Clinical Effectiveness Bulletin for NHS Primary Care in North Staffordshire

Issue No: 116 February 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, UHNW, 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.
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
Contents in this issue:

Commissioning ...................................................................................................................... 4
Public Health and Lifestyle Services .................................................................................. 4
General Practice .................................................................................................................. 6
Rehabilitation and Occupational Health ........................................................................... 7
Physiotherapy ..................................................................................................................... 7
Health Visiting and Nursing .............................................................................................. 8
Learning Disability ............................................................................................................. 9
Mental Health ..................................................................................................................... 9
Excess deaths in 2015 may be linked to failures in health and social care
London School of Hygiene and Tropical Medicine.
This study looked at the spike in mortality which occurred in 2015, in relation to a number of possible causal factors. Researchers from the London School of Hygiene & Tropical Medicine, University of Oxford and Blackburn with Darwen Borough Council conducted an exploratory analysis. They found that it is possible that the deaths were linked to the inability of health and social care services to cope with the demands placed on it during that time period. The authors do stress that they are seeking to illuminate a complex issue and that they can by no means present a concrete argument for a definitive causal relationship.

Delivering sustainability and transformation plans
King’s Fund
The King’s Fund explores the proposed implementation of STPs by examining some of the details of the 44 STPs and asking how they might be put into action, and what challenges they will encounter.

Public Health and Lifestyle Services

The Soft Drinks Industry Levy
House of Commons Library
This briefing sets out the proposed levy on high sugar soft drinks. The levy would apply to manufacturers and importers of sugar added soft drinks and would be implemented in April 2018. The full report is available which includes details of the proposed levy and background supporting evidence.

Why giving surplus food to charities is not a solution to food poverty
The Conversation
This is an opinion piece on food banks and their uses. The author claims that their existence cannot solve the longer term issues of food insecurity, and that although they provide food for people in real need of it, the root cause of their lack of food is not being addressed.

The Hidden Value of Our Green Spaces
The Land Trust
This report from the Land Trust focuses on two parks, Silverdale Country Park in Staffordshire and Beam Parklands in East London. The parks have been created as a form of regeneration and in order to help to keep some green space within towns and cities. The park in Silverdale has been created on the site of a former colliery and it is claimed that it provides benefits such as £400,000 worth of flood risk reduction benefits, as well as many social and health benefits for the local community.
To RCT or to not RCT. On the issue of “evidence” and public health.
Greg Fell Public Health
This blog on evidence in public health is very much an opinion piece but it does raise some interesting points about getting evidence into practice in an area which has to deal with so many external variables.

Critical Reasoning for Beginners
Oxford University
Six free online lectures from the University of Oxford, designed to help you unpick complex arguments, and look for the logic behind so called evidence.

£64 million government funding to encourage more cycling and walking to work
Department of Transport
The transport minister Andrew Jones has announced that £64 million will be invested in promoting more active travel. The money will go towards improving cycling infrastructure and enabling people to receive real time updates about public transport on their phones.

Increasing Physical Activity and Decreasing Sedentary Behaviour in the Workplace
The Alberta Centre for Active Living
This systematic review is on workplace interventions that focus on increasing physical activity, reducing sedentary behaviour, or both. A range of information on the project is available including four reports, Challenges and Competitions, Information and Counselling Organizational Culture and Norms, and Access and the Physical Environment.

Examining associations between area-level spatial measures of housing with selected health and wellbeing behaviours and outcomes in an urban context
Health & Place
This study was conducted in Melbourne and attempts to address the link between affordable, secure, sustainable housing and health and wellbeing. If you work for a Local Authority Public Health Team you should have access to this via Open Athens. Scroll down to the bottom of the abstract and click: Check Access, then on the following page: Open Athens login, then put in your NHS Athens username and password when asked.

Parents’ and informal caregivers’ views and experiences of communication about routine childhood vaccination: a synthesis of qualitative evidence
Cochrane Library
This review found many papers which assessed mothers’ views of vaccinations, and fewer that took into account other family members’ views. The qualitative synthesis found that mothers wanted more simple information about the benefits and risks of vaccination before immunisation appointments.
Interventions to improve antibiotic prescribing practices for hospital inpatients
Cochrane Library
This review found evidence for the effectiveness of interventions to improve adherence to antibiotic prescribing policies.

Psychosocial interventions for supporting women to stop smoking in pregnancy
Cochrane Library
This review found that psychosocial interventions to support women to stop smoking in pregnancy can increase the proportion of women who stop smoking in late pregnancy, and the proportion of infants born of low birthweight.

The clinical effectiveness of individual behaviour change interventions to reduce risky sexual behaviour after a negative human immunodeficiency virus test in men who have sex with men: systematic and realist reviews and intervention development
HTA
Evidence regarding behaviour change interventions suggests that they can be effective in changing behaviour associated with HIV transmission. Exploratory stratified meta-analyses suggested that interventions should ideally be delivered face to face and immediately after testing.

