Clinical Effectiveness Bulletin for NHS Primary Care in North Staffordshire

Issue No: 108 June 2016

About this Bulletin:

It is produced for NHS staff and partners of the Health Library and aims to draw attention to some of the key documents and reviews on clinical effectiveness that have been published in the previous month.

Where possible, links to the full text documents are included. Staff from SSOTP, North Staffs Combined Healthcare, UHNM, Stoke on Trent Public Health and CCG and practice staff in North Staffordshire can have help in finding full text from our Outreach Service.

Just get in touch via the contact details below.

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Sources for Clinical Effectiveness Bulletin

Please suggest further sites that should be monitored in the production of this bulletin

Websites

Cochrane Library  http://www.thecochranelibrary.com/
Health Technology Assessment (HTA) Database  http://www.journalslibrary.nihr.ac.uk/hta
https://discover.dc.nihr.ac.uk/portal/home
Department of Health  http://www.gov.uk/dh
King’s Fund  http://www.kingsfund.org.uk/
Nice Guidance  http://www.guidance.nice.org.uk/Date
Social Care Institute for Excellence  http://www.scie.org.uk/
NICE  http://www.nice.org.uk/
SIGN  http://www.sign.ac.uk/new.html
Primary Care Commissioning  www.pcc-cic.org.uk
Chartered Society of Physiotherapy  www.csp.org.uk
Health Social Care Information Centre  www.hscic.gov.uk
Queen’s Nursing Institute:  http://www.qni.org.uk/
NMC  www.nmc.org.uk
RCN  https://www.rcn.org.uk/
Campbell Collaboration  http://www.campbellcollaboration.org/
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More than a million alcohol-related hospital admissions in 2014-15
HSCIC
Latest figures from the HSCIC

The Zero Suicide Policy challenges – Dr David Fearnley
NHS England
Dr David Fearnley is the Medical Director at Mersey Care NHS Foundation Trust and was recently appointed Associate National Clinical Director for Secure Mental Health at NHS England. His trust has recently introduced a Zero Suicide Policy. Suicide is the biggest killer of men under the age of 45, and reducing this figure remains a challenge, not least because of stigma which still surrounds the issue.

Water fluoridation for the prevention of dental caries
Cochrane
This review looks at the evidence for the addition of fluoride to water and whether it can be shown to have an impact on dental carries.

General Practice

Five changes to the junior doctor contract
BMJ
On 16 June NHS Employers published a revised version of the proposed terms and conditions for the new contract for junior doctors in England. Some key changes are highlighted here by the BMJ.

Junior doctors rise up in Poland
BMJ
In news from around Europe the BMJ reports on a demonstration by junior doctors in Poland. The doctors are unhappy with their working and training conditions.

Suspected cancer
NICE quality standard [QS124]
This quality standard covers recognition of suspected cancer in adults, young people and children, and referral to specialist services. The four main quality statements are:
Direct access to diagnostic tests,
Urgent direct access endoscopy for oesophageal or stomach cancer,
Testing for blood in faeces,
Encouraging attendance at cancer services.

Adalimumab for treating moderate to severe hidradenitis suppurativa
NICE technology appraisal guidance [TA392]
Newly published guidance on prescribing Adalimumab.
Commissioning and Healthcare Organisation

Embrace the new hub culture – Dr Mark Williams
NHS England
Dr Mark Williams is a GP from rural Staffordshire who has written this piece in which he describes how clinical hubs can be used to aid people seeking out of hours care.

Hospital acquired foot ulcers reduced by 50 per cent since diabetes inpatient audit launched
HSCIC
These data from the HSCIC show a reduction in hospital acquired foot ulcers since they have been monitored in this way. Other patient harms have not seen similar reductions and the HSCIC point to a lack of specialist staff in some areas. Regional breakdowns are available.

New report sheds light on A&E attendances in England
HSCIC
Details of A&E attendances in England are provided here such as breakdowns by month and overviews of the treatment/outcome. Jane Winter is the responsible statistician for this area and points out that caution needs to be exercised when interpreting the results. Although over a third of admissions had a recorded treatment of guidance/advice only, this does not necessarily mean that these were inappropriate A&E attendances.

What can England learn from Scotland?
King’s Fund
Chris Ham blogs about learning from healthcare in Scotland, this is linked to a report by the King’s Fund: *The Four UK Health Systems; Learning from Each Other*.

BMA annual meeting: BMA calls for opt-out organ donation to become UK-wide
BMJ
Doctors have called for the BMA to lobby the governments in England, Scotland, and Northern Ireland to implement an opt-out system for organ donation.

Nursing Revalidation

Can the use of social media contribute towards Nursing and Midwifery Council revalidation?
Evidence Based Nursing
This is an editorial which discusses the use of social media, which has often been controversial, and whether it can be a force for good in enabling the sharing of best practice and signposting to evidence on care.
Nursing and Midwifery

**Overcoming the continence stigma – Chloe’s story**

**NHS England**
This is a very personal blog in which Chloe Smit shares her experience of growing up with continence problems. Chloe now works as a continence nurse. This blog is part of a series which marks World Continence Week.

