

## Reshaping Clinical Care in General Practice – 2<sup>nd</sup> March 2018

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

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### Dementia

#### [Mini-Cog for the diagnosis of Alzheimer's disease dementia and other dementias within a primary care setting.](#)

*Seitz DP. Cochrane Database of Systematic Reviews 2018;(2)*

At present, given the limited number of studies there is insufficient evidence to recommend that the Mini-Cog can be used as a screening test for dementia in primary care.

#### [Personally tailored activities for improving psychosocial outcomes for people with dementia in long-term care.](#)

*Möhler R. Cochrane Database of Systematic Reviews 2018;(2)*

Offering personally tailored activities to people with dementia living in care homes may slightly improve challenging behaviour when compared with usual care, although there was no evidence that it was any better than offering activities which were not personally tailored.

#### [Physical exercise improves strength, balance, mobility, and endurance in people with cognitive impairment and dementia: a systematic review.](#)

*Lam FMH. Journal of Physiotherapy 2018;64(1):4-15.*

Investigated whether physical exercise training improved physical function and quality of life in people with cognitive impairment and dementia.

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#### [Dementia 2020: The Next Phase](#)

*Govconnect*

*20th February 2018*

Conference: RSM, London, 17<sup>th</sup> April 2018. Will consider progress of the Implementation Plan up to 2018 and assess whether it has achieved the actions intended as it moves into phase two.

#### [Dementia: Quality of Care](#)

*Open forum events*

*20th February 2018*

Conference at The Bridgewater Hall, Manchester, 12<sup>th</sup> April 2018, for those who live with, work with or are affected by dementia.

#### [Community singing helps mental health recovery.](#)

*The Mental Elf; 2018.*

Liesbeth Tip explores a qualitative evaluation of a Norfolk-based community singing project (Sing Your Heart Out) aimed at people with mental health conditions and the general public.

## **Diagnosis of cognitive decline and dementia in rural areas - A scoping review**

Barth J.; Nickel F.; Kolominsky-Rabas P.L., *International Journal of Geriatric Psychiatry*; Mar 2018; 33(3):459-474

Telehealth applications can appropriately be used to diagnose dementia. However, most of the studies included only small sample sizes and did not test the applications explicitly in rural or remote populations.

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## **Cognitive tests to help diagnose dementia in symptomatic people in primary care and the community**

Sam Creavin et al. and on behalf of the MMSE review team, *Br J Gen Pract* March 2018 68:149-150

The Cochrane Dementia and Cognitive Improvement Group (CDCIG) is conducting a series of reviews to evaluate the evidence of a range of tests for diagnosing dementia. To date, reviews have been published addressing the accuracy of two tests in primary care: the Informant Questionnaire for Cognitive Disorders in the Elderly (IQCODE) and the Mini Mental State Examination [MMSE].

## **Promising approaches to living well with dementia**

Kate Jopling, *Age UK*,

13<sup>th</sup> February 2018

Identifies interventions that are evidenced, cost effective and scalable, and which could be replicated by NHS Trusts, care providers and primary care services. Data from 7,185 GP practices showed that 458,461 people had a recorded diagnosis of dementia in November 2017, but only 282,573 had a new care plan or at least one care plan review on record in the last year.

## **Story in Numbers.**

*Nursing Standard*; Feb 2018; vol. 32 (no. 26); p. 10-10

The article presents important figures related to dementia in Great Britain including the number of people who had diagnosis of dementia as of November 2017, the number of predicted number of dementia patients by 2025, and the number of general practices in England analyzed by charity Age UK.

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## **Integrated Care**

### **An integrated primary care approach for frail community-dwelling older persons: a step forward in improving the quality of care.**

Vestjens L.

*BMC Health Services Research* 2018;18(1):28.

High-quality care delivery for frail older persons, many of whom have multiple complex needs, is among the greatest challenges faced by healthcare systems today. The Chronic Care Model (CCM) may guide quality improvement efforts for primary care delivery to frail older populations.

### **Making sense of integrated care systems, integrated care partnerships and accountable care organisations in the NHS in England**

King's Fund

20<sup>th</sup> February 2018

This briefing describes developments in the new care models and integrated care systems and asking whether they are resulting in cuts in and the privatisation of services.

## **Reimagining community services: making the most of our assets**

Anna Charles et al, King's Fund

January 2018

This research aimed to understand the current state of community services and explore how the health and care system needs to change to meet the needs of the population now and in the future.

## **Collaborative care: an exploration into core tenets, fidelity, and policy**

Shivam Shah, Centre for Mental Health

January 2018

This report reviews the evidence around collaborative care and whole-person models of care for integrated treatment for mental and physical health needs.

