



Reshaping Clinical Care in General Practice – 12th October 2018

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

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Dementia

[Lifetime risk of common neurological diseases in the elderly population](#)

Licher S, Darweesh SKL, Wolters FJ, et al, J Neurol Neurosurg Psychiatry: 02 October 2018.

One in two women and one in three men will develop dementia, stroke or parkinsonism during their life. These findings support prioritising the focus on preventive interventions at population level which could substantially reduce the burden of such diseases in the ageing population.

[Atrial fibrillation, antithrombotic treatment, and cognitive aging A population-based study](#)

Mozhu Ding, Laura Fratiglioni, Kristina Johnell et al, Neurology 2018;00:1-9.

Examines the association of atrial fibrillation (AF) with cognitive decline and dementia in old age, and explores the cognitive benefit of antithrombotic treatment in patients with AF.

[Dementia and Black, Asian and Minority Ethnic Communities: Report of a Health and Wellbeing Alliance project](#)

VCSE Health and Wellbeing Alliance

September 2018

The report identifies key activities and outputs within partnership, resources, professional/ community events, and research engagement and discusses the themes that emerged.

[UK Meeting Centres Support Programme \(UKMCSP\)](#)

University of Worcester association for Dementia Studies *September 2018*

This project will run from 1st Sept 2018 to 31st August 2021, supporting communities across the UK to establish Meeting Centres for people and families affected by dementia.

[A roadmap to advance dementia research and care by 2025.](#)

The Mental Elf; 2018.

Clarissa Giebel unfolds and reviews a new roadmap to advance dementia research in prevention, diagnosis, intervention and care by 2025.

GP-based Admiral Nurse service challenges the stigma of dementia: Patients and families living with dementia in Southwold are benefiting from the specialist care of a practice-based service -?? the first of its kind in Suffolk.

Primary Health Care; Sep 2018; 28(6):10-11

The service is based at Dr Castle and Partners, a general practice located at Sole Bay Health Centre in Reydon, a village near Southwold, Suffolk. One of its first objectives is to help Southwold and the surrounding areas to become more dementia-friendly.

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Exploring the Relationship Between Depression and Dementia.

Rubin R. JAMA 2018;320(10):961-962.

This review summarises evidence linking dementia and depression, and suggests that breaking down the stigma around the diagnosis of dementia may help people build cultures of support and inclusiveness and reduce the burden of depression.

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World Alzheimer report 2018: the state of the art of dementia research: new frontiers

Alzheimer's Disease International

25th September 2018

This report looks at a broad cross-section of research areas including basic science; diagnosis; drug discovery; risk reduction and epidemiology. With the continued absence of a disease modifying treatment, the report also features progress, innovation and developments in care research.

BBC Music Memories

BBC

28th September 2018

Music's ability to soothe the symptoms of dementia and Alzheimer's has been known for years. Now, a new BBC website aims to help by connecting dementia patients with the songs they love. Eventually, it's hoped the site will build a database of music that's effective at triggering memories.

Are noise and air pollution related to the incidence of dementia? A cohort study in London, England.

Carey, Iain M; BMJ open; Sep 2018; vol. 8 (no. 9); p. e022404

Evidence was found of a positive association between residential levels of air pollution across London and being diagnosed with dementia, which is unexplained by known confounding factors.

Using playful objects for people with advanced dementia.

Social Care Institute for Excellence (SCIE); 2018.

Over the last three years the LAUGH research project has been developing playful objects, including hand-held interactive playful objects to help sustain connections and enhance relationships with people living with advanced dementia.

Integrated Care

Joined-up listening: integrated care and patient insight

King's Fund

September 2018

Integrated care presents opportunities for using insight from people and populations to design services that meet their needs and reflect their priorities. This includes breaking down silos within and between organisations to listen to what patients are saying across their entire pathway of care.

To GP or not to GP: a natural experiment in children triaged to see a GP in a tertiary paediatric emergency department (ED).

Smith L.

BMJ Quality & Safety 2018;27(7):521-528.

Introducing a GP to a paediatric ED service can significantly reduce waiting times and admissions, but may lead to more antibiotic prescribing. This study demonstrates a novel, potentially more efficient ED care pathway in the current context of rising demand for children's emergency services.

Social connectedness and engagement in preventive health services: an analysis of data from a prospective cohort study

Stafford M. et al;

The Lancet Public Health; Sep 2018; vol. 3 (no. 9)

Individuals with poor social connectedness appear to be at greater risk of not engaging in the full range of preventive services than individuals with good social connectedness. Improvement of access to social contacts and networks in older ages is already recommended for the maintenance of good mental health.

Releasing GP capacity with pharmacy prescribing support and New Ways of Working: a prospective observational cohort study.

Maskrey, Margaret; *The British journal of general practice* Oct 2018; vol.68 (no. 675); p. e735

Specialist clinical pharmacists are safe and effective in supporting GPs and practices with key prescribing activities in order to directly free GP capacity. However, further work is required to assess the impact of such service developments on prescribing cost-efficiency and clinical pharmacist medication review work.

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Long-Term Conditions

[including Cancer, Diabetes, and general management]

Challenges in everyday life among recently diagnosed and more experienced adults with type 2 diabetes: A multistage focus group study.

Gardsten, Cecilia et al. *Journal of Clinical Nursing*; Oct 2018; vol. 27 (no. 19/20); p. 3666-3678

Diabetes nurses need to address the knowledge needs of patients with diabetes and support them in developing self-management skills. Practitioners should also encourage patients' abilities to mobilise their own personal strengths to maintain self-management.

