



## Reshaping Clinical Care in General Practice – 14<sup>th</sup> June 2019

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

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### Dementia

#### **Charity launches immersive VR dementia training**

*Alzheimer's Research UK*

11<sup>th</sup> June 2019

Alzheimer's Research UK and Bournemouth University, have launched a new training resource that uses virtual reality to help healthcare professionals improve their understanding of the symptoms and challenges of dementia, and to help them develop enhanced relationships with people with the condition.

#### **Self-reported needs and experiences of people with dementia living in nursing homes: a scoping review**

*Kate Shiells et al.*

2019, *Aging & Mental Health*, DOI: 10.1080/13607863.2019.1625303

Whilst the voice of people with dementia has previously been neglected in research, this review has shown that people with dementia in nursing homes are able to describe their experiences and communicate their needs.

#### **Launch of ReMeLife and its ReMe app for families and Elderly and Dementia Care**

*National Dementia Action Alliance*

28<sup>th</sup> May 2019

ReMeLife is an online membership portal that provides daily care and general news, and information on care solutions. ReMe is Activity Based software that provides engaging activities and therapy.

#### **Factors Associated With Deprescribing Acetylcholinesterase Inhibitors in Older Nursing Home Residents With Severe Dementia**

*Niznik, Joshua D; Zhaoi et al,*

*Journal of the American Geriatrics Society; Jun 2019*

Our findings provide insight into potential drivers of deprescribing AChEIs, identify system-level barriers to deprescribing, and help to inform covariates that are needed to address potential confounding in studies evaluating the potential risks and benefits associated with deprescribing.

#### **General practitioners' attitudes towards early diagnosis of dementia: a cross-sectional survey.**

*Giezendanner, Stéphanie; Monsch, Andreas U.; Kressig, Reto W. et al, BMC Family Practice; May 2019; 20:65*

Dementia is often underdiagnosed in general practice, which may be based on general practitioners' (GPs') knowledge and emotional factors as well as external problems. This study aimed to describe GPs' attitudes toward early diagnosis of dementia.

## **The impact of primary care incentive schemes on care home placements for people with dementia**

*Centre for Health Economics*

*May 2019*

The interface between primary care and long-term care is complex. In the case of dementia, this interface may be influenced by incentives offered to GPs as part of the Quality and Outcomes Framework to provide an annual review for patients with dementia.

## **Goal-setting can help people with early-stage dementia improve function**

*NIHR Signal*

*7<sup>th</sup> May 2019*

Goal-setting as part of cognitive rehabilitation delivered by occupational therapists helped people with early dementia progress towards independence in daily tasks, with benefits lasting for nine months.

## **Dementia awareness e-learning course**

*Social Care Institute for Excellence*

*May 2019*

This course aims to raise the awareness and skills of care staff who work with people with dementia.

## **Pain assessment and pain treatment for community-dwelling people with dementia: A systematic review and narrative synthesis**

*Bullock L. et al*

*International Journal of Geriatric Psychiatry; Jun 2019; 34 (6):807-821*

There is a dearth of high-quality studies exploring pain assessment and/or treatment for community-dwelling people with dementia, not least into nonpharmacological interventions. This lack of evidence, given the current and projected prevalence of the disease, is very serious and requires urgent redress.

## **Obesity and Longer Term Risks of Dementia in 65–74 Year Olds.**

*Bowman, Kirsty et al,*

*Age & Ageing; May 2019; 48(3):367-373*

In 65–74 year olds (free of smoking, cancer, heart failure or multi-morbidity at baseline) obesity associates with higher longer-term incidence of dementia.

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## **The power of music: Vicky McClure's dementia choir**

*BBC News*

*2<sup>nd</sup> May 2019*

A million people in the UK are expected to be living with dementia by 2025. While there is no cure, there's growing evidence that music can help ameliorate symptoms such as depression and agitation, and also bring these people and their families some much-needed moments of joy.

## **Risk reduction of cognitive decline and dementia WHO Guidelines**

*WHO*

*May 2019*

Evidence-based recommendations on lifestyle behaviours and interventions to delay or prevent cognitive decline and dementia.

## **Integrated Care**

## **Simplifying cross-sector working between NHS Integrated Care Systems, Sustainability and Transformation Partnerships and industry: guidance and process**

*AHSN Network/Association of the British Pharmaceutical Industry*

*May 2019*

This guidance sets out a series of governance and process recommendations to enable NHS sustainability and transformation partnerships (STPs) and integrated care systems (ICSs) rapidly and confidently to develop collaborations with industry partners to address local health needs.

## **The community pharmacy: a guide for general practitioners and practice staff**

*PSNC/BMA May 2019*

This updated guide aims to support general practitioners and community pharmacists in developing more effective working relationships and, in turn, improve primary care services for patients. It covers key areas such as funding arrangements for pharmacies, the impact of prescribing policies, and the range of clinical and administrative functions that community pharmacies currently provide.

