



clinical effectiveness bulletin

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Sally.Thomas@uhnm.nhs.uk

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The Clinical Effectiveness Bulletin aims to highlight some key pieces of evidence, published in the previous month.

Where possible, links to the full text documents are included. If you are employed by UHNM, NSCHT, or you are CCG or GP practice staff in Staffordshire, get in touch to find out more about your NHS library service.

Contents in this issue:

Civility Saves Lives	2
Population Health	2
Integrated Care	4
General Practice	5
Rehabilitation and Occupational Health.....	7
Health Visiting and Nursing	7
Social Care	9
Mental Health.....	10
Children and Young People.....	10
Older Adults.....	11

Civility Saves Lives

Civility Saves Lives Podcast

The podcast is a series of conversations with people who inspire us, aiming to make healthcare a better place to work. We cover a wealth of topics, from workplace culture, inspirations, laughter and joy, to appreciative inquiry and how to work safely

Episode 10: Margaret Moore on coaching in healthcare

<https://www.civilitysaveslives.com/podcasts>

Building Skills for Anti-Racism Work.

Institute for Healthcare Improvement (IHI); 2022.

<https://www.ihl.org/education/ihl-open-school/Pages/Curriculum.aspx>

[In this free IHI Open School course, develop skills to counter structural racism and improve health equity. Learn strategies to start or continue your work in this area individually and collectively and earn continuing education credits. Register and browse the course catalog to learn more.]

Available with free registration

[Back to topics](#)

Population Health

Annual flu programme.

UK Health Security Agency (UKHSA); 2022.

<https://www.gov.uk/government/collections/annual-flu-programme>

[Updated 07 September 2022: Added 'Flu vaccines: 2022 to 2023 flu season' and 'Flu vaccines for children and young people for 2022 to 2023'.]

Freely available online

SARS-CoV-2 variants of public health interest.

UK Health Security Agency (UKHSA); 2022.

<https://www.gov.uk/government/publications/sars-cov-2-variants-of-public-health-interest>

[09 September 2022: Added latest update.]

Freely available online

ASH brief for local authorities on youth vaping.

Action on Smoking and Health (ASH); 2022.

<https://ash.org.uk/wp-content/uploads/2022/08/ASH-brief-for-local-authorities-on-youth-vaping.pdf>

[This short briefing is to help local authorities respond to growing concerns about youth vaping in their communities. It is primarily for public health officials and trading standards officers, but also sets out important information for councillors, schools, parents and retailers. Links to further information are also provided.]

Freely available online

Quantifying health inequalities in England.

The Health Foundation; 2022.

<https://www.health.org.uk/news-and-comment/charts-and-infographics/quantifying-health-inequalities>

[Results show health inequalities starting at a very early age and continuing to develop through adulthood. The early ages and changing structure of health inequalities reinforces the notion that nothing short of a joined-up policy approach can address the wide and complex health inequalities we see in England. We believe this new presentation of health inequalities shows powerfully that investing in the circumstances in which people live will help people stay healthier for longer.]

Freely available online

Unemployment and insecure housing are linked to less successful treatment for depression.

NIHR Evidence; 2022.

<https://evidence.nihr.ac.uk/alert/unemployment-insecure-housing-linked-less-successful-depression-treatment/>

[The study found poorer outcomes after treatment for depression among people who are unemployed, struggling financially, not homeowners, and have educational qualifications beyond school. The research concluded that housing and employment status are likely to have a clinically meaningful effect on recovery, independent of the severity of depression, age, marital status or other factors.]

Freely available online

Advertising ban was linked to lower purchases of unhealthy food and drink.

NIHR Evidence; 2022.

<https://evidence.nihr.ac.uk/alert/advertising-ban-was-linked-to-lower-purchases-of-unhealthy-food-and-drink/>

[This is the first study to look at the implementation of the TfL advertising ban. It found that advertising restrictions are feasible, and could have a meaningful impact on population health. The findings could encourage governments and local authorities to consider similar policies to prevent obesity. The TfL restrictions were part of a childhood obesity strategy, but they could

influence the whole population.]

Freely available online

Integrated Care

Quantifying health inequalities in England.

