



Reshaping Clinical Care in General Practice – 11th January 2019

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

Dementia

Smartphone-Based Health Technologies for Dementia Care: Opportunities, Challenges, and Current Practices

Brown E.L. et al; Journal of Applied Gerontology; Jan 2019; 38(1):73-91

This article highlights the current need for smartphone-based interventions for AD and systematically identified and appraised current smartphone apps available for AD caregivers.

Contact the library for a copy of this article

Research highlights what helps people live well with dementia

Economic and Social Research Council

21st December 2018

New research has identified the factors that enable people with dementia and their carers to live as well as possible.

Anxiety as a risk factor of Alzheimer's disease and vascular dementia.

Becker. British Journal of Psychiatry 2018;213(5):654-660.

Anxiety is a risk factor for both types of dementia. The temporal and functional relation between anxiety and dementia needs & the protective value of treating anxiety should be explored further.

Available with an NHS OpenAthens password for eligible users

Dementia and immigrant groups: a qualitative study of challenges related to identifying, assessing, and diagnosing dementia

Sagbakken M. BMC Health Services Research 2018;18(1):910.

Along with the ageing of the general population, Europe's migrant populations are also ageing. From the perspective of health professionals, this study aims to explore challenges involved in identifying, assessing and diagnosing people with cognitive impairment/dementia who have different linguistic and cultural backgrounds.

Contact the library for a copy of this article

Intellectual engagement and cognitive ability in later life (the “use it or lose it” conjecture): longitudinal, prospective study

Roger T Staff, Michael J Hogan, Daniel S Williams, L J Whalley BMJ 2018;363:k4925

Self-reported engagement is not associated with the trajectory of cognitive decline in late life, but is associated with the acquisition of ability during the life course. High performing adults engage and those that engage more being protected from relative decline.

Dementia – discussing and planning support after diagnosis

Social Care Institute for Excellence

November 2018

This quick guide explains the information and support that people can expect from social care and health services to enable them to plan for their life after a dementia diagnosis.



Integrated Care

Challenges in Treatment of Comorbid Chronic Pain, Depression, and Anxiety.

Snyder, Marsha; Handrup, Cynthia Taylor Journal of Psychosocial Nursing & Mental Health Services; Dec 2018; vol. 56 (no. 12); p. 17-21

Meeting the needs of patients who experience physical pain and a psychiatric illness presents challenges as well as opportunities to optimize collaborative partnerships between specialty and primary care services. The current article examines the nature of pain and comorbid depression and anxiety along with suggested treatment modalities that can modify psychological processes and behavior that perpetuate the pain experience and increase need for opiate medication.

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

Lessons for 'large-scale' general practice provider organisations in England from other inter-organisational healthcare collaborations

Pettigrew L.M. et al; Source Health Policy; 2018

Evidence suggests that it is not a given that clinical outcomes or patient experience will improve, nor that cost savings will be achieved as a result of increasing organisational size. It is advisable for policymakers to move with caution, and be informed by ongoing evaluation.

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

Primary care home and social care: working together.

National Association of Primary Care (NAPC); 2018.

The National Association of Primary Care (NAPC) and Association of Directors of Adult Social Services (ADASS) have launched a joint publication on how adult social care and primary care can work more closely together through the primary care home (PCH) model, an established primary care network.

The NHS Long Term Plan.

NHS England; 2019.

The plan focuses on improving services outside hospitals and moving towards more joined-up, preventive and personalised care for patients and on the ambition to establish integrated care systems in every part of the country by 2021.

Home care in England: views from commissioners and providers.

The King's Fund; 2018.

This report sets out the key issues facing the home care sector based on discussions with commissioners, providers and national social care organisations. Care is provided at home each year to more than 350,000 older people and 76,300 young people with disabilities. Commissioning and delivering the highest quality home care should be a significant objective.

Ways of integrating care that better coordinate services may benefit patients.

NIHR Dissemination Centre; 2018.

