



Reshaping Clinical Care in General Practice – 2nd February 2018

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

Supporting the CPD Zone - the 'Go To' place for CPD in General Practice across Thames Valley <http://www.oxfordhealth.nhs.uk/library/cpd-zone/>

General

The next release of CKS, available from February 2018, will include the following topic updates:

- [Burns and scalds](#)
- [Headache - assessment](#)
- [Headache - cluster](#)
- [Headache - medication overuse](#)
- [Headache - tension-type](#)
- [Meniere's disease](#)
- [Tennis elbow](#)
- [Vestibular neuritis](#)

The CKS are aimed at healthcare professionals working in primary and first contact care in the UK, the 350 topics cover 1000 clinical presentations or patient scenarios and are free to access.

[Click here to access all CKS topics](#)

Dementia

['What would life be - without a sing or dance, what are we?' A report from the Commission on Dementia and Music](#)

19th January 2018

International Longevity Centre-UK

This report summarises the work of the Commission, which was set up and co-ordinated by International Longevity Centre-UK, with support from The Utley Foundation. It examines the current and potential use of therapeutic music with people with dementia. It calls for a more effective co-



ordination of national and regional activities, more research, improved public awareness and increased funding.

Apathy is associated with incident dementia in community-dwelling older people.

van Dalen, Jan Willem et al, Neurology; Jan 2018; vol. 90 (no. 1); p. e82

Subjective memory complaints may play an important role in the association between depressive symptoms and dementia. Our findings suggest apathy symptoms may be prodromal to dementia and might be used in general practice to identify individuals without cognitive impairment at increased risk of dementia.

[Contact the Library for a copy of this article](#)

Creating an appropriate environment for a person with dementia.

Mendes A.

British Journal of Nursing 2017;26(21):1206-1206.

The article discusses the creation of environments designed for people with dementia, particularly in medical care facilities. Topics include the assessment of multisensory environments (MSEs), the relation of hospital acute care environments to people with dementia, and safety aspects of environments for people with dementia.

Integrated Care

Accountable care systems: what are they and what do they mean for the NHS.

British Medical Association;

2018.

Several areas around England have expressed their intention to form either ACSs (accountable care systems) or ACOs (accountable care organisations). This briefing provides a short explanation of what these both are, how they vary from each other and what they could mean for the NHS.

STPs and accountable care background briefing.

NHS Providers; 2018.

As part of our new programme on sustainability and transformation partnerships (STPs) and accountable care, this briefing brings together an overview of how national policy has evolved to promote system-based collaboration, including the development of STPs, accountable care systems (ACSs) and accountable care organisations (ACOs).

High impact change model: Managing transfers of care between hospital and home.

Local Government Association (LGA); 2017.

This model was developed by strategic system partners including the Local Government Association (LGA), the Association of Directors of Adult Social Services (ADASS), NHS England, the Department of Health (DH), the Emergency Care Improvement Programme (ECIP), Monitor and the Trust Development Authority (now NHSI) during 2015.



Reimagining community services: making the most of our assets

Anna Charles et al; Kings Fund

Jan 23 2018

Services in the community comprise a wide range of assets, and there are many opportunities to use them more effectively to meet the population's needs; such as pooling health and social care budgets, addressing the complex and fragmented approach to commissioning, redoubling efforts to integrate services, and investing in and changing the workforce.

Rapid response: a multiprofessional approach to hospital at home.

Dowell S.

British Journal of Nursing 2018;27(1):24-30.

Existing hospital at home services do not operate 24 hours a day or provide a single multiprofessional approach. Gloucestershire's rapid response (RR) service provides specialist, coordinated and comprehensive assessment and treatment 24 hours a day in the patient's home .

Available with an NHS OpenAthens password for eligible users

Improving Hospital at Home for frail older people: insights from a quality improvement project to achieve change across regional health and social care sectors.

Pearson M et al (2017).

BMC Health Services Research, vol 17, no 387.

Practitioners and managers seeking to improve the delivery of complex, cross-cutting services in other areas can learn from the experience of applying Quality Improvement methods reported here.

Digital technologies supporting person-centered integrated care : a perspective

International Journal of Integrated Care 2017

Researchers and practitioners are able to, and have a responsibility to shape the systems to support the individualised person-centered and coordinated care we are trying to build. Not by asking permission to be involved, but by making it a requirement that systems are co-designed with users who are enabled to take part in the development..."

Growing innovative models of health, care and support for adults

Social Care Institute for Excellence (SCIE); 2018.

Innovative, often small-scale models of health, social care and support for adults could be scaled up to benefit as many people as possible. The challenge is to make scaling up successful.

Can an advanced practitioner physiotherapist and GP from a community service work collaboratively to discharge patients from an emergency department?