The process and outcomes of six-month reviews in care home settings: are we meeting the needs of stroke survivors in care homes?

Patchick, E. et al;

Clinical Rehabilitation; Oct 2018; vol. 32 (no. 10); p. 1413-1413

Post-stroke reviews are an important 'safety-net' for this vulnerable population of care home residents. Further work is planned to ensure implementation into practice. GM-SAT tools are freely available online.

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East Merton Social Prescribing Pilot

Merton Voluntary Services Council; 2018.

The pilot saw a significant increase in health and wellbeing as well as significant decreases in both GP appointments and A&E attendances in patients referred to the service

What is diabulimia and what are the implications for practice?.

Chelvanayagam S. *British Journal of Nursing* 2018;27(17):980-986.

Diabulimia has become a common term used to describe a condition when a person with type 1 diabetes has an eating disorder. The individual may omit or restrict their insulin dose to lose/control weight. Evidence suggests that as many as 20% of women with type 1 diabetes may have this condition. Detection of this condition is challenging and health professionals need to be vigilant in assessing reasons for variable glycaemic control and weight changes

Asthma.

National Institute for Health and Care Excellence (NICE);2018.

This quality standard covers diagnosing, monitoring and managing asthma in children, young people and adults. It describes high-quality care in priority areas for improvement. In September 2018, this quality standard was updated in response to an annual review, which identified changes in the areas for improvement for this topic.

Trends in moderate and severe exacerbations among COPD patients in the UK from 2005 to 2013

Oshagbemi O.A. et al; Respiratory Medicine; Nov 2018; vol. 144 ; p. 1-6

Women showed a substantially higher risk of any COPD exacerbations, and their risk is increasing. The incidence rates of any exacerbations increased during the study period, while severe exacerbations were variable. Furthermore, incidence rates varied substantially by age group.

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"Heart disease never entered my head": Women's understanding of coronary heart disease risk factors.

Smith, Rita; Journal of Clinical Nursing; Nov 2018; vol. 27 (no. 21/22); p. 3953-3967

Primary and secondary prevention education initiatives are needed for CHD risk factor management and symptom interpretation. The implications of smoking on cardiovascular health need further dissemination. Efforts to support smoking cessation need to be strengthened and widely accessible. Primary care can have a key role to play in managing CHD risk and supporting women with positive risk factors.

Older people

Older adults' experiences of daily life occupations as everyday technology changes.

Ryd C. British Journal of Occupational Therapy 2018;81(10):601-608.

This study aimed to explore what drives and hinders the incorporation of everyday technology into occupations and how new technology affects occupational engagement and performance among older adults.

Supporting shared decision-making for older people with multiple health and social care needs: a realist synthesis.

Health Services and Delivery Research 2018;6(28)

The findings indicate that, for older people with multiple conditions, Shared Decision Making should not just be thought of as one conversation between a patient and a doctor. Rather, it should be thought of in terms of a series of conversations that patients, and their family carers, may have with a variety of health and care professionals.

Available with an NHS Open Athens account for eligible users

All the lonely people: loneliness in later life

Age UK

25th September 2018

This report presents new evidence about what Age UK knows about loneliness among people aged 50 and over, what increases the chances of people experiencing loneliness and how best to help those older people who are persistently lonely.

Planning and preparing for later life

Centre for Ageing Better

21st September 2018

This review focuses on planning for later life (age 60 and over) from mid-life (age 40-60) onwards. It concludes that planning ahead, including saving for retirement, taking actions to maintain and improve health and working out whether homes might need adaptations in the future, could make it more likely that we achieve a good later life.

Effect of health literacy on the quality of life of older patients with long-term conditions: a large cohort study in UK general practice.

Panagioti, Maria et al; Quality of Life Research; May 2018; vol. 27 (no. 5); p. 1257-1268

Low health literacy is an independent indicator of poor QoL older patients with LTCs. Interventions to improve health literacy in older people with LTCs are encouraged by these findings.

General practitioners' attitudes and decision making regarding admission for older adults with infection: a UK qualitative interview study.

Moore, Abigail et al; Family practice; Sep 2018

GPs need to be empowered to make safe decisions about place of care for older adults with suspected infection. This may mean developing strategies to support decision making as well as improving the ease of access to, and capacity of, any alternatives to admission.

Healthy older people do not benefit from taking aspirin.

NHS Behind The Headlines;

2018.

This study supports current understanding that for older adults with no previous history of cardiovascular disease, the benefits of taking aspirin are small and do not outweigh the risks

Effect of Aspirin on Cardiovascular Events and Bleeding in the Healthy Elderly.

McNeil JJ.

N Engl J Med 2018

The use of low-dose aspirin as a primary prevention strategy in older adults resulted in a significantly higher risk of major hemorrhage and did not result in a significantly lower risk of cardiovascular disease than placebo.

Concerns raised about older adults mixing prescription drugs and herbal remedies.

NHS Behind the Headlines; 2018.

All respondents were taking at least 1 prescription drug, and a third of them were also taking some kind of supplement. Most of the combinations were not harmful, but the researchers did find some people taking combinations that were potentially harmful.

Safeguarding

Effects of discontinuation of chronic medication in primary care: a systematic review of deprescribing trials.

Thio, Sioe Lie et al; British journal of general practice Sep 2018

Only a few studies have examined the success rate and safety of discontinuing medication in primary care. Most show that deprescribing and cessation of long-term use seem safe; however, there is a risk of relapse of symptoms. More research is needed to advise physicians in making evidence-based decisions about deprescribing.

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