Clinical Effectiveness Bulletin for NHS Primary Care in North Staffordshire

Issue No: 115 January 2017

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  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  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
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Commissioning, Health Service Organisation and Administration

**Treat as One: Bridging the gap between mental and physical healthcare in general hospitals**

**The National Confidential Enquiry into Patient Outcome and Death**
This report aims to show how the lack of integration of physical and mental health services is leading to poor care for patients. The report makes a number of recommendations for bridging this gap, including altering current workforce skill mix, increased staff training and improved sharing of medical records between mental health hospitals and general hospitals.

**CCG data packs**
**NHS England**
These packs are intended to provide timely data to support commissioning for value. Select the region and CGG for your area from the list.

Public Health and Lifestyle Services

**3 Steps Towards Healthier Marketing**
This is a multiagency call for action on food and beverage marketing to children. Various supporters, including the BMA and the European Health Alliance, request 3 changes to food marketing, in order to help prevent unhealthy eating habits being formed at an early age. These include heavier regulation on TV advertising and event sponsorship.

**Randomised controlled trial and economic analysis of an internet-based weight management programme: POWeR+ (Positive Online Weight Reduction)**
**NIHR**
Positive Online Weight Reduction (POWeR+) is a 24-session, web-based weight management intervention which is completed over 6 months. In this trial it was found to produce clinically valuable weight loss. The study claims that this approach is also likely to be cost effective.

**Start2quit: a randomised clinical controlled trial to evaluate the effectiveness and cost-effectiveness of using personal tailored risk information and taster sessions to increase the uptake of the NHS Stop Smoking Services**
**NIHR**
This trial showed that personalised quitting information can be effective in reaching more smokers, as did the offer of a no-commitment introductory session. The intervention appears less likely to be cost-effective in the short term, but is highly likely to be cost-effective over a lifetime horizon.
**Liveable Neighbourhoods and evidence for increased walking**

**Travel West**
Dr Adrian Davis discusses the evidence on how urban planning can encourage and promote active travel. In 1998, the Western Australian State Government implemented new guidelines for building and development. The ‘Liveable Neighbourhoods Community Design Guidelines’ (LNG) have, they claim, created an increase in walking through thoughtful urban planning. Amenities are placed within walking distance of residential areas, and transport links to larger centres are provided.

**State of Child Health report**

**Royal College of Paediatrics and Child Health**
This report draws together data on 25 measures of the health of UK children. Data about specific conditions such as asthma and diabetes are included, as well as figures on lifestyle factors such as obesity and rates of breastfeeding. The report is intended to provide an “across the board” snapshot of child health and wellbeing in the UK.

**General Practice**

**Long-term hormone therapy for perimenopausal and postmenopausal women**

**Cochrane Review**
This review looked at long term hormone therapy (at least a year) and weighed up the benefits and risks. The review does not recommend the use of hormone therapy for prevention of osteoporosis, except in cases where alternatives are not suitable. Likewise hormone therapy is not recommended for the prevention of many other conditions. The use of hormone therapy is suggested for women whose menopausal symptoms are very life limiting, subject to individual risk factors for cancer and cardiovascular disease.

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**Canagliflozin, dapagliflozin and empagliflozin monotherapy for treating type 2 diabetes: systematic review and economic evaluation**

NHIR
This research found that dapagliflozin, canagliflozin and empagliflozin are effective in improving glycaemic control, and can also help to reduce BP and weight. A small proportion of users experienced urinary and genital tract infections. In monotherapy, the three drugs do not appear cost-effective compared with gliclazide or pioglitazone, but may be competitive against sitagliptin (Januvia, Boehringer Ingelheim, Bracknell, UK). They may be useful for those who cannot tolerate metformin.

**Physiotherapy**

**Yoga treatment for chronic non-specific low back pain**

Cochrane Review
The review found low- to moderate-certainty evidence that yoga, compared to non-exercise controls, resulted in small to moderate improvements in back-related function at three and six months. Yoga was not found to be associated with any serious adverse events.

**Stretch for the treatment and prevention of contractures**

Cochrane Review
This updated review looked at the use of stretch and found that it was not effective for the treatment and prevention of contractures. In the short term no effects on quality of life and pain were found.