This NIHR-funded review looked at the international literature to understand how new care models may affect patients, providers and systems. New integrated care models can increase patient satisfaction, perceived quality of care and improve access to services. It is less clear whether there may be effects on hospital admissions, appointments or healthcare costs. Strong leadership and patient engagement are among factors influencing successful implementation.

Long-Term Conditions

[including Cancer, Diabetes, and general management]

A survey to explore what information, advice and support community-dwelling people with stroke currently receive to manage instability and falls.

Shovlin, Eleanor; Kunkel, Dorit Disability & Rehabilitation; Dec 2018; vol. 40 (no. 26); p. 3191-3197

Many people with stroke did not receive any information, help or support after experiencing instability and falls. Information on falls prevention and available support services should be offered to individuals prior to discharge from hospital, in GP practices and in rehabilitation settings. Individuals with stroke seeking health professional help should be referred on to falls clinics for individualized multifactorial assessment and intervention to comply with current guidelines

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

Chronic obstructive pulmonary disease in over 16s: diagnosis and management.

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

This guideline covers diagnosing and managing chronic obstructive pulmonary disease (COPD) in people aged 16 and older, which includes emphysema and chronic bronchitis. It aims to help people with COPD to receive a diagnosis earlier so that they can benefit from treatments to reduce symptoms, improve quality of life and keep them healthy for longer.

Self-management capability in patients with long-term conditions is associated with reduced healthcare utilisation across a whole health economy: cross-sectional analysis of electronic health records.

Barker, Isaac et al.; BMJ Quality & Safety; Dec 2018; vol. 27 (no. 12); p. 989-999

Highly activated patients had the lowest rate of contact with a general practitioner, emergency hospital admissions and outpatient attendances. They also had the lowest relative rate of 'did not attends' at the GP outpatient appointments and self-referred attendance at emergency departments for conditions classified as minor severity, a significantly shorter average length of stay for overnight elective admissions and a lower likelihood of 30- day emergency readmission.

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

Health service utilization and related costs attributable to diabetes.

O'Neill, K. N. et al; Diabetic Medicine; Dec 2018; vol. 35 (no. 12); p. 1727-1734

In this European study diabetes was associated with substantial additional health service use and costs. We provide informative estimates for policy-makers, identifying the costs that can be directly targeted by diabetes prevention and management interventions and by highlighting areas for potential cost savings in the context of finite healthcare resources.

General practitioners' reasoning on risk screening and primary prevention of stroke – a focus group study.

Patomella, Ann-Helen et al; BMC Family Practice; Dec 2018; vol. 19 (no. 1)

There is a need for a more proactive, transparent and systematic approach in the distribution of GPs' time and reimbursement of prevention. By developing new methods and approaches such as digital clinical decision-making tools and by implementing inter-professional team-work, the quality of the primary prevention of stroke could be improved.

Patient experience of home and waiting room blood pressure measurement: A qualitative study of patients with recently diagnosed hypertension

McManus R.J. et al; *British Journal of General Practice*; Dec 2018; vol. 68 (no. 677)

Home and practice waiting room measurements have overlapping but differing roles for patients. Waiting room BP monitors may be a useful out-of-office measurement modality for patients unwilling and/or unable to measure and record their BP at home.

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

Real-world presentation with heart failure in primary care: Do patients selected to follow diagnostic and management guidelines have better outcomes?

Bottle A. et al; *Open Heart*; Nov 2018; vol. 5 (no. 2)

Patients not put on at least some elements of the NICE recommended pathway had significantly higher risk of HF admission but non-significant higher risk of death than other patients had.

The next steps in diabetes care for the UK: The White Paper.

Phillips, Anne; *Practice Nursing*; Dec 2018; vol. 29 (no. 12); p. 584-586

As diabetes prevalence in the UK continues to rise, primary care health professionals will need to be prepared to meet this demand. Anne Phillips, from the iDeal Advisory Group, explains how their new White Paper sets out plans to improve care pathways.

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

Prevention and reversal of Type 2 diabetes: highlights from a symposium at the 2018 Diabetes UK Annual Professional Conference.

