Clinical Effectiveness Bulletin for NHS Primary Care in North Staffordshire

Issue No: 110 August 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, UHN, 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.

Bulletin produced by NHS Outreach Librarians
Tel: 01782 679564 or 0300 123 1535 ext/FeatureNet 8429
E-mail: Sally.Thomas2@ssotp.nhs.uk or clareh.powell@northstaffs.nhs.uk

North Staffs Health Library
Tel: 01782 679500
Fax: 01782 679582
E-mail: health.library@keele.ac.uk
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 http://digital.nhs.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/
http://www.gponline.com/news
Contents in this issue:

Commissioning, Health Service Organisation and Administration ........................................4
Public Health and Lifestyle Services ..........................................................................................5
General Practice ........................................................................................................................5
Rehabilitation and Occupational Health ..................................................................................6
Physiotherapy ..........................................................................................................................7
Health Visiting and Nursing ......................................................................................................7
Social Care ................................................................................................................................8
Learning Disability ...................................................................................................................8
Mental Health ............................................................................................................................8
Older Adults ...............................................................................................................................9
Records management code of practice for health and social care
Department of Health
New guidance on the way in which medical and care records must be kept.

Tools developed and disseminated by guideline producers to promote the uptake of their guidelines
Cochrane Library
In certain specific instances, these tools were effective in producing greater guideline adherence. Very little data was available about the cost effectiveness of such interventions or the impact on patient care outcomes.

The King’s Fund response to NHS Improvement’s finance figures
King’s Fund
Richard Murray, Director of Policy at King’s Fund, reacts to the recently released NHS Improvement figures. Links to the original report are provided.

Transition between inpatient mental health settings and community or care home settings
NICE Guidance
This covers admission to and discharge from inpatient mental health settings, as well as transfer to other services such as social care. The guideline aims to improve the experience of service users in this area, so that they can be clearer about what is happening to them and why.

Better Care Fund: Guidance for the Operationalisation of the BCF in 2015-16
Better Care Fund Task Force
This document was created by collaboration between the Department of Health, NHS England, Local Government Association and the Department for Communities and Local Government. It aims to provide guidance on implementing the Better Care Fund.

Respiratory Symptom Awareness
PHE
Public Health England has launched a campaign to promote awareness of respiratory symptoms such as persistent cough and breathlessness. They provide a range of downloadable resources.

HSCIC becomes NHS Digital
NHS Digital
The Health and Social Care Information Centre (HSCIC) will now be known as NHS Digital and the data they collect will be published here: http://www.digital.nhs.uk/
Public Health and Lifestyle Services

**Smoking cessation for people with chronic obstructive pulmonary disease**
*Cochrane Library*
This review found that a combination of behavioural treatment and pharmacotherapy is effective in helping smokers with COPD to quit smoking.

**Childhood obesity: a plan for action**
*Department of Health*
The government’s plan is to reduce England’s rate of childhood obesity within the next 10 years, by encouraging industry to cut the amount of sugar in food and drinks. Additionally, the policy advocates increased healthy eating and activity for primary school children.

**Early years: promoting health and wellbeing in under 5s**
*NICE Guidance*
This updated quality standard forms part of the pathway: *Social and emotional wellbeing for children and young people*. It covers services that support the health, social and emotional wellbeing of children under 5. This includes: home visiting, childcare, early intervention services in children’s social care, and early education. The standard covers services for vulnerable children who may need additional support. It does not cover clinical treatment or the role of child protection services.

General Practice

**Safe working in general practice**
*BMA*
This document sets out the BMA’s proposals for easing GP workload and capping the number of consultations per day. Part of the plan includes the idea of overspill or relief clinics where overburdened practices can send their patients.

**GPC ‘totally opposed’ to proposed QOF target for recording BMI of all adult patients**
*GP Online*
This reports on the proposed new QOF indicator which would require practices to keep a register of all adult patients’ BMI, extending this range from over 25s to cover all those who are over 18.

**Diabetes in adults**
*NICE Quality Standard*
This updated quality standard covers the care of diabetes in patients over the age of 18, as well as the prevention of type 2 diabetes. It also covers the provision of education for patients with diabetes and the prevention of diabetic foot problems.
Obesity: clinical assessment and management  
NICE Quality standard  
This updated quality standard covers the clinical assessment and management of obesity in children, young people and adults. It does not cover primary prevention of obesity and overweight.

Two leading GPs explain what it means to be a Multispecialty Community Provider (MCP)  
NHS England  
Professor Nick Harding and Dr Nick Watson discuss their experiences of working within this model of care. Multispecialty community provider vanguards (MCPs) are intended to promote more partnership working between general practice and other services such as social care and the voluntary sector. The aim is to provide more holistic care.