## **Opportunities for collaboration between pharmacists and clinical pharmacologists to support medicines optimisation in the UK.**

*Barnett NL.*

*British Journal of Clinical Pharmacology 2019*

This review provides examples of collaborative working between pharmacists and clinical pharmacologists to support the medicines optimisation agenda, with a view to identifying and managing patients at risk of preventable medicines-related problems.

## **Preventing Rehospitalization by Bringing Primary Care to the Bedside.**

*Wingate, Katie S. et al;*

*Journal for Nurse Practitioners; May 2019; vol. 15 (no. 5)*

This pilot study examines the effectiveness of a 3-phase transition-to-care intervention led by a primary care nurse practitioner and is unique in that a nurse practitioner visited the patient while hospitalized to start the discharge planning process. Findings illuminate the challenges and benefits of proper primary care follow-up and suggest that this may help prevent 30-day rehospitalization.

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## **Understanding case mix across three paediatric services: could integration of primary and secondary general paediatrics alter walk-in emergency attendances?**

*Lloyd Steele et al,*

*Archives of Disease in Childhood 2019:432-6.*

Analysis of the case mix of outpatients, email advice and paediatric ambulatory unit found that one in two attendances to acute paediatric services could have been managed in the community. Integration of paediatric services could help address parental reasons for attending acute services, as well as facilitating the community management of chronic conditions.

## **Learning the Lessons from Integrating Urgent Response, Short Term Rehabilitation and Reablement Services to Create Intermediate Care Southwark**

*Institute of Public Care (IPC); 2019.*

An outline of the work to create an integrated service for older people and adults with physical impairment or frailty in their own homes across Southwark. It focusses on a comprehensive 'lessons learned' exercise with key messages and summary.

## **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; May 2019; vol. 49 (no. 5); p. 690-700*

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.

[Available online to eligible users with and NHS OpenAthens log in](#)

## **Evaluation of the Diagnostic Stability of the Early Autism Spectrum Disorder Phenotype in the General Population Starting at 12 Months**

Pierce K. et al;

*JAMA Pediatrics*; 2019

The findings suggest that an ASD diagnosis becomes stable starting at 14 months of age and overall is more stable than other diagnostic categories. After a toddler is identified as having ASD, there may be a low chance that he or she will test within typical levels at 3 years of age. This finding opens the opportunity to test the impact of very early-age treatment of ASD..

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## **Method for measuring continuity of care in day-to-day general practice: a quantitative analysis of appointment data**

Sidaway-Lee K.; Gray D.P.; Evans P. *The British journal of general practice* May 2019; vol.69 (no. 682)

This may provide working GPs with a simple way to track continuity of care and inform practice management and decision making.

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## **Atrial fibrillation case finding in over 65s with cardiovascular risk factors - Results of initial Scottish clinical experience**

Grubb N.R. et al;

*International Journal of Cardiology*; Aug 2019; vol. 288 ; p. 94-99

A handheld ECG monitor was placed in each of 23 primary care practices across Scotland. Eligible patients attending for annual health checks had ECGs recorded, and the ECGs were transmitted and interpreted by two senior cardiologists. It was concluded that handheld ECG recording can be used to identify AF in the primary care setting, with minimal training. The yield was relatively high.

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## **Integrated care research and practice: New digital resource**

SCIE

June 2019

This resource aims to support the planning, commissioning and delivery of coordinated person-centred care. Based on the integration logic model it brings together the evidence base and practice guidance on what good integrated care looks like.

## **Long-Term Conditions**

### **Enabling patients with advanced chronic obstructive pulmonary disease to identify and express their support needs to health care professionals: A qualitative study to develop a tool.**

Gardener, A Carole; Ewing, Gail; Farquhar, Morag

*Palliative Medicine*; Jun 2019; 33(6):663-675

The Support Needs Approach for Patients (SNAP) tool is a concise evidence-based tool designed to help patients with advanced chronic obstructive pulmonary disease identify and express their support needs to enable delivery of person-centred care.

## **Preventing complications and managing symptoms of CKD**

Rainey, Helen

*Practice Nursing*; Jun 2019; 30(6):276-281

A common long-term condition, chronic kidney disease can appear with many different symptoms and may require different management strategies.

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### **Transforming Diabetes Care Through Artificial Intelligence: The Future Is Here.**

*Dankwa-Mullan, Irene et al;*

*Population Health Management; Jun 2019; 22(3):229-242*

AI applications have the potential to transform diabetes care and help millions of PWDs to achieve better blood glucose control, reduce hypoglycemic episodes, and reduce diabetes comorbidities and complications as well as offering greater accuracy, efficiency and ease of use.

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

*Schuers M. et al;*

*European Journal of General Practice; Apr 2019; vol. 25 (no. 2); p. 65-76*

Twenty-six interventions were effective in asthma control. Simultaneously combining several action plans, each focusing on different aspects of asthma management, seems most likely to be effective.

### **Does aquatic exercise improve commonly reported predisposing risk factors to falls within the elderly? A systematic review.**

*Martínez-Carbonell Guillamón E.*

*BMC Geriatrics 2019;19(1):52 .*

There is limited, low-quality evidence to support the use of aquatic exercise for improving physiological components that are risk factors for falling. This should be considered by health and exercise professionals when making decisions about training programmes to reduce risk of falling.

