

## Reshaping Clinical Care in General Practice – 22<sup>nd</sup> July 2016

[Covering [dementia](#), [long term conditions](#), [older people](#), [integrated care](#), [safeguarding](#)]

### Dementia

#### **Initiating advance care planning on end-of-life issues in dementia: Ambiguity among UK and Dutch physicians.**

*van der Steen, Jenny T; Galway, Karen; Carter, Gillian; Brazil, Kevin, Archives of gerontology and geriatrics, Jul 2016; 65:225-230*

Advance care planning of end-of-life issues may start as early as possible in view of the patient's decreasing ability to participate in decision making.

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#### **Depression may be an early symptom of dementia.**

5th July 2016

Source: The Mental Elf

Explores 10-year trajectories of depressive symptoms and subsequent risk of dementia.

#### **The interface between dementia and mental health.**

21<sup>st</sup> June 2016

Source: Mental Health Foundation

Explores the extent that people living with dementia have co-existing mental health problems.

### Long-Term Conditions

[including Cancer, Diabetes, and general management]

#### **CCG Outcomes Indicator Set - June 2016**

23<sup>rd</sup> June 2016

Source: Health and Social Care Information Centre

Two thirds (61%) of cancer patients receive a diagnosis at either stage 1 or 2 in the top performing CCG area, compared to 33% in the lowest.

#### **Cost of cystic fibrosis treatment too high for benefit offered**

17<sup>th</sup> June 2016

Source: NICE

NICE will not be able to recommend Orkambi (lumacaftor-ivacaftor, Vertex Pharmaceuticals) for treating cystic fibrosis.

#### **Putting patients in control of their care**

17<sup>th</sup> June 2016

Source: NHS England

The Workstream Lead at Hartlepool & Stockton on Tees CCG, shares how they are beginning to transform services for older people with complex health needs.

#### **Spotlighting continence needs – Sarah Elliott**

20<sup>th</sup> June 2016

Source: NHS England

The Regional Chief Nurse for NHS England in the South examines the work being done to support commissioners and providers to give excellent continence care.

## **More than 500 children and young people have Type 2 diabetes**

15<sup>th</sup> June 2016

Source: Diabetes UK

National Diabetes Paediatric Audit shows there are now 533 children and young people living with Type 2 diabetes in the UK.

## **Cancer Research UK - Less educated women less likely to spot breast cancer symptoms**

17<sup>th</sup> June 2016

Source: Cancer Research UK

Women with fewer qualifications are less likely to recognise potential breast cancer symptoms, according to a Cancer Research UK-funded study in Psycho-Oncology.

## **Local steroid injections may help sciatica**

21<sup>st</sup> June 2016

Source: National Institute for Health Research

Steroid injections into the opening where nerves exit the spine (transforaminal) are slightly more effective than local anaesthetic or salt solution (saline) injection at reducing pain for adults with sciatica.

## **Physical Activity and Lifestyle announced as a clinical priority by the RCGP**

27<sup>th</sup> June 2016

Source: Royal College of General Practitioners

Physical Activity and Lifestyle will be a clinical priority for the next three years, from 2016-2019.

## **Impact of statin related media coverage on use of statins: interrupted time series analysis with UK primary care data**

Matthews, A., et al, 2016, *The British Medical Journal*.

Widely covered health stories in the lay media may impact on healthcare related behaviour.

## **Investment in specialist 'lung teams' working across NHS could 'significantly reduce' pressures on health service in winter**

23<sup>rd</sup> June 2016

Source: The British Thoracic Society

GPs could work alongside specialist lung teams in the community to improve respiratory health, slash hospital admissions and reap cost savings worth six-figure sums.

## **Missed opportunities: A review of recent evidence into children and young people's health**

24<sup>th</sup> June 2016

Source: UK Health Forum

On average, children and young people with mental health difficulties go ten years between first becoming unwell and getting help.

## **Adoption of a Portal for the Primary Care Management of Paediatric Asthma: A Mixed-Methods Implementation Study**

Fiks, A.G., et al, 2016, *Journal of Medical Internet Research*, 18(6):e172.

Evaluates the feasibility of using a patient portal for paediatric asthma in primary care, its impact on management, and barriers and facilitators of implementation success.

## **A randomised placebo-controlled trial of oral and topical antibiotics for children with clinically infected eczema in the community: the ChildRen with Eczema, Antibiotic Management (CREAM) study**

27<sup>th</sup> June 2016

Source: National Institute of Health Research:

Aimed to determine the clinical effectiveness and cost-effectiveness of the most commonly used oral and topical antibiotics, in addition to topical corticosteroids, in the management of clinically suspected infected eczema in children

## **Managing the consequences of cancer in primary care**

Linden, D., et al, 2016. *The British Journal of General Practice*, 66, 348-349;

There is growing awareness that more needs to be done to improve the quality of life of people who have had cancer and to reduce their risk of long-term health problems.