Kangaroo mother care to reduce morbidity and mortality in low birthweight infants  
Cochrane Library  
This review found evidence to support the use of Kangaroo care and suggests that it can be effective in certain situations. More research on the long term outcomes is needed.

Heavy menstrual bleeding: assessment and management  
NICE Guidance  
This guidance has recently been updated and covers assessment of heavy menstrual bleeding, first line treatments and when to consider options such as hysterectomy.

Rehabilitation and Occupational Health

Self management programmes for quality of life in people with stroke  
Cochrane Library  
This review found that self management programmes do improve quality of life for people who have had a stroke. Key improvements included participants’ sense of self-efficacy and greater independence.

Systematic Review of Behavioral Interventions Targeting Social Communication Difficulties after Traumatic Brain Injury  
Archives of physical medicine and rehabilitation  
This review looks at the impact of therapies to help people who have experienced brain damage. The review found that interventions did have a positive effect and could help patients regain some of their communication skills.
Physiotherapy

**Self management programmes for quality of life in people with stroke**
*Cochrane Library*
This review found that self management programmes do improve quality of life for people who have had a stroke. Key improvements included participants’ sense of self-efficacy and greater independence.

**Physiotherapy for pain: a meta-epidemiological study of randomised trials.**
*British journal of sports medicine*
This study did find evidence that physiotherapy reduced pain in adults but the authors point to a number of methodological concerns over the trials included and some difficulties with bias.

Health Visiting and Nursing

**Kangaroo mother care to reduce morbidity and mortality in low birthweight infants**
*Cochrane Library*
This review found evidence to support the use of Kangaroo care and suggests that it can be effective in certain situations. More research on the long term outcomes is needed.

**Effect of restricted pacifier use in breastfeeding term infants for increasing duration of breastfeeding**
*Cochrane Library*
This review found that there is no evidence that moderate, controlled use of a pacifier creates problems for breastfeeding mothers, or reduces breastfeeding duration.

**Understanding quality in district nursing services**
*King’s Fund*
This document aims to set out what best practice in district nursing looks like. The report makes recommendations about how to achieve this level of service in a time of increasing demand for community based services.

**Guidance for nurses treating patients with MND**
*RCN*
This is an online resource to help nurses improve their knowledge of caring for patients for Motor Neurone Disease.

**Drop in school nurses putting children at risk**
*RCN*
The RCN has raised concerns over underfunding and a lack of school nurses. This has reduced access to health and relationship advice for a number of young people. The RCN is concerned that this could put vulnerable children at increased risk.
Social Care

**Transition between inpatient mental health settings and community or care home settings**

**NICE Guidance**
This covers admission to and discharge from inpatient mental health settings, as well as transfer to services which address social care needs. The guideline aims to improve the experience of service users in this area, so that they can be clearer about what is happening to them and why.

Learning Disability

**Easy News**

**United Response**
This news magazine has been created by people with Autism and/or other communication difficulties. It is designed to be read and understood by people with a learning disability. It is published every two weeks and covers current affairs, politics, sport as well as having stories about science and the arts.

**Transforming Care Partnerships**

**NHS England**
48 Transforming Care Partnerships are currently working towards improving services in their regions in order to better support people with a learning disability or mental health problems. NHS England provides links to the 4 main areas, click the links to see summaries of local proposals.

Mental Health

**Cognitive behavioural therapy (CBT), third-wave CBT and interpersonal therapy (IPT) based interventions for preventing depression in children and adolescents**

**Cochrane Library**
This review found some evidence for the use of preventative interventions, especially when targeted at specific, high risk groups.

**Transition between inpatient mental health settings and community or care home settings**

**NICE Guidance**
This covers admission to and discharge from inpatient mental health settings, as well as transfer to services which address social care needs. The guideline aims to improve the experience of service users in this area, so that they can be clearer about what is happening to them and why.
Cognitive-behavioural therapy-based intervention to reduce fear of falling in older people: therapy development and randomised controlled trial - the Strategies for Increasing Independence, Confidence and Energy (STRIDE) study

HTA
This study found that a CBT based intervention did reduce the fear of falling in older people, as well as having an impact on depression outcomes.

News from the Health Library

Replacement of Health Library cards
All Health Library cards with numbers starting 508…. need to be replaced with new cards. They can no longer be used for printing or photocopying, and will soon cease to function for accessing the library out of hours. Just call into the Health Library with your old card to get your account updated. Alternatively contact your Outreach Librarian: Sally Thomas Sally.Thomas2@ssotp.nhs.uk.