The Health Foundation; 2022.

<https://www.health.org.uk/news-and-comment/charts-and-infographics/quantifying-health-inequalities>

[Results show health inequalities starting at a very early age and continuing to develop through adulthood. The early ages and changing structure of health inequalities reinforces the notion that nothing short of a joined-up policy approach can address the wide and complex health inequalities we see in England. We believe this new presentation of health inequalities shows powerfully that investing in the circumstances in which people live will help people stay healthier for longer.]

Freely available online

Integrated care in practice: realising the potential of integrated care systems.

[PAID EVENT. On 1 July, integrated care systems (ICSs) became statutory bodies following changes brought about by the Health and Care Act 2022. Through keynote speeches, panel debates and practical case study sessions, this virtual conference will explore how to make the most of the opportunities created by the current reforms and deliver meaningful improvements in quality of care and population health.]

Virtual conference, web-based

From: 7th November, 2022 9:00am Until: 10th November, 2022 4:00pm

<https://www.kingsfund.org.uk/events/integrated-care-practice>

Realising the Benefits of Provider Collaboratives.

NHS Providers; 2022.

<https://nhsproviders.org/realising-the-benefits-of-provider-collaboratives>

[Greater collaboration between organisations is enshrined in the Health and Care Act 2022, which placed ICSs on a statutory footing in July 2022. For this report, we have drawn on insights collected through our regular engagement with trust leaders, our member support offer on provider collaboration (which includes a regular webinar series sharing collaboratives' progress and peer learning forums), and ongoing influencing work to shape the development and implementation of national policy.]

Freely available online

Regulation, Reform and Services under Pressure.

NHS Providers; 2022.

<https://nhsproviders.org/regulation-reform-and-services-under-pressure>

[This report is based on the findings from our seventh annual regulation survey, which was carried out April-May 2022. Our regulation survey explores NHS trusts' and foundation trusts' experiences of regulation over the previous 12 months. This year's survey captures a unique moment in time, as trust leaders took stock of the pandemic and unprecedented operational pressures, while looking at a future of transformation across the health and care landscape,

with ICSs placed on a statutory footing.]

Freely available online

[Why don't people have kidney dialysis at home?](#)

NIHR Evidence; 2022.

<https://evidence.nihr.ac.uk/alert/why-dont-people-have-kidney-dialysis-at-home/>

[The researchers worked with people with kidney disease and their families, NHS staff working in kidney units, representatives from independent dialysis providers, and kidney charities in Wales. They found that people may choose to have hospital dialysis because it is often presented as the norm, for social contact and to avoid adaptations to their home. Staff may suggest hospital dialysis because of bias, lack of awareness and availability, and perceived difficulties in setting up home dialysis.]

Freely available online

Prudent healthcare in practice: integration of audiology services into primary care.

[\[Abstract\]](#)

Loescher T. *BMJ Open Quality* 2022;11(3):e001884.

[Check for full-text availability](#)

[Swansea Bay University Health Board (SB UHB) has been trialling a primary care audiology pathway since 2016. The pathway enables patients with hearing, tinnitus or wax problems to be triaged directly to the audiology department acting as the first point of contact, freeing up general practitioners, Ear, Nose and Throat consultants and nurses to see patients with more complex health conditions. PURPOSE: To evaluate the efficiency of the SB UHB primary care audiology pathway.]

[Back to topics](#)

General Practice

[Elevating, Enhancing, Empowering - Delivering the General Practice Nursing 10 Point Plan](#)

National Association of Primary Care (NAPC); 2022.

<https://future.nhs.uk/connect.ti/primarycareworkforce/view?objectId=143557765>

[This report charts and celebrates the many achievements of the Ten Point Plan, which came to an end in March 2021. However, the work triggered by the Plan is far from finished, and this report also draws attention to a number of outstanding challenges and opportunities which need to be met and grasped if primary care is to compete with other sectors as a destination of choice, able to recruit, motivate and retain the cream of the nursing crop.