Taylor, R; Valabhji, J; Aveyard, P; Paul, D *Diabetic medicine* Dec 2018

Effective prevention and long term reversal of Type 2 diabetes is feasible. The impact upon the individual must be considered during delivery of advice and support. This article is protected by copyright. All rights reserved.

[Available with an NHS OpenAthens password for eligible users](#)

Local care and treatment of liver disease (LOCATE) - A cluster-randomized feasibility study to discover, assess and manage early liver disease in primary care

El-Gohary M et al.; *PloS one*; 2018; vol. 13 (no. 12)

The incorporation of a liver health nurse into GP practices was simple to arrange and yielded a much higher number of new diagnoses of liver disease compared to usual care. Nurse led case finding and GP referrals were most effective compared to AUDIT questionnaire mailouts in an urban population in identifying unknown disease. Utilising study and previous data allowed quick and effective virtual review by a hepatologist.

General practitioners' reasoning on risk screening and primary prevention of stroke - a focus group study

Patomella A.-H. et al; *BMC family practice*; Dec 2018; vol. 19 (no. 1); p. 190

There is a need for a more proactive, transparent and systematic approach in the distribution of GPs' time and reimbursement of prevention in primary health care. The findings suggest, by developing new methods and approaches such as digital clinical decision-making tools and by implementing inter-professional team-work, the quality of the primary prevention of stroke could be improved.

GPs' and nurses' perceptions of electronic cigarettes in England: a qualitative interview study

Stepney M.; Aveyard P.; Begh R. *The British journal of general practice* Jan 2019; vol.69 (no. 678)

Current dissemination strategies for guidelines are not effective in reaching practitioners, who are offering more cautious advice about e-cigarettes than guidelines suggest is reasonable.

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

Mindfulness Training Enhances Self-Regulation and Facilitates Health Behavior Change for Primary Care Patients: a Randomized Controlled Trial.

Gawande, Richa et al; *Journal of general internal medicine*; Dec 2018

An 8-week dose of mindfulness training is more effective than a low-dose mindfulness comparator in facilitating chronic disease self-management behaviour change among primary care patients.

Using cognitive behavioural therapy techniques in COPD.

Heslop-Marshall, Karen *Practice Nursing*; Dec 2018; vol. 29 (no. 12); p. 594-597

It is estimated that by 2020 chronic obstructive pulmonary disease is likely to become the fourth leading cause of death. People living with this condition may experience symptoms that can be managed with cognitive behavioural therapy. Self-management in primary care can be improved with CBT skills and practice nurses could improve self-management by incorporating CBT techniques.

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

Nurses' perceptions towards the delivery and feasibility of a behaviour change intervention to enhance physical activity in patients at risk for cardiovascular disease in primary care: a qualitative study.

Westland, Heleen et al; *BMC family practice*; Dec 2018; vol. 19 (no. 1); p. 194

Delivering a behaviour change intervention is challenged by the complexity of changing nurses' consultation style, including acquiring corresponding knowledge and skills. The findings have increased the understanding of the effectiveness of the Activate trial and will guide the development and evaluation of future behaviour change interventions delivered by nurses in primary care.

General Practitioners' recommendations of self-directed-exercises for musculoskeletal problems and perceived barriers and facilitators to doing so: a mixed methods study.

Gillman T. *BMC Health Services Research* 2018;18(1):998.

Most general practitioners already recommend self-directed-exercises, though they note significant barriers that may prevent them from doing so. General practitioners' tendency to recommend self-directed-exercises would be bolstered by creating a respected central resource of exercise pamphlets. These pamphlets should clearly describe how different self-directed-exercises should be performed and evidence supporting their effectiveness.

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



Older people

Delaying and reversing frailty: a systematic review of primary care interventions

Travers J.; Romero-Ortuno R.; Bailey J.; Cooney M.-T., British journal of general practice Jan 2019; vol.69 (678)

A combination of muscle strength training and protein supplementation was the most effective intervention to delay or reverse frailty and the easiest to implement in primary care. A map of interventions was created that can be used to inform choices for managing frailty.

