Clinical Effectiveness Bulletin for NHS Primary Care in North Staffordshire

Issue No: 109 July 2016

About this Bulletin:

- It 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. If the article is in a journal, NHS and Public Health staff in Stoke and North Staffordshire can contact the Health Library for a copy.
  
  **Link to request form:** [http://www.keele.ac.uk/healthlibrary/usingthehealthlibrary/interr.libraryloans/#d.en.27437](http://www.keele.ac.uk/healthlibrary/usingthehealthlibrary/interr.libraryloans/#d.en.27437)

  [Please note - a charge of £2 per request is payable for most copies]

- If you need further assistance, please contact the Health Library or the NHS Outreach Librarians, details below.

- The bulletin can be e-mailed to colleagues who may also find it useful.

- A list of websites checked in the production of this bulletin is on the first page. Please suggest further useful sites.

- Feedback is always welcomed to inform future issues of the bulletin.

**Bulletin produced by NHS Outreach Librarians**

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**North Staffs Health Library**

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**Health Library North Staffordshire**  
Outreach Service
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  https://www.nice.org.uk/Guidance
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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Commissioning

**Clinical Commissioning**
**King’s Fund**
This was produced in conjunction with the Nuffield Trust and reports on the extent of GPs involvement in commissioning.

**Patients as partners: Building collaborative relationships among professionals, patients, carers and communities**
**King’s Fund**

**Government shows 'striking poverty of ambition' on discharge delays**
**Commons Select Committee**
This Public Accounts Committee Report on delayed discharge highlights issues such as difficulties with patient information sharing as well as what it calls: "the fragility of the adult social care provider market" which increasingly makes timely discharge difficult.

**Transfer of some hospital outpatient services to general practice is effective, but costs are unclear**
**NIHR Signals**
This is a summary of a piece of research carried out by the National Institute for Health Research Health Services and Delivery Research programme. They looked at the transfer of services via five main service models: transfer of care to GPs, relocation of care (specialists working in community settings), liaison (e.g. joint care), professional behaviour change (e.g. changing GP referral practices) and patient behaviour change. There was wide variation in the type of study and quality, however the reviewers cautiously suggest that there has been some success. In certain areas minor surgery and direct access to services such as audiology and physiotherapy have been well received but cost effectiveness information is less clear.

Public Health and Lifestyle Services

**Sun protection for preventing basal cell and squamous cell skin cancers**
**Cochrane Review**
This systematic review looked for evidence of the effectiveness of sunscreens and barrier methods (such as protective clothing) against keratinocyte cancer. The review found only one trial of sunscreen and none of any other form of sun protection. The review was unable to find any evidence to support the effectiveness of sunscreens. The authors suggest that further studies need to use a longer follow up period, assess the use of barrier sun protection and ascertain the effectiveness of various brands and types of sunscreens. They do additionally acknowledge the difficulties in providing an effective and ethical control group for such studies.
Fluoride mouthrinses for preventing dental caries in children and adolescents
Cochrane Review
This review found evidence that use of fluoride mouthrinse, supervised in a school setting, was associated with a reduction in carries. The authors recommend further studies to determine the efficacy of different fluoride rinse features, or fluoride rinses against other preventive strategies.

Motivational interviewing for the prevention of alcohol misuse in young adults
Cochrane Review
This review found a small effect for the use of motivational interviewing in order to reduce the levels of alcohol misuse in young adults.

General Practice

Self-monitoring and self-management of oral anticoagulation
Cochrane Review
The review found that self-monitoring or self-management can improve the quality of oral anticoagulant therapy. Benefits included fewer thromboembolic events and lower mortality. Self-monitoring and self-management are, however, not suitable for every patient.

Transfer of some hospital outpatient services to general practice is effective, but costs are unclear
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Rehabilitation and Occupational Health

Assistive devices, hip precautions, environmental modifications and training to prevent dislocation and improve function after hip arthroplasty
Cochrane Review
This review did not find a lot of high quality evidence to support the use of assistive devices, hip precautions, environmental modifications and training. Various studies had issues which
made them less reliable, such as lack of blinding or small sample size. The authors make recommendations for future study designs.