Barrett R.; Mackenzie G. conference abstract *Physiotherapy*; Dec 2017; vol. 103

Highly experienced and clinically competent individuals who are comfortable working in both primary and secondary care appear to offer a unique skill set in the ED and a specialism that can have an impact on reducing acute admissions for appropriate patients.

Contact the Library for a copy of this article



Long-Term Conditions

[including Cancer, Diabetes, and general management]

Importance of an alternative approach to measuring quality in a volume-to-value world: a case study of diabetes care

Coombs L.

BMJ Open Quality 2017;6(2).

Findings suggest an inherent linkage between volume of care and quality. This statistical approach, if provided as an app, will allow practice managers and clinicians to systematically identify volume/quality trade-offs, thereby reducing undertreatment and/or overtreatment.

Factors influencing black men and their partners' knowledge of prostate cancer screening: a literature review.

Ahiagba P.

British Journal of Nursing 2017;26(18):S14-S21.

This review aims to identify and explore factors that may influence black men and their significant others' knowledge and awareness of prostate cancer screening.

[Contact the Library for a copy of this article](#)

Telephone-based collaborative care is an effective approach for treating anxiety in primary care patients.

Shepardson R L.

Evidence-Based Nursing 2018;21(1):28.

Telephone-based stepped collaborative care yields lasting improvements in anxiety and mood for primary care patients with generalised anxiety disorder and/or panic disorder. Research is needed to determine which collaborative care intervention components are most beneficial to which subgroups of patients.

[Contact the Library for a copy of this article](#)

Interventions to increase attendance for diabetic retinopathy screening.

Lawrenson JG.

Cochrane Database of Systematic Reviews 2018;(1)

The results of this review provide evidence that QI interventions targeting patients, healthcare professionals or the healthcare system are associated with meaningful improvements in DRS attendance compared to usual care.

Over-the-Counter Supplement Interventions to Prevent Cognitive Decline, Mild Cognitive Impairment, and Clinical Alzheimer-Type Dementia: A Systematic Review.

Butler M.

Annals of Internal Medicine 2018;168(1):52-62.

Evidence is insufficient to recommend any OTC supplement for cognitive protection in adults with normal cognition or MCI.

[Contact the Library for a copy of this article](#)

Quality Improvement Toolkit for Diabetes Care.

RCGP Clinical Innovation and Research Centre (CIRC);

2017.

The toolkit is aimed at individuals who are involved in leading diabetes care in their locality. Sections 1-4 can be used at an individual practice level by GPs, Practice nurses, managers and administrative staff to improve things at a practice-level.



Autism spectrum disorder in under 19s: recognition, referral and diagnosis.

National Institute for Health and Care Excellence (NICE);2017.

This guideline aims to improve the experience of children, young people and those who care for them. In December 2017, ADHD was added as a factor associated with an increased prevalence of autism.

Health checks for people with learning disabilities toolkit.

RCGP Clinical Innovation and Research Centre (CIRC);2017.

Annual Health Checks can identify undetected health conditions early, ensure the appropriateness of ongoing treatments and establish trust and continuity care. GPs and practice nurses have the much needed generalist skills to help people with LD access increasing complex health systems

Early Diagnosis of Cancer Significant Event Analysis Toolkit.

RCGP Clinical Innovation and Research Centre (CIRC);2015.

This toolkit and its resources support GPs, practice staff and commissioners in conducting high quality cancer SEAs with the aim of improving patient outcomes in the early diagnosis of cancer.

An evaluation of a targeted approach to blood pressure control in poorly controlled hypertensive patients in an inner London borough

Rhone E. et al. *Journal of Human Hypertension; Oct 2017; vol. 31 (no. 10); p. 684*

Specific targeted interventions were able to significantly enhance BP control, hence greatly reducing cardiovascular risk.

Contact the Library for a copy of this article

Clinical effectiveness and cost-effectiveness of issuing longer versus shorter duration (3-month vs. 28-day) prescriptions in patients with chronic conditions: systematic review and economic modelling.

Miani C. *Health Technology Assessment 2017;21(78)*

For patients with stable chronic conditions in primary care, there is some evidence to suggest that 3-month prescriptions are less costly overall and associated with better adherence than 28-day prescriptions.

A quality improvement project aimed at adapting primary care to ensure the delivery of evidence-based psychotherapy for adult anxiety.

Williams M. *BMJ Quality Improvement Reports 2018;7(1)*

Suitable patients were offered Coordinated Anxiety Learning and Management (CALM), a CBT model, delivered by licensed social workers with support by a PhD psychologist. Outcomes were tracked and entered into an electronic registry, a critical tool upon which to adapt and improve our delivery of psychotherapy to our patient population.