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

Functioning and primary healthcare utilization in older adults: a 1-year follow-up study.

Silva, Anabela G.;Queiros, Alexandra; Rocha, Nelson P. Physiotherapy Theory & Practice; Mar 2019; 35(3):278-87

This study aimed to explore the association between aspects of disability and older adults' primary healthcare utilization and hospitalization over a period of 1 year. Increased physical activity was significantly associated with a decreased likelihood of being admitted to hospital.

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

Aspirin did not prevent deaths or disability in healthy older adults

NIHR Signal

18th December 2018

In the ASPREE trial, older adults with no apparent cardiovascular disease who took daily aspirin saw no benefit in terms of reducing the chance of dying or having dementia or disability.

How do people access and experience home adaptations? Perspectives from people in later life and practitioners

Housing Learning and Improvement Network (LIN)

November 2018

Written by a team from Northumbria University, Newcastle University, North Tyneside Council and Newcastle City Council, this case study summarises the findings from recent research conducted on the lived experiences of home adaptations, funded by the Centre for Ageing Better.

The association between living alone and health care utilisation in older adults: a retrospective cohort study of electronic health records from a London general practice.

Dreyer, Kathryn; Steventon, Adam; Fisher, Rebecca; Deeny, Sarah R, BMC geriatrics; Dec 2018; vol. 18 (1): 269

Living alone has an impact on health care service utilisation for older patients. GP data can be used to identify older patients who are living alone, and GPs are in a unique position to identify those who could benefit from additional clinical and nonclinical support.

National measurement of loneliness: 2018

Office for National Statistics

7th December 2018

This compendium provides comprehensive information on the loneliness measurement landscape, the recommended national indicators of loneliness and the question testing underpinning our recommendations.

Help at Home - Use of assistive technology for older people.

NIHR Dissemination Centre; 2018.

This review presents a selection of recent research on assistive technology for older people funded by the National Institute for Health Research (NIHR) and other government funders. In this review we focus on research around the use of technology in the home, remote monitoring systems and designing better environments for older people.

Safeguarding

Safety netting for primary care: evidence from a literature review.

Jones, Daniel et al; The British journal of general practice; Dec 2018

Safety netting is more than solely the communication of uncertainty within a consultation. It should include plans for follow-up as well as important administrative aspects, such as the communication of test results and management of hospital letters.

Available with an NHS OpenAthens password for eligible users

Mindful organizing in patients' contributions to primary care medication safety.

Phipps, Denham L et al; Health expectations; Dec 2018;

Mindful organizing is potentially useful for framing patient involvement in safety, although there are some conceptual and practical issues to be addressed before it can be fully exploited in this setting. We have identified factors that influence (and are strengthened by) patients' engagement in mindful organizing, and as such would be a useful focus of efforts to support patient involvement.

Relationship among team dynamics, care coordination and perception of safety culture in primary care.

Blumenthal, Karen J; Chien, Alynna T; Singer, Sara J Family practice; Dec 2018; vol. 35 (no. 6); p. 718-723

Our findings suggest there is a relationship between team dynamics, care coordination and perceptions of patient safety in a primary care setting. To make patients safer, we may need to pay more attention to how primary care providers work together to coordinate care.

Opening the door to change: NHS safety culture and the need for transformation.

Care Quality Commission (CQC); 2018.

The report found that too many people are being injured or suffering unnecessary harm because NHS staff are not supported by sufficient training, and because the complexity of the current patient safety system makes it difficult for staff to ensure that safety is an integral part of everything they do.

Developing a patient safety strategy for the NHS.

NHS Improvement; 2018.

This consultation outlines NHS-wide proposals to ensure improved patient safety. The proposals include a commitment for some of the most important types of avoidable harm to patients to be halved over the next five years in areas such as medication errors and never events, alongside developing a 'just culture' for the NHS where frontline staff are supported to speak up when errors occur. The consultation is open for responses until 15 February 2019



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

If you wish to unsubscribe from this current awareness alert, please email library.enquiries@oxfordhealth.nhs.uk and we will remove your details from the mailing list. Thank-you.