



## Reshaping Clinical Care in General Practice – 12<sup>th</sup> April 2019

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

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### Dementia

#### **[Goal-oriented cognitive rehabilitation for early-stage Alzheimer's and related dementias: the GREAT RCT](#)**

Clare L.

*Health Technology Assessment 2019;23(10)*

Cognitive rehabilitation for people with early-stage dementia led to large positive effects for participant-rated goal attainment at 3 months and 9 months.

#### **[Mental Health & Dementia Research Open Day](#)**

Eventbrite

10<sup>th</sup> April 2019

This free event will showcase mental health and dementia research taking place at the Oxford Health Biomedical Research Centre (BRC) and Oxford cognitive health Clinical Research Facility (CRF). Held at St. Anne's College, Oxford on 20<sup>th</sup> May 2019.

#### **[The views of public and clinician stakeholders on risk assessment tools for post-stroke dementia: a qualitative study.](#)**

Tang, Eugene et al; *BMJ open*;

*Mar 2019;9(3):e025586*

Risk assessment for dementia post-stroke presents challenges given the ramifications of a potential diagnosis of dementia. Attention needs to be given to how information is communicated and strategies developed to support the patients and carers if risk assessment is used.

#### **[The London memory service audit and quality improvement programme.](#)**

Cook, Laura D; Nichol, Katie E; Isaacs, Jeremy D,

*BJPsych bulletin; Mar 2019 ; p. 1-6*

Memory services should consider streamlining pathways to reduce waiting times, implementing pathways for patients who do not have dementia, monitoring appropriateness of neuroimaging, and working with commissioners and primary care to ensure that access to post-diagnostic interventions is consistent with the updated NICE dementia guideline.

#### **Subjective memory complaints and incident dementia in a high risk older adult hypertensive population.**

Peters, et al;

*Age & Ageing; Feb 2019; 14(2):253-259*

A positive report of subjective memory complaints assessed by a single question in an older adult with hypertension raises the possibility of increased risk of incident dementia. This may be a useful addition to the repertoire of the general practitioner and geriatrician when assessing older adults.

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## **The development of a Core Outcome Set for medicines management interventions for people with dementia in primary care.**

*McGrattan, Mairead; Barry, Heather E; Ryan, Cristin et al, Age & Ageing; Feb 2019;14(2):260-266*

This study developed a core outcome set for medicines management interventions for PWD. Future work should identify the most appropriate tools to measure these outcomes.

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## **Cognitive and physical activity and dementia: A 44-year longitudinal population study of women**

*Jenna Najar, Svante Östling, Pia Gudmundsson et al,*

*Neurology Mar 2019, 92 (12) e1322-e1330*

Midlife cognitive and physical activities are independently associated with reduced risk of dementia and dementia subtypes. The results indicate that these midlife activities may have a role in preserving cognitive health in old age.

## **Relative risk for Alzheimer disease based on complete family history**

*Lisa A. Cannon-Albright, Norman L. Foster, Karen Schliep, et al, Neurology 2019;92:e1-e9.*

The data indicates that inherited genetic factors have a broad influence, extending beyond immediate relatives. Providers should consider the full constellation of family history when counselling patients and families about their risk of AD.

## **Association of Midlife Diet With Subsequent Risk for Dementia**

*Akbaraly TN, Singh-Manoux A, Dugravot A, et al, JAMA. 2019;321(10):957–968. doi:10.1001/jama.2019.1432*

In this long-term prospective cohort study, diet quality assessed during midlife was not significantly associated with subsequent risk for dementia.

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## **AD-8 for detection of dementia across a variety of healthcare settings.**

*Hendry, Kirsty; Green, Claire; McShane, Rupert et al, The Cochrane database of systematic reviews; Mar 2019; vol. 3; p. CD011121*

The high sensitivity of the AD-8 suggests it can be used to identify adults who may benefit from further specialist assessment and diagnosis, but is not a diagnostic test in itself. This pattern of high sensitivity and lower specificity is often suited to a screening test. Test accuracy varies by setting, however data in primary care and acute hospital settings are limited.

## **The Association between Mushroom Consumption and Mild Cognitive Impairment: A Community-Based Cross-Sectional Study in Singapore**

*Feng, Lui, Cheah, Irwin Kee-Mun, Ng, Maisie Mei Xi et al, Journal of Alzheimer's Disease, 2019; 68(1):197-203*

Study used data from 663 participants aged 60 and above from the Diet and Healthy Aging (DaHA) study in Singapore. The cross-sectional data supports the potential role of mushrooms and their bioactive compounds in delaying neurodegeneration.