[access via Future NHS: Primary Care Workforce]]

Available with appropriate registration or membership

[Primary Care Transformation Team - General Practice / PCN Training and Development offers August – December 2022](#)

[A range of training and development offers to support those in practices and PCNs to

develop skills and confidence with using quality improvement tools and techniques. Having a box of tools to draw on and a knowledge of when and how to use them will help with tackling a range of challenges now and in future. All training is delivered by ... practice-based clinicians, non-clinicians and improvement experts who have worked extensively with general practice and wider primary care.]

From: 31st August, 2022 9:00am <https://future.nhs.uk/gf2.ti/f/1134146/135879269.10/DOCX/-/Training%20and%20Development%20offers%20V12%20August%20-%20December%202022.docx>

For more information, please contact england.capabilityt4c@nhs.net.

Primary Care: Navigating Changing Landscapes

["Join us for this 'unconference' to find your quality improvement tribe...who will counsel and coach, to explore novel ideas or discuss sticky issues in primary care as the ground continues to shift.

The unconference will give you the opportunity to connect and tap into the wisdom and experience of other primary care colleagues around the country. You will be able to bring your goals, ambitions and dilemmas, or help others with the pebbles in their shoes – to collaborate and solve"]

Online

Date: 6th October, 2022, 10:00am-12:00pm

<https://www.events.england.nhs.uk/events/primary-care-navigating-changing-landscapes>

For more information, please contact england.si-pcic@nhs.net.

Overall cardiovascular risk should drive the decision to start blood pressure treatment.

NIHR Evidence; 2022.

<https://evidence.nihr.ac.uk/alert/overall-cardiovascular-risk-should-drive-blood-pressure-treatment/>

[The study confirms that someone's overall risk of cardiovascular disease has more impact on their chances of having a cardiovascular event than their blood pressure alone. This suggests that overall risk should play an important role in blood pressure management. At a population level, increased focus on overall risk could help prevent more cardiovascular disease, saving money for the NHS.]

Freely available online

Programs to encourage working as a general practitioner in rural areas: why do medical students not want to participate? A cross-sectional study. [Abstract]

Sapoutzis N. *BMC Medical Education* 2022;22(1):622.

[Check for full-text availability](#)

[In many countries, not enough students are interested to work as general practitioners in rural areas. To solve this problem, several, sometimes partly extracurricular, programs have been developed. Most of these programs are based on continuity, which means that students stay in a rural region for an extended period of time, by completing clerkships. Although the effects of these programs are positive, it is often difficult to motivate students to participate.]

Freely available online

[Back to topics](#)

Rehabilitation and Occupational Health

[One-year outcome of surgery compared with immobilization in a cast for adults with an undisplaced or minimally displaced scaphoid fracture : a meta-analysis of randomized controlled trials.](#)

Johnson NA. *The Bone & Joint Journal* 2022;104-B(8):953-962 .

[We found no difference in functional outcome at 12 months for fractures of the waist of the scaphoid with ≤ 2 mm displacement treated operatively or nonoperatively. The complication rate was higher with operative treatment.]

Contact the library for a copy of this article

[Psychological sequelae of hand injuries: an integrative review.](#)

Maddison K. *The Journal of Hand Surgery, European Volume* 2022;;doi: 10.1177/17531934221117429.

[Factors reported predicting psychological sequelae of hand injuries included injury severity, pain, limb dysfunction, negative perceptions of injured limbs, suboptimal coping mechanisms and limited social support. Symptoms persisted for protracted periods of follow-up but broadly attenuated after 3 months.]

Contact the library for a copy of this article

[Glucocorticoid treatment in patients with complex regional pain syndrome: A systematic review.](#)

van den Berg C. *European Journal of Pain* 2022;;doi: 10.1002/ejp.2025.

[Several studies point towards CRPS being an inflammatory response after tissue or nerve damage, with higher levels of pro-inflammatory cytokines in serum, plasma, cerebrospinal fluid and artificial skin blisters. Inflammation provides a possible role for glucocorticoids in treating CRPS. This systematic review provides a structured overview of glucocorticoid treatment in patients with CRPS. Improvement in pain and range of motion is shown.]

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[Back to topics](#)

Health Visiting and Nursing

[Elevating, Enhancing, Empowering - Delivering the General Practice Nursing 10 Point Plan](#)

National Association of Primary Care (NAPC); 2022.