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## **Good practice in shared care for inflammatory arthritis**

Wilcock, J, 2016. *The British Journal of General Practice*, 66, 350.

In the UK it is becoming common to manage patients with stable inflammatory arthritis within primary care using a shared-care arrangement.

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## **Patients with cancer and change of general practice: a Danish population-based cohort study**

Grooss, K., et al, 2016. *The British Journal of General Practice*, 66, e491-e498.

This paper aimed to compare the frequency of change of practice (COP) in patients with cancer with a matched cancer-free control cohort.

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## **New interactive summary of suspected cancer guidelines**

June 2016

Source: NHS Networks

Cancer Research UK and the Royal College of General Practitioners have launched a new interactive desk easel for GPs, which summarises the NICE referral guidelines for suspected cancer (NG12).

## **Sustained Use of Patient Portal Features and Improvements in Diabetes Physiological Measures**

Shimada SL., et al, 2016, *Journal of Medical Internet Research*, 18(7):e179.

Aimed to evaluate the association between sustained use of specific patient portal features and physiological measures important for the management of type 2 diabetes.

## **Type 2 diabetes: meta-analysis finds no increased risk of mortality, MI or stroke with sulfonylureas**

4<sup>th</sup> July 2016

Source: NICE

Second- and third-generation sulfonylureas (for example, gliclazide, glipizide, glimepiride and glibenclamide) are not associated with a clinically significant increased risk of all-cause mortality, cardiovascular mortality, myocardial infarction (MI) or stroke compared with placebo, diet or other active comparators in adults with type 2 diabetes.

## **Suspected cancer – quality standard (QS124)**

4<sup>th</sup> July 2016

Source: NICE

This quality standard covers recognition of suspected cancer in adults, young people and children, and referral to specialist services.

## **NICE approval for new class of lipid-lowering drugs**

22<sup>nd</sup> June 2016

Source: MIMS

NHS clinicians must now have the option to prescribe evolocumab (Repatha) and alirocumab (Praluent) for certain patients with primary hypercholesterolaemia or mixed dyslipidaemia.

## **NICE approves lupus treatment**

22<sup>nd</sup> June 2016

Source: MIMS

Patients with active autoantibody-positive systemic lupus erythematosus can be treated with belimumab (Benlysta) within the NHS.

## **GPs can stop thousands of cancer deaths with better access to diagnostics**

June 2016

Source: NICE

Important for GPs to be given direct access to key diagnostic tests to help drive earlier diagnosis of cancers and improve survival rates.

## **Designing, Implementing, and Evaluating Mobile Health Technologies for Managing Chronic Conditions in Older Adults: A Scoping Review**

*Matthew-Maich, N., et al, 2016, JMIR, 4(2), e29.*

Concludes that there is limited yet increasing use of mHealth technologies in home health care for older adults. A user-centered, collaborative, interdisciplinary approach to enhance feasibility, acceptability, and usability of mHealth innovations is imperative.

**In hypertensive patients with elevated risk of cardiovascular disease, targeting systolic blood pressure to less than 120 mm Hg significantly reduces the rate of fatal and non-fatal cardiovascular events as well as death from any cause**

Owlia M. *Evidence-Based Medicine* 2016;21(3):101 - 101.

SPRINT should be considered practice changing and will likely be incorporated into future guidelines for more intensive BP control in patients with elevated cardiovascular risk.

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## **NIHR Signal: Education and the offer of support help GPs spot early signs of psychosis.**

14<sup>th</sup> June 2016

Source: NIHR Dissemination Centre; 2016.

The Liaison with Education and General Practices (LEGS) trial found that a tailored education session doubled the early identification and referral of people with, or at risk of, psychotic illness.

## **[Urgent referral for suspected cancer](#)**

July 2016

Source: NICE

A retrospective cohort study found that general practices in England that frequently used the urgent referral pathway for people with suspected cancer had lower mortality rates.

## **[Medicines Evidence Commentary: Supporting adherence to medicines in people with long-term conditions: New Medicines Service community pharmacy scheme](#)**

July 2016

Source: NICE

A pragmatic RCT in 46 community pharmacies in England has shown that the New Medicines Service improves self-reported adherence with newly prescribed medication in people with certain long-term conditions. However, the absolute difference compared with normal practice was small.

## **[NICE draft guidance extends treatment options for thousands of people with severe rheumatoid arthritis](#)**

15<sup>th</sup> July 2016

Source: NICE

New draft guidance from NICE means thousands of people suffering with severe rheumatoid arthritis will have more medicines to choose from.