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## **Exploring dementia and agitation: how public policy needs to respond**

*International Longevity Centre UK*

*12<sup>th</sup> March 2019*

This report summarises a number of key findings from the MARQUE (Managing Agitation and Raising Quality of Life in Dementia) project, led by Professor Gill Livingston from UCL. MARQUE is the largest-ever study involving people living in care homes.

## **Incentive schemes to increase dementia diagnoses in primary care in England: a retrospective cohort study of unintended consequences**

*Dan Liu, Emily Green, Panagiotis Kasteridis, Maria Goddard, Rowena Jacobs, Raphael Wittenberg and Anne Mason, Br J Gen Pract 2019; 69 (680): e154-e163.*

The primary care incentive schemes for dementia appear to have enhanced QOF performance for the dementia review and have had beneficial spillover effects on QOF performance in other clinical areas. However, the schemes may have had negative impacts on several aspects of patient experience.

## **Trazodone use and risk of dementia: A population-based cohort study**

*Brauer R.; Lau W.C.Y.; Man K.K.C. et al, PLoS Medicine; Feb 2019; vol. 16 (no. 2)*

In this study of UK population-based electronic health records, we found no association between trazodone use and a reduced risk of dementia compared with other antidepressants. These results suggest that the clinical use of trazodone is not associated with a reduced risk of dementia.

## **Integrated Care**

### **Impact of the Southwark and Lambeth Integrated Care Older People's Programme on hospital utilisation and costs: controlled time series and cost-consequence analysis.**

*Exley, Josephine et al BMJ open; Mar 2019; vol. 9 (no. 3); p. e024220*

See abstract for specific cost details. Overall, the Older People's Programme was not cost saving. Some aspects of the Programme were associated with increased costs of elective care, possibly through the identification of unmet need.

### **Model for integrated care for chronic disease in the Australian context: Western Sydney Integrated Care Program.**

*Cheung, N Wah et al;*

*Australian health review: Mar 2019*

From this Australian study it was found that involvement of both primary care and the public hospital system is important for a successful and sustainable integrated care program. This is a long and challenging process, but it can lead to positive effects not just for individuals, but also for the health system as a whole.

### **Lifestyle risk communication by general practice nurses: An integrative literature review.**

*James, Sharon et al; Collegian; Feb 2019; vol. 26 (no. 1); p. 183-193*

GPNs are increasingly managing and coordinating care for people with, or at risk of, chronic disease. Lifestyle risk counselling effectively supports chronic disease management and lifestyle risk reduction. This review synthesises GPNs' current experiences and perspectives of lifestyle risk communication, as well as highlighting additional research needs.

### **How effective is the integration of sport and exercise medicine in the English National Health Service for sport related injury treatment and health management?**

*Pullen, Emma; Malcom, Dominic; Wheeler, Patrick Journal of Sports Medicine & Physical Fitness; Mar 2019; vol. 59 (no. 3); p. 481-488*



This study highlights the importance of more fully integrating SEM services into public healthcare as a way of improving the organisational capacity of healthcare in treating SRI and ensuring that citizens comply with state interventions which orchestrate health management through raising PA levels across the population.

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### **The primary care network handbook.**

*British Medical Association (BMA);2019.*

This handbook offers options to groups of practices looking to establish a primary care network (PCN). It includes detailed guidance on: governance structures; internal governance and decision-making; potential PCN structures and employment options; PCN funding; and PCN future workforce options.

### **The electronic frailty index as an indicator of community healthcare service utilisation in the older population**

*Boyd P.J. et al Age and Ageing; Mar 2019; vol. 48 (no. 2); p. 273-277*

eFI score was an indicator of community service use, with increasing severity of frailty being associated with higher community healthcare requirements. The eFI may help planning of community services for the frail population.

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### **Exploring the value of social network 'care maps' in the provision of long-term conditions care**

*Young J. et al;*

*Chronic illness; Mar 2019*

Care maps facilitated a broader focus than the clinical presentation. Using care maps may enable health professionals to support self-management rather than feeling responsible for many aspects of care. Care maps had 'social function' for health professionals. They may be a valuable tool for patients and clinicians to bridge the gap between medical treatment and patients' lifeworlds

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### **The impact of a General Practitioner-led community paediatric allergy clinic: A service evaluation**

*El-Shanawany I.R.; Wade C.; Holloway J.A. Clinical and Experimental Allergy; 2019*

London's Whittington Hospital created a GP with Special Interest (GPwSI) community paediatric allergy clinic, running alongside pre-existing hospital clinics, to address local unmet needs, aiming to provide equity for patients, improve patient experience and decrease secondary care burden. This integrated, multidisciplinary Paediatric Allergy Service could provide a model to improve the unmet allergy need both in the UK and beyond. This GPwSI model could also be applied to other chronic diseases in both adults and children, improving care beyond allergy.