### **Suspected neurological conditions: recognition and referral.**

*National Institute for Health and Care Excellence (NICE);*

*2019.*

This guideline covers the initial assessment of symptoms and signs that might indicate a neurological condition. It helps non-specialist healthcare professionals to identify people who should be offered referral for specialist investigation.

## **Older people**

### **Effectiveness of Ambulatory Telemedicine Care in Older Adults: A Systematic Review**

*Batsis JA.*

*Journal of the American Geriatrics Society 2019;doi: 10.1111/jgs.15959.*

Telemedicine (TMed) is feasible and acceptable in delivering care to older adults. Research should focus on well-designed randomized trials to overcome the high degree of bias observed in our synthesis. Clinicians should consider using TMed in routine practice to overcome barriers of distance and access to care.

### **Reducing Older People's Need for Care: Exploring older people's risk factors for loss of independence**

*Institute of Public Care (IPC);*

*2019.*

Research informs local development of an “early warning system”, identifying older residents whose combination of health, social and environmental indicators mean they are at higher risk of losing their independence.

## **Hip Fractures in Older Adults in 2019.**

Berry SD.

JAMA 2019

This article reviews approaches to fracture prevention in older adults, including estimating fracture risk and life expectancy, selecting and managing appropriate medications, and understanding non-pharmacologic strategies.

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## **Under the skin: listening to the voices of older people in influenza immunisation**

International Longevity Centre UK

21<sup>st</sup> May 2019

Attitudes of older adults to influenza immunisation significantly influence vaccination rates among this group. Efforts to increase the vaccination coverage rates should move beyond associating age with vulnerability, towards presenting immunisation as a positive and healthy lifestyle choice.

## **Older Men at the Margins**

Age UK

20<sup>th</sup> May 2019

In collaboration with Age UK, the Older Men at the Margins project identified ways of alleviating loneliness and reducing isolation for older men across hard-to-reach and seldom-heard groups.

## **Later Life Goals**

Age UK

15<sup>th</sup> May 2019

Delivered by 13 local Age UKs across England and Wales, Later Life Goals provides tailored support to help older people achieve what matters to them, despite the challenges they might be facing.

## **Many over 55s feel negative about their body image new Mental Health Foundation survey finds**

Mental Health Foundation

14<sup>th</sup> May 2019

The survey found that 20 per cent of adults aged 55 or over have felt anxious because of their body image. 23 per cent have felt depressed because of their body image. Over the last year: 25 per cent have said their self-esteem has been negatively affected by body image, 19 per cent had negatively compared themselves to others and 9 per cent felt disgusted in relation to their body image.

## **Active ageing**

Demos/Anchor Hanover

14<sup>th</sup> May 2019

This report, written in conjunction with care home provider Anchor Hanover, highlights the costs of physical inactivity in older people to the NHS and estimates that by 2030, this could be as much as £1.3 billion.

## **Raising the equality flag: health inequalities among older LGBT people in the UK**

International Longevity Centre UK

10<sup>th</sup> May 2019

New findings explore the discrepancies in health outcomes experienced by older LGBT people.

## **Pilot aims to get older people active**

Sport England

9<sup>th</sup> May 2019

The product of a collaboration between Sport England, Demos and Anchor Hanover, 10 Today provides a series of easy, accessible and enjoyable 10-minute exercise broadcasts – for both radio and online – which can be followed almost anywhere and at any time.

## **Reducing inappropriate prescribing for older adults with advanced frailty: A review based on a survey of practice in four countries**

*O'Caoimh R. et al*

*Maturitas Aug 2019; vol.126: 1-10*

This study reviews the evidence on the use of commonly prescribed pharmacological treatments in advanced frailty based on a questionnaire of prescribing practices and attitudes of healthcare professionals at different stages in their careers, in different countries.

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## **Safeguarding**

### **Health care utilization prior to out-of-hospital cardiac arrest: A population-based study**

*Shuvy M. et al;*

*Resuscitation; Apr 2019*

In contrast to the conventional wisdom that OHCA occurs without prior contacts to the health care system, we found that more than 1 in 4 patients were assessed in the ED prior within 90 days of their arrest. Identification of warning signs of OHCA may allow future development of prevention strategies

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### **Antibiotic prescribing for common infections in UK general practice: variability and drivers**

*Palin V. et al;*

*The Journal of antimicrobial chemotherapy; Apr 2019*

Large variability in antibiotic prescribing between practices and within practices was observed. Prescribing guidelines alone do not positively influence a change in prescribing, suggesting more targeted interventions are required to optimize antibiotic prescribing in the UK.

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### **Processing discharge summaries in general practice: A qualitative interview study with GPs and practice managers**

*Spencer R.A. et al;*

*BJGP Open; Apr 2019; vol. 3 (no. 1)*

Correct processing of discharge summaries is essential to ensure patients experience a safe transition of care and not just a hospital discharge. Strategies to mitigate against faults in the processing of discharge summaries are suggested to enhance safer transitions of care.

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