## **[37 areas to lead rollout of tool to deliver person-centred care](#)**

15<sup>th</sup> July 2016

Source: NHS England

People with long-term conditions in 37 areas across England are next in line to receive person-centred support to manage their own care.

## **[Tackling mental illness in children should begin before birth](#)**

15<sup>th</sup> July 2016

Source: Local Government Association

Tackling mental illness in children should begin before they are born, at a time when expectant mothers can suffer mental health problems, say councils.

## **[Lung health: Diagnosing causes of breathlessness early means better outcomes](#)**

16<sup>th</sup> July 2016

Source: The British Lung Foundation

The British Lung Foundation has launched a new campaign to raise awareness of breathlessness.

## **[Effects of aspirin on risk and severity of early recurrent stroke after transient ischaemic attack and ischaemic stroke: time-course analysis of randomised trials](#)**

*Rothwell, PM., et al, 2016. The Lancet, S0140-6736(16)30468-8.*

The findings confirm that medical treatment substantially reduces the risk of early recurrent stroke after TIA and minor stroke and identify aspirin as the key intervention.

## **[Yoga for asthma](#)**

*Yang, ZY., et al, 2016. The Cochrane Database of Systematic Reviews. 27<sup>th</sup> April 2016.*

The paper found moderate-quality evidence that yoga probably leads to small improvements in quality of life and symptoms in people with asthma.

## **Empagliflozin, diabetes and outcomes**

18<sup>th</sup> July 2016

Source: Drug and Therapeutics Bulletin

This article reviews the evidence for empagliflozin and discusses the results of a recent study that assessed cardiovascular outcomes.

## **Diabetes treatments and risk of heart failure, cardiovascular disease, and all cause mortality: cohort study in primary care**

Hippisley-Cox, J, 2016, *British Medical Journal*;354:i3477

This observational study (n=469,688) found clinically important differences in risk of cardiovascular disease, heart failure and all cause mortality between different diabetes drugs alone and in combination.

## **Diabetes in children and young people- quality standard (QS125)**

18<sup>th</sup> July 2016

Source: National Institute for Health and Care Excellence

This quality standard on type 1 and type 2 diabetes is expected to contribute to improvements in prompt diagnosis.

## **Older people**

### **Enhanced health in care homes**

13<sup>th</sup> July 2016

Source: King's Fund

Conference to share lessons from the vanguards on integration in practice.

### **What doctors need to know: Prescribing or not for the oldest old.**

Kydd, Angela; Fleming, Anne, *Maturitas*, Aug 2016; 90:9-16

This paper presents a narrative review of the literature on prescribing and the oldest old. The results showed that all papers sourced referred to prescribing for the 'old' as those aged over 65, with only scant mention of oldest old.

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### **What if there were community services for older people 24/7?**

1<sup>st</sup> July 2016

Source: King's Fund

With an ageing population, rising demand, and pressures on workforce and funding, getting care right for older people is crucial.

## **Integrated Care**

### **In the vanguard of new care**

23<sup>rd</sup> June 2016

Source: NHS England

The Sutton Homes of Care vanguard has a progressive and inclusive approach to the care of frail, elderly and vulnerable patients.

## **Emerging models of primary care: empowering teams of professionals to lead change**

28<sup>th</sup> June 2016

Source: The King's Fund

This event, taking place on the 18<sup>th</sup> October, will provide an opportunity to learn about new models of primary care that are emerging.

## **Supporting Integration Through New Roles And Working Across Boundaries**

30<sup>th</sup> June 2016

Source: The King's Fund

This report looks at the evidence on new roles and ways of spanning organisational workforce boundaries to deliver integrated health and social care.

## **Breaking barriers: building a sustainable future for health and social care**

4<sup>th</sup> July 2016

Source: The King's Fund

This report recommends the creation of a new central government department for communities and wellbeing, which will help manage integrated budgets.

## **14 practices on course to form 'single partnership'**

4<sup>th</sup> July 2016

Source: Health Service Journal

Fourteen practices in Suffolk are close to agreeing to form a "single partnership" covering 155,000 patients.

## **The King's Fund calls for NHS commitment to a new partnership with patients**

5<sup>th</sup> July 2016

Source: The King's Fund

NHS organisations should commit to working more closely with patients to meet the requirements of a new relationship with patients and communities outlined in the *NHS five year forward view*.

## **Integrated management of childhood illness (IMCI) strategy for children under five.**

*Gera T. Cochrane Database of Systematic Reviews 2016;(6):CD010123.*

The World Health Organization developed the integrated management of childhood illness strategy to reduce mortality and to improve quality of care.