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### **Impact of GP gatekeeping on quality of care, and health outcomes, use, and expenditure: a systematic review**

*Sripa P. et al;*

*The British journal of general practice Mar 2019*

Gatekeeping was associated with lower healthcare use and expenditure, and better quality of care, but with lower patient satisfaction. Survival rate of patients with cancer in gatekeeping schemes was significantly lower than those in direct access, although primary care gatekeeping was not otherwise associated with delayed patient referral.

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## **Implementation of the Identification and Referral to Improve Safety programme for patients with experience of domestic violence and abuse: A theory-based mixed-method process evaluation**

Lewis N.V. et al

*Health & social care in the community; Mar 2019*

Solutions were adaptations to IRIS relative to contextual differences. The suggested solutions can be used to update IRIS commissioning guidance, training for trainers and training for general practice. The updates should reflect the importance of ongoing support of IRIS from practice leads and commissioners, extended funding periods for IRIS and continuity of the IRIS team.

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## **Long-Term Conditions**

### **The BACPR Standards and Core Components for Cardiovascular Disease Prevention and Rehabilitation 2017.**

*British Association for Cardiovascular Prevention and Rehabilitation (BACPR);2019.3rd edition.*

This update presents current evidence-based best practice and a pragmatic overview of the structure and function of Cardiovascular Prevention and Rehabilitation Programmes (CPRPs) in the UK.

### **Delays between the onset of symptoms and first rheumatology consultation in patients with rheumatoid arthritis in the UK: An observational study**

Stack R.J. et al;

*BMJ Open; Mar 2019; vol. 9 (no. 3)*

This study identified delays at all levels in the pathway towards assessment by a rheumatologist. However, delays in primary care were particularly long. Patient delay was driven by the nature of symptom onset. Complex multi-faceted interventions to promote rapid help seeking and to facilitate prompt onward referral from primary care should be developed.

### **Development of a training programme for primary care mental health staff to support management of depression and anxiety in long-term conditions**

*Hamilton-Westa K. et al; Primary health care research & development; Jan 2019; vol. 20*

Knowledge of LTCs improved significantly following training, along with awareness of the impact of poor psychological wellbeing on physical health and the role of psychological therapies in supporting people with LTCs. Self-efficacy also improved. Online training was accessed by 894 participants in the first six months and 187 provided feedback via the evaluation questionnaire. Responses indicated that participants found the training useful (88%), interesting (91%) and easy to understand (97%).

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### **Antibiotic management of urinary tract infection in elderly patients in primary care and its association with bloodstream infections and all cause mortality: Population based cohort study**

Gharbi M. et al;

*BMJ (Online); 2019; vol. 364*

In elderly patients with a diagnosis of UTI in primary care, no antibiotics and deferred antibiotics were associated with a significant increase in bloodstream infection and all cause mortality compared with immediate antibiotics. In the context of an increase of Escherichia coli bloodstream infections in England, early initiation of recommended first line antibiotics for UTI in the older population is advocated.

*Available online with an NHS OpenAthens log in*

## **The impact of a combinatorial digital and organisational intervention on the management of long-term conditions in UK primary care: a non-randomised evaluation.**

*Lugo-Palacios, David G et al; BMC health services research; Mar 2019; vol. 19 (no. 1); p. 159*

A combinatorial digital and organisational intervention to improve the management of long-term conditions was implemented across a whole health economy, but we found no evidence of a positive impact on health care utilisation outcomes in hospital and primary care.

## **Elements for developing community-based interventions for adults with fetal alcohol spectrum disorder: A scoping review.**

*Quan R. British Journal of Occupational Therapy 2019;82(4):201-212.*

Current literature about interventions for adults with fetal alcohol spectrum disorder (FASD) is limited, which is a concern, due to the high prevalence of FASD. Community-based interventions are necessary to better support adults with FASD and provide them with the opportunity to achieve success in their daily lives and social participation. This scoping review aimed to identify elements for developing successful community-based interventions for these individuals.

