Leadership Bulletin June 2020

Articles

**Effectiveness of Lifestyle Health Promotion Interventions for Nurses: A Systematic Review.**
[Interventions targeting diet, body composition, PA, or stress are most likely to have positive outcomes for nurses' health and/or wellbeing. The methodologically strongest evidence (RCTs) is available for body composition and stress. Interventions relying solely on educational approaches are least likely to be effective. Organisational outcomes appear to be more challenging to change with lifestyle intervention, likely requiring more complex solutions including changes to the work environment.]
*Freely available online*

**How do we encourage a change of behaviour around colleagues taking breaks?**
[We found that an educational workshop provided the additional motivation needed to change intention to take a break (87% of colleagues), by facilitating a discussion around enablers and barriers to taking a break. Four months later, 13% more colleagues reported that they 'always' or ‘mostly’ took a break before the workshop. Aspirational figures to take a break does not translate into actual due to the effects of individual, team and organisational barriers.]

**How group coaching contributes to organisational understanding among newly graduated doctors.**
[Practising medicine at an expert level requires skills beyond medical expert knowledge. Research shows that newly appointed consultants feel less prepared to deal with leadership issues compared to issues regarding medical expertise. Newly graduated (NG) doctors and residents in particular struggle with leadership and organisational issues. The purpose of this study was to explore the impact of group coaching on NG doctors’ approach to organisational and leadership challenges in daily practice.]
*Freely available online*

**Leadership training programs in graduate medical education: a systematic review.**
Kumar B. *BMC Medical Education* 2020;20(1):175.
[With the increasing recognition that leadership skills can be acquired, there is a heightened focus on incorporating leadership training as a part of graduate medical education. However, there is considerable lack of agreement on how to facilitate acquisition of these skills to resident and fellow physicians. Articles were identified through a search of Ovid MEDLINE, EMBASE, CINAHL, ERIC, PsycNet, Cochrane Systematic Reviews, and Cochrane Central Register of Controlled Trials from 1948 to 2019.]
*Freely available online*
Mind Tools; 2020.
https://www.mindtools.com/pages/article/flexibleworking.htm
[The lockdown has forced us to adapt to new working patterns quickly. And now, as the restrictions start to ease, we're thinking about adopting some of these new practices in the longer term. So, in this article we examine what flexible working is, how to ask for it, and how to apply it successfully in your organization.]
Freely available online

Reports

Boredom and what it can do for you. (3-minute read)
National Institute for Health and Care Excellence (NICE); 2020.
[Some leaders are still in a state of crisis and high anxiety, working their way through the response to Covid-19. But others confess to feeling bored. Bored and exhausted. These leaders have sometimes been working relentlessly at a particular task or challenge for months now, sometimes with effect and sometimes not. And some are feeling bored in spite of continued busyness, variety or challenge.]
Freely available online

Leading in a crisis starts with acknowledging your own feelings. (4-minute read)
The King's Fund; 2020.
https://www.kingsfund.org.uk/publications/leading-crisis-acknowledging-feelings
[We have been listening to leaders across the health and care system about their experiences during the Covid-19 crisis. Here we look at how people feel as result of these experiences and how acknowledging these feelings can help people regain strength and focus]
Freely available online

Tuag at weithlu iach a chynaliadwy ar gyfer y dyfodol / Towards a healthy and sustainable workforce for the future.
Iechyd Cyhoeddus Cymru / Public Health Wales; 2020.
[Iechyd a llesiant presennol y gweithlu nyrsio a bydwreigiaeth yng Nghymru. / The current health and wellbeing of the nursing and midwifery workforce in Wales.]
Freely available online

Guideline

Health and Care Professions Council (HCPC); 2020.
[In this policy, we set out our legal duties around equality, diversity and inclusion (EDI). We set objectives for developing our practice in this area and explain how we will monitor our progress towards meeting them.]

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This Bulletin was created by Liz Wright of NHS East Dorset Knowledge and Library Service

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