## **Patients as Partners**

7<sup>th</sup> July 2016

Source: The King's Fund

This guide explores practical ways to develop collaborative relationships among health and care professionals, patients, carers and community partners.

## **Making integrated care a reality in Southwark and Lambeth.**

July 2016

Source: Southwark and Lambeth Integrated Care (SLIC)

Outlines the achievements of Southwark and Lambeth Integrated Care (SLIC), highlights its key successes and challenges, and shares lessons learned.

## **STPs offer 'a new vision' of integrated care**

30<sup>th</sup> June 2016

Source: National Health Executive

Sustainability and transformation plans (STPs) should be used to deliver "a new vision" of integrated public services, with full local authority involvement, the chair of the NHS Confederation has said.

## **DH restructure brings digital, local government and social care under one roof**

4<sup>th</sup> July 2016

Source: National Health Executive

The directorate reshuffle, that will see the newly formed community care directorate absorb technology as part of its remit, signifies another move in the ambition to deliver integrated care across public services.

## **GMCA publishes new integrated care plans**

1<sup>st</sup> July 2016

Source: Public Sector Executive

Health and social care needs to be integrated in Manchester to improve public services for the city, the Greater Manchester Combined Authority (GMCA) has said.

## **Primary eye care framework for first contact care**

12<sup>th</sup> July 2016

Source: The College of Optometrists and Clinical Council for Eye Health Commissioning

This guidance has been developed by a cross-sector initiative with the aim of relieving pressure from hospital eye services by treating more people in the community.

## **Commissioning through competition and cooperation: final report**

13<sup>th</sup> July 2016

Source: PRUComm

Aimed to investigate how commissioners in local health systems managed interplay of competition and cooperation in their local health economies, looking at acute and community health services.

## **Partnership agreement: an agreement between Department of Health, NHS Employers, NHS trade unions, NHS England, NHS Improvement and Health Education England**

13<sup>th</sup> July 2016

Source: Social Partnership Forum

Sets out the framework agreed by all partners in the Social Partnership Forum (SPF) which describes the aims of SPF, partners' shared values and principles for effective joint working.

## **Building bridges, breaking barriers**

15<sup>th</sup> July 2016

Source: Care Quality Commission

This report follows the CQC's review of integrated care for older people. It looks at how well care for older people is integrated across health and social care.

## **Stepping up the place: integration self-assessment tool**

15<sup>th</sup> July 2016

Source: Local Government Association

This toolkit was developed to help local health and care leaders move further and faster on achieving their vision of integration.

## **Integrated Care Summit 2016**

20<sup>th</sup> July 2016

Source: The King's Fund

11<sup>th</sup> October 2016 – The King's Fund, London - learn about more systemic and integrated approaches to meeting the needs of your population.



## Safeguarding

### [Infographic: High variation between GP practices in potentially risky prescribing](#)

21<sup>st</sup> June 2016

Source: MIMS

Illustrates how rates of potentially unsafe prescribing vary significantly between GP practices.

### [Supplement: Patient safety back to the drawing board](#)

6<sup>th</sup> July 2016

Source: HSI

Misunderstanding of what 'human factors' means often leads organisations to try to change people rather than processes.

### [Revealed: Winners of the 2016 Patient Safety Awards](#)

5<sup>th</sup> July 2016

Source: HSI

Highlight organisations delivering exceptional patient care and safety.

### [Patient safety collaboratives: making care safer for all](#)

8<sup>th</sup> July 2016

Source: NHS Improvement

Highlights the work of 15 teams of Patient Safety Collaboratives that aimed to improve patient safety and reduce avoidable harm in the NHS.

### [NHS Safety Thermometer Report - June 2015 to June 2016](#)

6<sup>th</sup> July 2016

Source: Health and Social Care Information Centre

The NHS Safety Thermometer is a local improvement tool for measuring, monitoring, and analysing patient harms and 'harm free' care.

### **How safe is primary care' A systematic review.**

Panesar. *BMJ Quality & Safety* 2016;25(7):544 - 553.

This review investigated how often patient safety incidents occur in primary care and how often these were associated with patient harm.

*Available to eligible users with an NHS OpenAthens account*

### [Not seen, not heard: a review of the arrangements for child safeguarding and health care for looked after children in England](#)

12<sup>th</sup> July 2016

Source: Care Quality Commission

Examines how effective health services are in providing early help to children in need, the health and wellbeing of looked-after children and how services identify and protect children at risk of harm.

### [GMC to reduce the stress on doctors by piloting fitness to practise changes](#)

18<sup>th</sup> July 2016

Source: GMC

The General Medical Council (GMC) has launched two pilot schemes to speed up fitness to practise cases and reduce their impact on doctors.

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