## **Impact of non-drug therapies on asthma control: A systematic review of the literature.**

*Schuers M. European Journal of General Practice 2019;;doi: 10.1080/13814788.2019.1574742.*

Patient education programmes (22 studies) significantly improved asthma control. Multifaceted interventions (10 studies), which combined patient education programmes with decreasing exposure to indoor allergens and pollutants, significantly improved asthma control based on clinically relevant outcomes

## **Head injury in the elderly - an overview for the physician**

*Beedham W.; et al Clinical medicine (London, England); Mar 2019; vol. 19 (no. 2); p. 177-184*

Medical support to trauma services is commonly delivered by general physicians, many of whom lack experience and training in this field. This article aims to provide an overview for the physician with clinical responsibility for patients who have sustained head injury.

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## **Cost-effectiveness of strategies to improve delivery of brief interventions for heavy drinking in primary care: results from the ODHIN trial**

*Angus C. et al; European journal of public health; Apr 2019; vol. 29 (no. 2); p. 219-225*

Structured Training and Support, financial reimbursement(FR\_ and access to online interventions are all estimated to be cost-effective methods of improving delivery of alcohol brief interventions. TS and FR together may be the most cost-effective approach, however this is sensitive to country characteristics and alternative BI effect assumptions.

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## **Older people**

### **Harnessing technology to tackle loneliness**

*WPI Economics*

*April 2019*

This report commissioned by Vodafone reveals that digital technology can help alleviate loneliness in the over 50s.

## [Long-term exercise programmes reduce falls and injuries in older adults](#)

NIHR Signal

19<sup>th</sup> March 2019

Older people who participate in year-long exercise programmes fall less and are less likely to be injured if they do fall. Exercise does not increase or decrease their risk of hospitalisation.

## [Community ageing research 75+ study \(CARE75+\): An experimental ageing and frailty research cohort](#)

Heaven A.; Brown L.; Brundle C. et al, *BMJ Open*; Mar 2019; vol. 9 (no. 3)

The Community Ageing Research 75+ Study (CARE75+) is a longitudinal cohort study collecting an extensive range of health, social and economic data, with a focus on frailty, independence and quality of life in older age. One thousand community-dwelling older people ( $\geq 75$  years) will be recruited from UK general practices.

## **Factors associated with discontinuation of antidepressant treatment after a single prescription among patients aged 55 or over: evidence from English primary care.**

Falcaro, Milena; Ben-Shlomo, Yoav; King, Michael et al, *Social psychiatry and psychiatric epidemiology*; Mar 2019

Early discontinuation of antidepressants increases in the post-retirement years and is higher in those with no formal diagnosis of depression, those without dementia and those with diagnosed depression living in urban areas. Alternative treatment strategies, such as non-drug therapies, or more active patient follow-up should be further considered in these circumstances.

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## [A systematic literature review and meta-analysis of real-world interventions for cognitive ageing in healthy older adults.](#)

Vaportzis E. *Ageing Research Reviews* 2019;50:110-130.

Our review included 43 studies with real-world activities as potential interventions. Analyses revealed cognitive benefits primarily from physical activity interventions. Cognitive activity interventions were less effective in improving cognitive function.

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## **Management of depression and referral of older people to psychological therapies: a systematic review of qualitative studies**

Rachael Frost et al

*Br J Gen Pract* 2019; 69 (680): e171-e181.

Mental ill health needs to be a more-prominent concern in the care of older adults, with greater provision of psychological services tailored to later life. This may facilitate future identification and management of depression.

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## [The state of ageing in 2019](#)

Centre for Ageing Better

March 2019

This report brings together public data across four areas: work and finances; housing; health; and communities. It reveals vast differences in how people experience ageing depending on factors such as where they live, how much money they have or their sex or ethnicity.



## **Breaking point: the social care burden on women**

Age UK

12<sup>th</sup> March 2019

This report sets out the challenges facing many women who are carers. It shows how women are going above and beyond what should reasonably be expected to care for loved ones because they are unable to find good, reliable social care support.

## **Engagement of general practitioners in falls prevention and referral to occupational therapists.**

McIntyre, Anne; Mackenzie, Lynette; Harvey, Michele *British Journal of Occupational Therapy*; Feb 2019; vol. 82 (no. 2); p. 71-79

There are gaps in general practitioners' falls prevention referral practices to occupational therapists and allied health professionals. Better general practitioner pathways could enhance the quality of falls-prevention care for older people at risk.