General Practice

Resilience: There’s no one size fits all solution for General Practice
Primary Care Commissioning
PCC is developing ways to support GP practices become more resilient. This, they stress, should not just focus on help for practices who in the short term are at risk of failing. Longer term planning, including developing the workforce and exploring local links with other services, also requires attention.

Parents' and informal caregivers' views and experiences of communication about routine childhood vaccination: a synthesis of qualitative evidence
Cochrane Library
This review found many papers which assessed mothers' views of vaccinations, and fewer that took into account other family members' views. The qualitative synthesis found that mothers wanted more simple information about the benefits and risks of vaccination before immunisation appointments.
Interventions for raising breast cancer awareness in women
Cochrane Library
This review found two RCTs which tested out the effectiveness of breast cancer awareness interventions such as printed leaflets or face to face information. There were some positive outcomes in areas such as awareness of signs and symptoms and self reported checking.

Menopause
NICE Guidance
This updated guidance is intended to describe high quality care provision for women who are experiencing the menopause, including so called early menopause or that brought on by surgical procedure.

Rehabilitation and Occupational Health

Osteoporosis: assessing the risk of fragility fracture
NICE Guidance
This updated guideline intends to provide advice on selecting and using risk assessment tools which are designed to predict the risk of fragility fracture in adults with osteoporosis.

Physiotherapy

Chest physiotherapy in mechanically ventilated patients without pneumonia-a narrative review
Journal of Thoracic Disease
This review looked at evidence on the effectiveness of chest physiotherapy for patients without pneumonia. It found that in general chest physiotherapy was safe and well tolerated, but did not appear to significantly impact upon patient outcomes for those without pneumonia.

Physiotherapy, and speech and language therapy intervention for patients with refractory chronic cough: A multicentre randomised control trial
Thorax
This study investigated the efficacy of a physiotherapy and speech and language therapy intervention (PSALTI) to improve health-related quality of life (HRQoL) and to reduce cough frequency in patients with refractory chronic cough. The intervention was effective and the results were sustained at three months.

Athens password required, select OpenAthens login, then input your Athens username and password.
Implementing the Keele stratified care model for patients with low back pain: An observational impact study

BMC Musculoskeletal Disorders

The Keele stratified care model for management of low back pain uses a STarT Back Screening Tool to allocate patients into one of three categories. The categories relate to the patient’s risk level. When the Keele model was implemented in this hospital trust in Gloucestershire, patients received significantly more treatment sessions as the risk-rating increased, which was the anticipated impact of these targeted treatment pathways. Physiotherapists were largely positive about using the model. The Keele model’s implementation was considered successful, with the authors suggesting that there would be potential economic benefits to rolling it out more widely in Gloucestershire.

Health Visiting and Nursing

NHS Right Care scenario: The variation between sub-optimal and optimal pathways
Betty’s story: Leg ulcer wound care

NHS Right Care has developed this scenario based learning tool, using a fictional patient. Follow Betty’s journey along the wound care pathway and compare a sub-optimal, but typical scenario against an ideal pathway.

Parents’ and informal caregivers’ views and experiences of communication about routine childhood vaccination: a synthesis of qualitative evidence
Cochrane Library

This review found many papers which assessed mothers’ views of vaccinations, and fewer that took into account other family members’ views. The qualitative synthesis found that mothers wanted more simple information about the benefits and risks of vaccination before immunisation appointments.

Intrapartum care for healthy women and babies
NICE Guidance

This recently updated guideline covers the care of healthy women and their babies, during labour and immediately after the birth. The guideline is intended to help women to make an informed choice about where to have their baby. It also aims to reduce variation in areas of care such as foetal monitoring during labour and management of the third stage of labour.

Surgical site infections: prevention and treatment
NICE Guidance

This updated guideline covers the prevention of infection for patients who have undergone an invasive procedure and contains methods for reducing the risk of infection.
Healthcare-associated infections: prevention and control in primary and community care
NICE Guidance
This updated guideline covers best practice for the prevention of healthcare associated infections in outpatients. It includes topics such as hand decontamination, catheterization and tube feeding.

Learning Disability

Transforming care
NHS England
The Transforming Care project includes partners from NHS England, the Association of Adult Social Services (ADASS), the Care Quality Commission (CQC), Local Government Association (LGA), Health Education England (HEE) and the Department of Health (DH). The idea is to change the way in which learning disability support is commissioned in England, focusing on empowering individuals and enabling them to live with independence in our communities.

Mental Health

Maternal mental health - women's voices
RCOG
This report draws together findings from a survey of over 2,300 women about their experiences of maternal mental ill health, the stigmas they encountered, their varying levels of access to appropriate services and their interactions with healthcare professionals.