## **Community-Based Home Health Programs and Chronic Disease: Synthesis of the Literature.**

Vandiver, Tonya et al. *Professional Case Management*; Jan 2018; vol. 23 (no. 1); p. 25-31

Community-based home health programs have a positive impact on the quality of life and a decrease in health care utilization, including emergency department and primary care practitioner visits and hospital admissions.

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## **Factors affecting general practice collaboration with voluntary and community sector organisations.**

Southby, Kris; Gamsu, Mark

*Health & social care in the community*; Jan 2018

This paper examined the factors that aid or inhibit collaboration between GPs and VCS. It concluded that issues are yet to be resolved before collaboration becomes embedded into practice.

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## **Maximising paediatricians' roles in improving children's oral health: lessons from Leicester.**

Murphy, Jasmine; Moore, Rod *Archives of disease in childhood*; Feb 2018; vol. 103 (no. 2); p. 181-185

Collaboration is encouraged between medical and dental professionals as well as commissioners and providers at both the national and local level in order for oral health to be fully integrated within general health. Such collaboration requires appropriate leadership to develop policies that support curriculum changes, drive the implementation of associated guidelines, design integrated healthcare service provision and develop the partnership relationships to support this work.

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## **Relocating patients from a specialist homeless healthcare centre to general practices: A multi-perspective study**

Smith K.G. et al.

*British Journal of General Practice*; Feb 2018; vol. 68 (no. 667)

Implementation of services, which promote relocation and integration, may optimise patient relocation from SHHCs to mainstream general practices. These include peer support networks for patients, better information provision on the relocation process, and supporting patients in the journey of identifying and adjusting to mainstream practices.

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## **Improving physical healthcare for people living with severe mental illness (SMI) in primary care: Guidance for CCGs**

NHS England Feb 2018

This guidance highlights the responsibilities of CCGs to commission services that deliver comprehensive physical health assessments and follow up care to people on the severe mental

illness (SMI) register in primary care, addressing the premature mortality experienced by people with SMI compared to the general population.

## **Reasons why people do not attend NHS Health Checks: a systematic review and qualitative synthesis.**

*Harte, Emma et al. The British journal of general practice Jan 2018; vol.68 (no. 666); p. e28*

Reasons for not attending included lack of awareness or knowledge, misunderstanding the purpose of the NHS Health Check, aversion to preventive medicine, time constraints, difficulties with access to general practices, and doubts regarding pharmacies as appropriate settings. The findings highlight the need for improved communication and publicity around the purpose of the NHS Health Check programme and the personal health benefits of risk factor detection.

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## **Patient pathway: the ideal approach.**

*Corless, Lynsey; Brew, Iain British journal of nursing Feb 2018; vol. 27; p. S14*

Hepatic encephalopathy (HE) can be a devastating complication of cirrhosis, affecting patients and their families. This article discusses strategies that can be used in primary and secondary care to help teams deliver excellent practice in HE management.

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## **Communities and Health**

King's fund

Feb 2018

The role of communities in improving population health is receiving increasing, and long overdue, attention in health policy and practice. This article gives an overview of the different approaches to working with communities for health and includes a reading list for those wishing to find out more.

## **Recovering after a hip fracture: helping people understand physiotherapy in the NHS**

*Physiotherapy Hip Fracture Sprint Audit (PHFSA), RCP Feb 2018*

Frail and older people recovering from a hip fracture require multidisciplinary rehabilitation, with personalised therapy that isn't disrupted as patients move away from the acute ward

## **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.

## **Patterns of referral and waiting times for specialist Child and Adolescent Mental Health Services.**

*Smith, Joanna et al Child & Adolescent Mental Health; Feb 2018; vol. 23 (no. 1); p. 41-49*

Policymakers should consider ways to foster dialogue and collaboration between different groups of professionals making and accepting referrals to CAMHS in order to improve timely access to appropriate mental health support services for CYP.

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## **Facilitators and barriers of implementing and delivering social prescribing services: a systematic review.**

*Pescheny JV. BMC Health Services Research 2018;18(1):86.*

Social Prescribing aims to promote partnership working between the health and the social sector to address the wider determinants of health. To date, there is a weak evidence base for Social

Prescribing services. The objective of the review was to identify factors that facilitate and hinder the implementation and delivery of SP services based in general practice involving a navigator.

### **An integrated primary care approach for frail community-dwelling older persons: a step forward in improving the quality of care.**

Vestjens L. *BMC Health Services Research* 2018;18(1):28.

