unscheduled care provision using an ANP is feasible and acceptable to GPs.
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Creating consensus-based practice guidelines with 2000 nurses.
Traditionally, to develop guidelines, a small group of experts examine evidence then agree on a set of statements, which are then published in journals. However, more than 7000 primary care journal articles are published monthly. This study examined a different way of drawing up practice guidelines, which involved large numbers of nurses from different countries directly in developing then disseminating the guidelines to speed up acceptance and the implementation of best practice
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Uptake of cardiovascular health checks in community pharmacy versus general practice
Whittaker P.J. Journal of Pharmacy Practice and Research; 2019
2265 eligible patients were invited by letter to book an NHS Health Check, 1000 at a community pharmacy and 1265 at their own primary care practice. Of these, 264 people (21%) attended the primary care practice and 234 people (23%) attended a community pharmacy (p = 0.075). Offering NHS Health Checks in a community pharmacy is a viable alternative to performing checks in general practice.
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Under the radar: General practitioners’ experiences of directly employed care workers for older people.
Wilcock, Jane et al. Health & social care in the community; Jan 2020
DECWs are well placed to monitor older people’s health, provide continuity of care and undertake certain healthcare tasks. GPs envisaged such workers as potentially valuable assets in community-based care for an ageing population. They called for skills training for this workforce and the development of protocols for delegation of health tasks and safeguarding of vulnerable older people. Older people employing care workers and those advising or supporting them should address communications with health providers in employment contracts and job descriptions.
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How to build effective teams in general practice
Baird, Beccy et al. 9 January King’s Fund
Teamworking is fundamental to the future of general practice. Practices are coming together at scale in primary care networks and new roles are being introduced, creating multidisciplinary and multi-agency teams. Making these teams function effectively is a complex task. This guide brings together insights from The King's Fund’s research, policy analysis and leadership practice. The need for collaboration and communication underpins much of the guide, and we provide further reading and case studies to support each section
Practice-Based Small Group Learning (PBSGL) in Scotland: the past, the present and the future.
Cunningham, David E.; Zlotos, Leon Education for Primary Care; Nov 2019; vol. 30 (no. 6); p. 337-341
The PBSGL programme in Scotland has ensured that continuing professional development of the primary health care team is available to teams across Scotland. Members (GPs, GP nurses, pharmacists and other professions) get together in small groups and discuss case presentations written by authors who have drawn on their own experiences with real patients. The group review a distillation of the current evidence base included in the module and propose changes to their own practice. Members make a commitment to change and log these changes in a shared document. The programme has recruited a small team of module writers and authors and most modules are now produced in Scotland by primary health care members.
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Film aims to inspire the next generation of Community Nurses
HEE & The Queen’s Nursing Institute 14 January 2020
A new film showcasing the important role community nurses play providing expert care for people and aimed at encouraging more people to consider a career in community nursing has been launched. The film highlights the wide range of expertise, leadership and care that nurses provide to people in communities across the country ranging from end of life care, homeless healthcare to running cardiac rehabilitation classes.

Patients get same-day appointments with local pharmacists
Department of Health and Social Care 14 January 2020
People with minor illnesses or who need medicine urgently have been referred to local pharmacies, relieving pressure on doctors. More than 100,000 patients have had appointments with expert pharmacists in the last 10 weeks, relieving pressure on GPs and A&E departments

Make use of community pharmacists’ skills
NICE 17 January 2020
Community pharmacy teams have the potential to play a greater role in health promotion and prevention says NICE, in a new draft quality standard that calls for community pharmacy services to be included in existing care and referral pathways. This will allow community pharmacy teams to accept as well as make referrals to the service most appropriate for the person. People are encouraged to discuss their health and wellbeing with community pharmacy teams. They can ask for information and advice about smoking, alcohol or maintaining a healthy weight.