<https://future.nhs.uk/connect.ti/primarycareworkforce/view?objectId=143557765>

[This report charts and celebrates the many achievements of the Ten Point Plan, which came to an end in March 2021. However, the work triggered by the Plan is far from finished, and this report also draws attention to a number of outstanding challenges and opportunities which need to be met and grasped if primary care is to compete with other sectors as a destination of choice, able to recruit, motivate and retain the cream of the nursing crop.]

[access via Future NHS: Primary Care Workforce]
Available with appropriate registration or membership

Retaining Nurses in the Profession: What matters?

Royal College of Nursing (RCN); 2022.

<https://www.rcn.org.uk/Professional-Development/publications/retaining-nurses-in-the-profession-what-matters-uk-pub-010-374>

[Many organisations have difficulty retaining their nursing staff, but some have had success in reducing the problem. Through a set of case studies, this report examines what successful approaches have in common and argues for a national nurse retention strategy for NHS Wales.]

Freely available online

Menopause and Mental Health.

Royal College of Nursing (RCN); 2022.

<https://www.rcn.org.uk/Professional-Development/publications/menopause-and-mental-health-uk-pub-010-330>

[The menopause is a key milestone in women's lives. This updated resource aims to help nurses provide women with information on living well and how to positively manage the menopause.]

Freely available online

Nurse Specialist in Menopause.

Royal College of Nursing (RCN); 2022.

<https://www.rcn.org.uk/Professional-Development/publications/nurse-specialist-in-menopause-uk-pub-010-335>

[The menopause happens to all women, however the degree of its impact on a woman's quality of life and the symptoms experienced are very individual. The role of a specialist in menopause was included in the 2015 NICE guidelines on managing menopause, however the detail of how this role might be implemented in practice was less clear and subsequently the British Menopause Society (BMS) produced a guide for all health care professionals.]

Freely available online

Knowledge and teaching-learning methods regarding venous leg ulcers in nursing professionals and students: a scoping review.

Durán-Sáenz I. *Nurse Education in Practice* 2022;63:103414.

[According to our scoping review questions, three aims were formulated to synthesize the evidence published on: (1) the content (2) the best or most appropriate teaching-learning methods for training nurses and undergraduate nursing students in venous leg ulcer care, and (3) to identify the level of knowledge in nurses and undergraduate nursing students about venous leg ulcer care.]

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Moisture-associated skin damage: a framework to guide decision making. [\[Abstract\]](#)

Budri AMV. *British Journal of Nursing* 2022;31(15):S4-S6.

[Check for full-text availability](#)

[Moisture-associated skin damage (MASD) is the term used to describe a range of skin damage caused by the direct contact of body fluids with the skin (Gray et al, 2021). Recently, the International Classification of Diseases-11 (ICD-11) (World Health Organization, 2022) referred to this class of skin damage as irritant contact dermatitis due to friction, sweating or contact with body fluids (EK02.2).]

The influence zone: a critical performance measure for negative pressure wound therapy systems. [\[Abstract\]](#)

Gefen A. *British Journal of Nursing* 2022;31(15):S8-S12.

[Check for full-text availability](#)

[This article provides an introduction to the theory of, what is termed, the 'influence zone' in the context of negative pressure wound therapy (NPWT). It is a quantitative bioengineering performance measure for NPWT systems, to indicate their effectiveness, namely, how far from the wound bed edges a specific system is able to deliver effective mechano-stimulation into the periwound, and at which intensity.]

Holistic care of patients with diabetic foot ulcers during the COVID-19 era: integration of Henderson's Need Theory. [\[Abstract\]](#)

Subrata SA. *British Journal of Nursing* 2022;31(15):S38-S49.

[Check for full-text availability](#)

[The COVID-19 pandemic has inhibited the practice of diabetic foot ulcer care, particularly in the community. Comprehensive theory-based nursing care is needed to prevent further complications. Unfortunately, a study combining theory with nursing care in diabetic foot ulcer care has not been explored. When caring for patients with diabetic foot ulcers, who are also at increased risk of severe complications from COVID-19, it is important to take a holistic view of the patient.]