High-quality care delivery for frail older persons, many of whom have multiple complex needs, is among the greatest challenges faced by healthcare systems today. The Chronic Care Model (CCM) may guide quality improvement efforts for primary care delivery to frail older populations.

### **Improving Clinical Communications Between Primary and Secondary Care Clinicians**

NHS South East Coast Clinical Senate; 2018.

This review looks at the current barriers and enablers and provides a range of recommendations for how this agenda can be taken forward. Also relevant to communications with community health care and social care professionals.

## **Long-Term Conditions**

[including Cancer, Diabetes, and general management]

### **Diet and exercise programmes can prevent diabetes in high-risk individuals**

NIHR Signal

27<sup>th</sup> February 2018

Lifestyle changes can reduce the risk of diabetes by about 40% and overall prevents about four high-risk individuals in 100 developing type 2 diabetes each year. The risk remained low for an average of about seven years after the intervention, but effects did decline over time.

### **Reducing risk of type 2 diabetes after gestational diabetes: a qualitative study to explore the potential of technology in primary care**

Brian McMillan, Katherine Easton, Elizabeth Goyder et al, *Br J Gen Pract* 26 February 2018

A more tailored approach for females previously diagnosed with GD may help reduce the risk of progression to T2DM. A need for future research to test the efficacy of using technology as an adjunct to current care was identified.

### **Liva Healthcare aims to bring human touch to digital diabetes management**

Owen Hughes, Digital Health

22<sup>nd</sup> February 2018

A healthcare platform that connects patients with lifestyle and disease management coaches is being trialled by the NHS as a possible means of preventing and managing diabetes.

### **Evidence based review of literature on detriments to healing of diabetic foot ulcers.**

Lefrancois T. *Foot and Ankle Surgery* 2017;23(4):215-224.

Seven generally accepted detriments to healing of diabetic foot ulcers were identified: infection, glycaemic control, vascular supply, smoking, nutrition, deformity and offloading.

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## **Diagnosing and treating ADHD in adults.**

Scrandis, Debra A.

Nurse Practitioner; Jan 2018; vol. 43 (no. 1); p. 8-10

Topics discussed include symptoms of disease such as inattention, hyperactivity, and impulsivity; its impact on adults social and occupational functioning; and use of pharmacologic treatments for attention-deficit hyperactivity disorder.

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## **Primary care management of ulcerative colitis.**

Davis, Stephanie C. Nurse Practitioner; Jan 2018; vol. 43 (no. 1); p. 11-20

UC has an impact on quality of life and places a financial burden on the healthcare system. This article focuses on the impact, presentation, diagnosis and classification, systemic manifestations, complications, management, and treatment.

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## **Diabetic foot ulcer management in clinical practice in the UK: costs and outcomes**

Guest J.F.; Fuller G.W.; Vowden P.

International Wound Journal; 2018; vol. 15 (no. 1); p. 43-52

Findings showed that clinical and economic benefits to both patients and the NHS could accrue from strategies that focus on (i) wound prevention, (ii) improving wound-healing rates and (iii) reducing infection and amputation rates.

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## **Methods to identify heart failure patients in general practice and their impact on patient characteristics: A systematic review**

Smeets M. et al

International Journal of Cardiology; 2018

Pooled data of 196,105 patients with Heart Failure (HF) confirmed a phenotype of older women with hypertension rather than ischaemic heart disease as the predominant HF population in GP.

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## **Increased risk of ischemic heart disease, hypertension, and type 2 diabetes in women with previous gestational diabetes mellitus, a target group in general practice for preventive interventions: A population-based cohort study**

Daly B. et al.

PLoS Medicine; Jan 2018; vol. 15 (no. 1)

Women diagnosed with GDM were at very high risk of developing type 2 diabetes and had a significantly increased incidence of hypertension and IHD. Identifying this group of women in general practice and targeting cardiovascular risk factors could improve long-term outcomes.

## **Embedding routine health checks for adults with intellectual disabilities in primary care: practice nurse perceptions.**

Macdonald, S et al.

Journal of Intellectual disability research Feb 2018

While the trial found the intervention to be dominant over standard health care, the adjustments nurses made may not have maximised potential benefits to patients. Increasing training could further improve the benefits that health checks provide for people with IDs.

## **Wellbeing in mental health: Applying All Our Health.**

Public Health England (PHE);2018.

The Five Year Forward View for Mental Health state that by 2020/21, at least 280,000 people living

with severe mental health problems should have their physical health needs met. Bringing together physical and mental health argued that mental health care should not only be as good as services for physical health, but that mental health care is provided as part of a unified approach to health.