**Systematic review and critical appraisal of transitional care programmes in rheumatology**

**Seminars in Arthritis and Rheumatology**
This review identifies existing models of transitional care in rheumatic and musculoskeletal diseases and describes their benefits and features, as well as how current transitional care might be improved upon.

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**Physiotherapy**

**CSP invites members’ comments on NICE falls and community engagement consultations**

CSP
NICE have produced some draft guidance on which the CSP is inviting comment. One proposal is that physiotherapists should be asking older people about falls whenever they have come into contact with the healthcare system, such as routine reviews or health checks, as well as if they are admitted to hospital.

**CSP members urged to make their mark on falls prevention initiative**

CSP
The Royal Society for the Prevention of Accidents (RoSPA) is planning to begin some falls prevention work in conjunction with some local authority teams.

**Systematic review and critical appraisal of transitional care programmes in rheumatology**

**Seminars in Arthritis and Rheumatology**
This review identifies existing models of transitional care in rheumatic and musculoskeletal diseases and describes their benefits and features, as well as how current transitional care might be improved upon.

**Psoriasis, psoriatic arthritis, and rheumatoid arthritis: Is all inflammation the same?**

**Seminars in Arthritis and Rheumatology**
A review of various types of inflammation which affect mobility.
**Health Visiting and Nursing**

**Prediabetes: What Nurses Need to Know**

*American Journal of Nursing*

This article summarises some key points of prediabetes identification and associated risks. There article is written from a United States perspective but also highlights some interesting examples of diabetes interventions from around the world.

**RCN backs training scheme to tackle child sexual exploitation**

*RCN*

The RCN is supporting an initiative by the Children’s Society which aims to improve staff awareness of child sexual exploitation, as well as giving advice about how staff can help children who disclose abuse. There is a link to this training on the RCN website.

**Revalidation first quarter data published**

*NMC*

The NMC have published data on the first cohort to complete revalidation under the new requirements. They claim that revalidation figures are similar to what should be expected and that they feel that most nurses have been able to complete what is expected of them.

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**Social Care**

**The English social care system in 2016**

*Kings Fund*

This report contains some of the key findings from the 2016 budget survey by the Association of Directors of Adult Social Services (ADASS). The King’s Fund has produced a series of infographics which illustrate the main points.

**Government shows 'striking poverty of ambition' on discharge delays**

*Commons Select Committee*

The Public Accounts Committee Report on delayed discharge highlights issues such as difficulties with patient information sharing as well as what it calls: "the fragility of the adult social care provider market" which increasingly makes timely discharge difficult.

**Delayed transfers of care: Signposting Resource**

*SCIE*

The Social Care Institute for Excellence’s own guide to delayed transfers of care. Resources to support transfers of care and a checklist to assist in developing DTOC plans are available.
Mental Health

**Routine use of patient reported outcome measures (PROMs) for improving treatment of common mental health disorders in adults**  
**Cochrane Review**  
This review looked at evidence for use of PROMs in mental health treatment plans. Although much of the evidence was not strong, the review adds to the debate about how to include patients in their own treatment journey, and makes recommendations for further research.

Children and Young People

**Motivational interviewing for the prevention of alcohol misuse in young adults**  
**Cochrane Review**  
This review found a small effect for the use of motivational interviewing in order to reduce the levels of alcohol misuse in young adults.

Pharmacy and Prescribing

**A statin drug during admission for heart surgery did not prevent an irregular heart beat**  
**NIHR**  
Update on a possible new use for statins.

**Early aspirin reduces stroke recurrence following warning symptoms**  
**NIHR**  
This review found that the use of aspirin following stoke can be even more effective than previously thought.

Complementary and Alternative Therapies

**Acupuncture for the prevention of episodic migraine**  
**Cochrane Review**  
This review found that the addition of acupuncture to normal care helped reduce the frequency of migraines.

Sexual Health

**The Future of HIV Services in England**  
**King’s Fund**  
This is a new project funded by the M.A.C. AIDS Fund which intends to assess the whole HIV/AIDS pathway. It will look at all services, from prevention to treatment as well as long term support for people living with HIV/AIDS.