[Back to topics](#)

Social Care

[Building capacity and capability for improvement in adult social care.](#)

The King's Fund; 2022.

<https://www.kingsfund.org.uk/building-capacity-capability-improvement-adult-social-care>

[In this discussion paper, the King's Fund look at how local authorities in England improve the quality of adult social care. This discussion is timely because the government intends to increase funding for improvement activities to support the reforms of adult social care. There are also plans to introduce a new Care Quality Commission (CQC) assurance framework to assess local authority performance in delivering all their adult social care functions.]

Freely available online

[Back to topics](#)

Mental Health

[Domestic abuse and mental health: the amplified risks created during the pandemic.](#)

Hisham I N. *BJPsych Advances* 2022;28(5):316-327.

[This article focuses on how COVID-19 and its anticipated aftermath exacerbate the risk factors for domestic abuse in the general population and discusses clinical implications for mental health practitioners in the UK. It aims to provide a point of learning based on previous disease outbreaks and recessions, with a focus on specific factors, such as unemployment and alcohol misuse, and how these contribute to increasing incidence and severity of abuse and how to mitigate these for patients...]

Available with an NHS OpenAthens password for eligible users

[Unemployment and insecure housing are linked to less successful treatment for depression.](#)

NIHR Evidence; 2022.

<https://evidence.nihr.ac.uk/alert/unemployment-insecure-housing-linked-less-successful-depression-treatment/>

[The study found poorer outcomes after treatment for depression among people who are unemployed, struggling financially, not homeowners, and have educational qualifications beyond school. The research concluded that housing and employment status are likely to have a clinically meaningful effect on recovery, independent of the severity of depression, age, marital status or other factors.]

Freely available online

[Back to topics](#)

Children and Young People

[Commission on Young Lives,](#)

Centre for Mental Health; 2022.

<https://www.centreformentalhealth.org.uk/news/commission-young-lives-warns-childrens-mental-health-services-are-buckling-under-pressure-post-covid>

[Alongside the Children & Young People's Mental Health Coalition, Centre for Mental Health have co-authored the fourth report from the Commission on Young Lives on rethinking mental health services for vulnerable young people. It reviews the latest data with a focus on those who are at higher risk, including those from racialised communities, lower socioeconomic backgrounds, young people with SEND, those in contact with the criminal justice and care systems, as well as LGBTQI+ communities.]

Freely available online

[Back to topics](#)

Older Adults

[Association of Daily Step Count and Intensity With Incident Dementia in 78 430 Adults Living in the UK.](#)

del Pozo Cruz B. *JAMA Neurology* 2022;;6.

[The findings in this study suggest that accumulating more steps per day just under the popular threshold of 10 000 steps per day and performing steps at higher intensity may be associated with lower risk of dementia onset.]

Freely available online

[Falls prevention programme is effective in care homes.](#)

NIHR Evidence; 2022.

<https://evidence.nihr.ac.uk/alert/falls-prevention-programme-effective-care-homes/>

[Before this study there was no practical evidence that a falls reduction strategy could reduce falls in care homes. The team has shown that the Action Falls programme reduced falls in care homes and is likely to be cost-effective. The researchers stress that the programme did not reduce residents' physical activity levels or independence.]

Freely available online

Cochrane Library <http://www.thecochranelibrary.com/>

Health Technology Assessment (HTA) Database <http://www.journalslibrary.nihr.ac.uk/hta>

National institute of Health Research <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/published>

Social Care Institute for Excellence <https://www.scie.org.uk/news/>

SIGN <http://www.sign.ac.uk/our-guidelines.html>

Primary Care Commissioning www.pcc-cic.org.uk

Chartered Society of Physiotherapy www.csp.org.uk

Queen's Nursing Institute: <http://www.qni.org.uk/>

NMC <https://www.nmc.org.uk/news/>

RCN <https://www.rcn.org.uk/professional-development/publications>

Campbell Collaboration <http://www.campbellcollaboration.org/>

[Local patient and public information groups](#)

BMC <https://bmcmusculoskeletdisord.biomedcentral.com/>

BMC <https://archivesphysiotherapy.biomedcentral.com/>

Meridian <https://meridian.wmahsn.org/subdomain/meridian/end/home>