General practice pharmacists in England: Integration, mediation and professional dynamics
Nabhani-Gebara S. et al; Research in social & administrative pharmacy; Jan 2020; vol. 16 (no. 1); p. 17-24
Findings are discussed in relation to role expansion and professional/interprofessional relations before key practical suggestions are offered.
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What is a primary care advanced practice role in Cornwall?
Barea, Sarah Practice Nursing; Jan 2020; vol. 31 (no. 1); p. 31-36
If the Advanced Practice Framework is implemented as planned, then there are gaps in current practice that need to be addressed in order to ensure practitioners have the competencies to provide safe, autonomous practice.

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Telehealth

Accelerator’s Vinehealth release app on the Apple App Store

Digital Health 30th January 2020

Currently on the DigitalHealth.London Accelerator programme Vinehealth are an innovative start-up who aim to improve the quality of life and health outcomes of people living with cancer using behavioural science. Their flagship iOS app is now available on the Apple App Store.

Accelerator Alumnus Smoke Free App now available in over 1,400 Boots stores and on boots.com

Digital Health 13th January 2020

Smoke Free Plus follows NICE guidance on stopping smoking and includes over 30 different behaviour change techniques. Users are encouraged to stay quit by seeing progress in their time smoke free, money saved, health improvements made, and more.

The Royal Wolverhampton NHS Trust and Babylon to create the world’s first integrated digital health system to serve the city’s population

Babylon Health 23 January 2020

Babylon Health and the Royal Wolverhampton Trust have announced a 10-year partnership to develop “digital-first integrated care” across the region. The partnership will allow patients to access NHS primary, secondary and community healthcare services through a single app.

Technology use and the mental health of children and young people

Royal College of Psychiatrists January 2020

This report explores the use of technology among children and young people. It looks at the wider impact of different types of screen use on the mental health of children and young people including issues around screen time, the impact of negative content, and the potential for bullying and addiction.

Digital Health Rewired 2020 Programme now live

Digital Health 14th January 2020

View the conference programme bringing together over 80+ of the most original, engaging, innovators and leaders from across NHS IT, digital health start-ups and disruptors at the National Hall, Olympia, Wednesday 4 March 2020.

Targeted prescription of cognitive–behavioral therapy versus person-centered counseling for depression using a machine learning approach

Delgadillo, Jaime; Gonzalez Salas Duhne, Paulina, Journal of Consulting and Clinical Psychology; Jan 2020; vol. 88 (no. 1); p. 14-24
Targeted prescription of these widely available and well-established psychological treatments could potentially improve clinical outcomes at no additional cost to services, representing a major advance in precision mental healthcare.

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**The potential of placing a digital assistant in patients’ homes**
*Ruth Chambers and Paul Beaney*  
*Br J Gen Pract December 2019 70:8-9*

This editorial relays findings of a pilot project in Stoke-on-Trent and across Staffordshire on behalf of the Sustainability and Transformation Partnership’s digital workstream, which has distributed 50 digital assistant kits (Alexa Echo Show plus WiFi if needed) to 50 patients with health or dependence needs. Initial findings are that with the aid of Alexa, patients report being better able to manage their health conditions and lead more independent lives.

**Can mobile health apps replace GPs? A scoping review of comparisons between mobile apps and GP tasks**
*Wattanapisit A. et al.*  
*BMC medical informatics and decision making; Jan 2020; vol. 20 (no. 1); p. 5*

mHealth apps were found to have the potential to replace GPs for tasks such as recording medical history and making diagnoses; performing some physical examinations; supporting clinical decision making and management; assisting in urgent, long-term, and disease-specific care; and health promotion. In contrast, mHealth apps were unable to perform medical procedures, appropriately utilise other professionals, and coordinate a team-based approach.

**Practice guidance: offering 25% of appointments online**
*NHS England*  
*13 January 2020*

This practice guide, designed to be read within five minutes, contains helpful hints, tips and case study experiences to support general practices to make sure that at least 25% of their appointments are available to book online. Covering, a full list of the types of appointments to include, important things to consider and configuration hints and tips

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