### **NIHR Signal: Staying on antidepressants may prevent a relapse of anxiety.**

*NIHR Dissemination Centre; 2018.*

People with anxiety disorders who continued taking antidepressants after successful treatment were less likely to experience a relapse, and relapsed later, than people who stopped taking antidepressants. About 16% of people had a relapse if they remained on antidepressants for on average 44 weeks compared with 36% who stopped after 20 weeks.

### **The acceptability and feasibility of lay-health led interventions for the prevention and early detection of cancer.**

*McWilliams, Lorna et al;*

*Psycho-oncology; Feb 2018*

LHW interventions to promote early diagnosis or screening were generally considered acceptable in a UK context. LHW interventions focussing on reducing cancer risk may be less feasible.

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### **Digital Health Interventions for Adults With Type 2 Diabetes: Qualitative Study of Patient Perspectives on Diabetes Self-Management Education and Support**

*Kingshuk Pal et al.*

*J Med Internet Res 2018;20(2):e40*

DHIs have the potential to improve access to DSME and behavioral support and extend the range of content offered by health services to fit with a wider range of patient needs.

## **Older people**

### **The UTOPIA project: using telecare for older people in adult social care**

*9<sup>th</sup> February 2018*

*The King's Fund*

This report describes how electronic assistive technology and telecare are used by local authorities in England to support older people. The survey on which it is based provides an up-to-date picture of how and why local authorities are using telecare for this group of people, who are by far the largest consumers of care services in the UK.

### **Older people's experiences of nurse-patient telephone communication in the primary healthcare setting**

*Waterworth, Susan et al. Journal of Advanced Nursing; Feb 2018; vol. 74 (no. 2); p. 373*

Increasing the awareness of the nurse role in the General Practice is integral to creating a health system which will meet the needs of a growing older population. Primary care practices can review their systems to better inform older people how the nurse-telephone role as a specific health service works and what they can expect when using this service.

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## **GPs' perceptions of advance care planning with frail and older people: A qualitative study**

*Barclay S.; Malyon A.; Sharp T. British Journal of General Practice; Jan 2018; vol. 68 (no. 666)*

National publicity campaigns and encouraging patients to prioritise healthcare outcomes could help GPs raise care preferences without causing a detrimental impact on patients or raising unrealistic expectations. Patients agreed care preferences should be documented, accessible, and reviewed by all relevant providers to ensure that their wishes are respected, and plans amended as required.

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## **Screening in the community to reduce fractures in older women (SCOOP): a randomised controlled trial.**

*Shepstone, Lee et al. Lancet (London, England); Feb 2018; vol. 391 (no. 10122); p. 741-747*

Systematic, community-based screening programme of fracture risk in older women in the UK is feasible, and could be effective in reducing hip fractures.

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## **Ischaemic stroke, haemorrhage, and mortality in older patients with chronic kidney disease newly started on anticoagulation for atrial fibrillation: A population based study from UK primary care**

*Kumar S.*

*BMJ 2018;360:k342*

Giving anticoagulants to older people with concomitant atrial fibrillation and chronic kidney disease was associated with an increased rate of ischaemic stroke and haemorrhage but a paradoxical lowered rate of all cause mortality. Careful consideration should be given before starting anticoagulants in older people with chronic kidney disease who develop atrial fibrillation.

## **Safeguarding**

### **What the practice nurse needs to know about safeguarding against female genital mutilation.**

*Bourne, Jennifer Practice Nursing; Jan 2018; vol. 29 (no. 1); p. 26-27*

Nurses in general practice have an important role to play in identifying and supporting women who have undergone female genital mutilation and protecting girls at potential risk of the practice.

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### **Safer healthcare at home: Detecting, correcting and learning from incidents involving infusion devices**

*Lyons, Imogen; Blandford, Ann Applied Ergonomics; Feb 2018; vol. 67 ; p. 104-114*

Devices need to be appropriately tailored to the setting in which they are employed, and within a system of care that ensures they are used optimally and safely. The proposed process and agent models provide a structure for reviewing safety and learning from incidents in home health care.

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## **Rapid review on safeguarding to inform the Healthy Child Programme 5 to 19 - Executive summary and key findings**

*Public Health England (PHE); 2018.*

The review synthesises relevant systematic review level evidence, supplemented with some primary impact evaluations, about 'what works' in the areas of child abuse and neglect, child sexual abuse and exploitation, intimate partner violence (IPV), female genital mutilation (FGM) and gang violence.





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