**The effectiveness of pre-operative exercise physiotherapy rehabilitation on the outcomes of treatment following anterior cruciate ligament injury: a systematic review**

Clinical Rehabilitation
This review found that there is some evidence to support the use of pre-operative exercise physiotherapy rehabilitation. The preoperative interventions in the studies which were included ranged from 3-24 weeks in duration. Outcomes such as knee related function and muscle strength showed improvements.
**Occupational Therapy and Rehabilitation**

**Yoga treatment for chronic non-specific low back pain**  
*Cochrane Review*  
The review found low- to moderate-certainty evidence that yoga, compared to non-exercise controls, resulted in small to moderate improvements in back-related function at three and six months. Yoga was not found to be associated with any serious adverse events.

**Clinical effectiveness of acupuncture on Parkinson disease: A PRISMA-compliant systematic review and meta-analysis**  
*Medicine*  
This study showed some positive effects for the use of acupuncture. Acupuncture could provide an alternative to long-term use of levodopa, which can lead to complications.

**Falls and fractures: consensus statement**  
*DH*  
This is the Department of Health’s falls and fractures document, outlining prevention activities.

**Pharmacy**

**Beta-blockers for hypertension**  
*Cochrane Review*  
This is an updated review on the effectiveness of beta blockers for the treatment of hypertension. It found that they did lead to modest reductions in CVD, but had little or no effect on mortality.

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**Self-care of long-term conditions: patients' perspectives and their (limited) use of community pharmacies**  
*International Journal of Clinical Pharmacy*  
This study focuses on the often untapped resource of the community pharmacist, and how this situation might be improved. Patients’ low awareness of what community pharmacy can offer could be down to pharmacists’ professional identity as ‘dispensers’ of medicines. They recommend that more research be focused on the patient-pharmacist relationship.
**Turning waste medicines to cost savings: A pilot study on the feasibility of medication recycling as a solution to drug wastage**

**Palliative Medicine**

This study found that recycling medicines which are no longer required was cost effective and could be done safely. This could represent significant savings for healthcare organisations if it were rolled out on a wider scale.

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**Health Visiting and Nursing**

**Supplementing the Braden scale for pressure ulcer risk among medical inpatients: the contribution of self-reported symptoms and standard laboratory tests.**

**Journal of clinical nursing**

This was a prospective, cross-sectional survey in which 328 patients admitted to medical wards in an acute hospital in Oslo, Norway consented to participate. The authors’ state that their results show that using patient-reported symptoms can be useful in predicting which patients are at greatest risk of developing pressure ulcers.

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**What factors are driving increasing demand for community nursing?**

**British Journal of Community Nursing**

The authors’ note that although demand for community nursing is increasing, predicting demand is complex and some models for forecasting this are outdated. They ran a facilitated qualitative system dynamics workshop with representatives working across community nursing services in Cornwall. The generated models identified 7 key areas of concern that could be significantly contributing to demand for district nursing services. Athens password required, select OpenAthens login, then input your Athens username and password.

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**Falls and fractures: consensus statement**

**DH**

This is the Department of Health’s falls and fractures document, outlining prevention activities

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**Nursing associates – everything you need to know**

**NMC**

The NMC has prepared a list of FAQs about the newly created role.

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**Nursing associates to be regulated by NMC**

**NMC**

It has been confirmed that the NMC will regulate the new Nursing Associate role, although it has raised concerns about the increased costs of doing so.
Mental Health

**Mental health and NHS performance**

DH
Jeremy Hunt’s recent speech to parliament on his plans to improve mental health provision in the NHS.

**Learning disabilities: identifying and managing mental health problems**

NICE
This is an updated quality standard from NICE regarding the prevention, assessment and management of mental health problems in people with learning disabilities in all settings.

**Autism. A booklet for adults, partners, friends, family members and carers**

SIGN
This booklet is for adults who are on the Autistic Spectrum and also those who think they may be Autistic but have not had a formal diagnosis. It contains practical information such as what to expect at an Autism assessment as well as advice from people who have been through assessment and diagnosis.

Substance Misuse

**Evidence review on drug misuse treatment published**

PHE
This review found that although there are some areas for improvement, drug misuse services in England are performing favourably when compared to other countries. The report highlights the fact that 97% of all users start treatment within three weeks and there is a very low rate of HIV infection among injecting drug users (1%) in England.

Social Care

**Transformation of Care and Support**

SCIE
The Social Care Institute for Excellence presents three case studies which they feel exemplify good practice. These include a local authority in Kent which has sped up its discharge process to get more people into community care, and a Shared Lives project which places individuals with additional needs with supportive families. To download the full report you may need to login, registering is free

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