Rapid response: a multiprofessional approach to hospital at home.

Dowell S. *British Journal of Nursing 2018;27(1):24-30.*

Existing hospital at home services do not operate 24 hours a day or provide a single multiprofessional approach. Gloucestershire's rapid response (RR) service provides specialist, coordinated and comprehensive assessment and treatment 24 hours a day in the patient's home .

Available with an NHS OpenAthens password for eligible users



Accuracy of non-invasive blood pressure measurements in obese patients.

Arnold A.

British Journal of Nursing 2018;27(1):35-40.

The focus on blood pressure monitoring was in response to regularly witnessing inappropriately applied blood pressure cuffs on obese patient's upper arms in practice. An inaccurately obtained blood pressure measurement can result in the misdiagnosis and treatment of hypertension.

Available with an NHS OpenAthens password for eligible users

Commissioning guidance for weight assessment and management in adults and children with severe complex obesity.

Welbourn R.

Obesity Reviews 2018;19(1):14–27.

Systematic review of 'what evidence exists for what should happen in/commissioning of: primary or secondary care weight assessment and management clinics in patients needing specialist care for severe and complex obesity?' to produce a model for organization of multidisciplinary team clinics that could be developed in every healthcare system.

Clinical effectiveness and cost-effectiveness of issuing longer versus shorter duration (3-month vs. 28-day) prescriptions in patients with chronic conditions: systematic review and economic modelling.

Miani C.

Health Technology Assessment 2017;21(78).

For patients with stable chronic conditions in primary care, there is some evidence to suggest that 3-month prescriptions are less costly overall and associated with better adherence than 28-day prescriptions.

Older people

Social care: the forthcoming Green Paper on older people (England)

30th January 2018

House of Commons Library

Briefing paper outlines the key confirmed contents of the Green Paper and discusses how the Green Paper will work alongside a separate parallel programme on the social care needs of working age adults.

A primary care intervention helps older people with depression

23rd January 2018

National Institute for Health Research

Enhanced case management added to primary care reduced symptoms in people with clinical depression, compared with usual primary care. The benefit was similar to other depression treatments. However, the small benefit over usual care was not sustained to 12 months.

East Lancashire Hospitals Trust adopts fall-preventing wearables

15th January 2018

Digital Health Digest

The technology consists of pads containing sensors that are worn just below the knee, which measure the balance and mobility of the wearer. Measurements taken by the sensors then determine whether a person is at a low, medium or high risk of falling.

Hidden hunger and malnutrition in the elderly

23rd January 2018

King's Fund

Targeted investment in services that protect older people from malnutrition would deliver significant annual savings to the NHS, by reducing the number of hospital admissions and limiting the number of days older people spend in hospital.



Palliative and End of Life Care Toolkit

RCGP Clinical Innovation and Research Centre (CIRC);2017.

This toolkit provides a collection of tools, knowledge, and current guidance for healthcare professionals to support patients nearing the end of life to live well until they die. The resources include information for patients and those close to them.

The use of evidence-based guidance to enable reliable and accurate measurements of the home environment.

Spiliotopoulou G. British Journal of Occupational Therapy 2018;81(1):32-41.

High quality guidance in home strategies is needed to enable older people to measure their home environment and become involved in the provision of assistive devices and to promote consistency among professionals. This study aims to investigate the reliability of such guidance and its ability to promote accuracy of results when measurements are taken by both older people and professionals.

Safeguarding

Current state of screening high-ACE youth and emerging adults in primary care.

Pardee, Michelle et al. Journal of the American Association of Nurse Practitioners; Dec 2017; vol. 29 (no. 12); p. 716-724

(US Study). Primary care NPs are in the perfect position to implement assessments of adverse childhood events (ACEs) through trauma-informed nursing care. ACE assessment in clinical practice will provide vital information to guide the development of tailored interventions for reducing risk behaviours and mitigate the long-term impacts of ACEs.

Contact the Library for a copy of this article

Patient Safety Toolkit for General Practice.

RCGP Clinical Innovation and Research Centre (CIRC);2017.

This toolkit covers safe systems, safety culture, communication, patient reported problems, diagnostic safety, prescribing safety.

All content and links are provided for information only and we do not sponsor, endorse or otherwise approve of any mentioned website or the contents of the news items. Please refer to the terms and conditions of the relevant website should you wish to reproduce any of the information.

Oxford Health Libraries publish a range of targeted News Bulletins. Sign up [here](#).
GPs and Practice staff in Oxfordshire benefit from our comprehensive knowledge service.
Other NHS staff in Thames Valley can access similar knowledge services via their local NHS libraries.

To find out more, or to obtain journal articles, contact us via
library.enquiries@oxfordhealth.nhs.uk