**Continuity of midwifery care models improve outcomes for young women and babies**

**Evidence Based Nursing**
This cohort study looked at caseload midwifery and found that women and babies receiving this care appeared to have improved outcomes compared to those who experienced other models of care. These initial findings suggest that caseload midwifery is beneficial, however, the authors caution that there were few younger women included in these trials, and that caseload midwifery for young women should be further evaluated in a randomised controlled trial.

**Abdominal massage may decrease gastric residual volumes and abdominal circumference in critically ill patients**

**Evidence Based Nursing**
This is a randomised controlled trial which found that abdominal massage may decrease gastric residual volumes and abdominal circumference over time in a specific group of patients who are in critical care.

**Emergency department nurses report high workload and management pressure to meet 4 h treatment targets**

**Evidence Based Nursing**
This qualitative study explores staffing issues and morale, examining how nurses felt about the targets within their work environment.

**New English language test requirements**

**NMC**
The NMC sets out its changes to the English language tests. IELTS Level 7 is still the requirement, but this can now be gained over two test sittings. See NMC website for full details of the requirements.

**NMC statement on UK’s withdrawal from EU**

**NMC**
The NMC’s announcement states that there will be no immediate effect on the registration status of EU nurses already on the NMC register.
Abdominal massage may decrease gastric residual volumes and abdominal circumference in critically ill patients

Evidence Based Nursing
This is a randomised controlled trial which found that abdominal massage may decrease gastric residual volumes and abdominal circumference over time in a specific group of patients who are in critical care.

ER-WCPT/CSP statement on the outcome of the UK referendum
CSP
The CSP’s initial reaction to the EU referendum outcome.

So your next patient has a learning disability? A guide for physios not specialising in learning disabilities
CSP
A guide created by the CSP aimed at physiotherapy professionals.

Psoriasis, psoriatic arthritis, and rheumatoid arthritis: Is all inflammation the same?
Seminars in Arthritis and Rheumatism
This article discusses the varying pathophysiology of these three types of arthritis, their impact, clinical features and presentation in the context of comorbidities.

Pharmacy

Patients are aware of risks of opioid dependence, yet note poor communication from providers about pain and pain management
Evidence Based Nursing
This is a qualitative study which explores what patients knew and understood about the use of opioid based pain relief including how they felt about information that they were given by healthcare staff.

Cardiovascular Safety of Methylphenidate
National Elf
Mental Health blog which discusses a case series study carried out on the cardiovascular effect of methylphenidate use. Links to the original paper are included.

Adalimumab for treating moderate to severe hidradenitis suppurativa
NICE technology appraisal guidance [TA392]
Newly published guidance prescribing Adalimumab.
Mental Health and Learning Disability Care

**A systematic review of the health-related quality of life and economic burdens of anorexia nervosa, bulimia nervosa, and binge eating disorder**

**Eating and Weight Disorders**
This is a systematic review of the evidence on the health-related quality of life and economic burdens of three eating disorders: anorexia nervosa, bulimia nervosa, and binge eating disorder.

**Cardiovascular Safety of Methylphenidate**
National Elf
Mental Health blog which discusses a case series study carried out on the cardiovascular effect of methylphenidate use. Links to the original paper are included.

**Aripiprazole for autism spectrum disorders (ASD)**
Cochrane
Evidence from two RCTs suggests that aripiprazole can be effective as a short-term medication intervention for some behavioural aspects of ASD in children/adolescents. Side effects included weight gain, sedation, drooling and tremor. It is suggested that additional evaluations of aripiprazole are undertaken after it has been used for a period of time. The authors note that the diagnostic criteria for ASD which was used in this review changed significantly with release of the fifth edition of the DSM (DSM-5) in 2013 (APA 2013).

**Exercise therapy for chronic fatigue syndrome**
Cochrane
This review concluded that the effectiveness of exercise therapy appeared to be greater than that of pacing and similar to that of CBT. A number of positive outcomes such as self-perceived health and wellbeing and sleep improvements were observed.

**A systematic review of the clinical effectiveness and cost-effectiveness of pharmacological and psychological interventions for the management of obsessive-compulsive disorder in children/adolescents and adults.**
National Institute for Health Research
This health technology assessment found that in adults, psychological interventions, clomipramine, SSRIs (or combinations of these) were effective for adults suffering with OCD. Psychological interventions (on their own or in conjunction with certain SSRIs) were effective for children and young people. Further well designed RCTs are recommended.

**The use of social media and people with intellectual disability: a systematic review and thematic analysis**
Journal of Intellectual and Developmental Disability
How are people with intellectual disabilities engaging with social media? This review attempts to draw together the research to answer this question.
Aging and Later Life Care

**Living positively with dementia: a systematic review and synthesis of the qualitative literature**

**Aging and Mental Health**
A review of qualitative research which looks at what common factors can be seen in people whose experience of aging has been a positive one.

**Home care for older people**
**NICE quality standard [QS123]**
Newly published quality standard. Quality statements include:
- Person-centred planning,
- Plan for missed or late visits,
- Consistent team of home care workers,
- Length of home care visits,
- Reviewing the outcomes of the home care plan,
- Supervision of home care workers

News from the Health Library

**Library Search**
**Health Library**
The Health Library has had a new library management system, so the way in which you search for books and access your account will change slightly. We are happy to help you if you need some more information, or need help accessing resources. The system is brand new to us too, so please bear with us as we get to grips with it. Thank you.