[Available online with an NHS OpenAthens log in](#)

## **A Menu of Interventions for Productive Healthy Ageing: For pharmacy teams working in different settings**

PHE

March 2019

The document includes interventions based around: preventing falls; dementia; physical inactivity; social isolation and loneliness; and malnutrition. The guidance may also be useful for pharmaceutical and medical committees, local authorities, clinical commissioning groups and local NHSE teams.

## **Shared decision-making about cardiovascular disease medication in older people: a qualitative study of patient experiences in general practice.**

Jansen, Jesse et al; *BMJ open*; Mar 2019; vol. 9 (no. 3); p. e026342

In this Australian study, results demonstrate how older participants vary widely in their health goals and preferences for treatment outcomes, suggesting that CVD prevention decisions are preference sensitive. Combined with the fact that the vast majority of participants were taking medications, and few understood the aims and potential benefits and harms of CVD prevention, it seems that older patients are not always making an informed decision. Our findings highlight potentially modifiable barriers to greater participation of older people in SDM about CVD prevention medication and prevention in general.

## **becoming frail: a major turning point in patients' life course**

Escourrou E. et al; *Family practice*; Mar 2019; vol. 36 (no. 2); p. 231-236

Becoming frail is a major turning point in patients' life course. Coordinated multiprofessional management that takes account of patients' perceptions could help in negotiating a feasible care plan adapted to the patient's needs.

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## **Safeguarding**

## **Home delivery service of low protein foods in inherited metabolic disorders: Does it help?**

MacDonald A. et al;

*Molecular Genetics and Metabolism Reports*; Jun 2019; vol. 19

Although home delivery services for special LP foods are associated with less errors and delay

compared with pharmacies, inaccuracies and inefficiencies still occur and the overall system is complex. We suggest a new, simpler, less fragmented system whereby metabolic dietitians prescribe LP foods. This is likely to result in less burden on NHS resources and ensure a better treatment delivered to IMD patients.

### **Keeping kids safe: improving safeguarding responses to gang violence and criminal exploitation.**

*Children's Commissioner for England; 2019.*

This report estimates there are 27,000 children in England who identify as a gang member, only a fraction of whom are known to children's services. It recommends that the government needs to make child criminal exploitation a national priority, and lay out clear expectations about the role of all organisations working with children – including the police, schools, children's services and NHS bodies.

### **Dissonant views - GPs' and parents' perspectives on antibiotic prescribing for young children with respiratory tract infections.**

*Biezen, Ruby et al; BMC Family Practice; Mar 2019; vol. 20 (no. 1)*

This Australian study showed that GPs and parents have dissonant views on antibiotic prescribing for RTI in young children. GPs perceived parents wanting a diagnosis and reassurance that their child is not severely ill as pressure to prescribe antibiotic. To overcome these barriers, targeted training for both GPs and parents to improve communication and reassurance that satisfaction is not related to receiving antibiotics may reduce unnecessary antibiotic prescribing for RTI in young children.

### **Use of delayed antibiotic prescription in primary care: a cross-sectional study.**

*de la Poza Abad, Mariam et al; BMC Family Practice; Mar 2019; vol. 20 (no. 1)*

The majority of primary healthcare professionals in Spain do not use DAP. Those who use DAP believe that it reduces primary care visits and inappropriate antibiotic use, while maintaining patient satisfaction. Given the limited use of DAP in our setting, and given that its use is mainly limited to RTIs, DAP has considerable potential in terms of its implementation in routine practice.

### **An analysis of general practitioners' perspectives on patient safety incidents using critical incident technique interviews.**

*Curran, Ciara et al Family practice; Mar 2019*

Critical incident technique interviews support the identification of contributory factors to patient safety incidents. There is a need to explore the use of the resulting data for quality and safety improvement in general practice.

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### **Strategies to improve maternal vaccination acceptance**

*Wilson R.; Paterson P.; Larson H.J. BMC public health; Mar 2019; vol. 19 (no. 1); p. 342*

The strategies to improve maternal vaccination acceptance recommended in this paper would engender a more open and democratised healthcare system.

### **Safeguarding in general dental practice: a toolkit for dental teams**

*PHE*

*2019*

Outlines the roles and responsibilities of the dental team in promoting the safety and wellbeing of children, young people and adults at risk of abuse. It provides an overview of the different forms of abuse (including domestic abuse, child sexual abuse and financial abuse), looks at confidentiality and information sharing, signposts to useful safeguarding resources and outlines the pathways to be followed in cases of concern.



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