

Reshaping Clinical Care in General Practice – 12th July 2019

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

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Dementia

[Tackling gaps in developing life-changing treatments for dementia](#)

Riu Mauricio et al, Alzheimer's & Dementia: Translational Research & Clinical Interventions, vol 5, 2019, 241-253

This report summarises the findings and recommendations of a meeting to identify, review, and highlight the areas in dementia research that are not currently being addressed by existing initiatives.

[Paradoxical lucidity: A potential paradigm shift for the neurobiology and treatment of severe dementias](#)

George A. Mashour et al, Alzheimer's & Dementia 2019: 1-8

Unexpected cognitive lucidity and communication in patients with severe dementias, especially around the time of death, have been observed and reported anecdotally.

[The costs of dementia in England.](#)

Wittenberg, Raphael et al, International journal of geriatric psychiatry; Jul 2019; 34(7):1095-1103

Dementia has huge economic impacts on people living with the illness, their carers, and society as a whole. Better support for people with dementia and their carers, as well as fair and efficient financing of social care services, are essential to address the current and future challenges of dementia.

[Why it's important to review the care of people with dementia](#)

Healthwatch

July 2019

As dementia is a degenerative condition, The Care Act states that people who use social care are entitled to regular reviews to ensure care meets their changing needs.

[Dementia Quality Standard](#)

NICE

28th June 2019

People living with dementia and carers should be given the opportunity to talk about their life experiences, preferences, interests, strengths with a healthcare professional. This can help the person living with dementia to choose activities to promote wellbeing that suit their preferences and needs.

A comprehensive study of mobile-health based assistive technology for the healthcare of dementia and Alzheimer's disease (AD).

Yousaf, Kanwal et al.

Health care management science; Jun 2019

Apps can incorporate a variety of strategies and resources to dementia community care.

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

[A "separation of worlds": The support and social networks of family carers of people with dementia at the end of life, and the possible role of the internet.](#)

Davies, Nathan et al.

Health & Social Care in the Community; Jul 2019; 27 (4):e223-e232

The internet may offer a viable approach to help carers maintain existing networks, reconstruct networks they have lost or developing new networks to meet their new needs as a carer.

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Dementia: policy, services and statistics

House of Commons Library Briefing Paper

21 June 2019

Includes dementia prevalence and diagnosis, government policies to improve dementia care, support and research, existing services for people with dementia.

Hidden no more: dementia and disability

All-Party Parliamentary Group on Dementia

June 2019

Evidence reveals that, people with dementia are not having their disability rights upheld. This report seeks to highlight the impact that this has on people living with dementia.

Anticholinergic Drug Exposure and the Risk of Dementia A Nested Case-Control Study

Coupland CAC et al.

JAMA Internal Medicine. Published online June 24, 2019.

Exposure to several types of strong anticholinergic drugs is associated with an increased risk of dementia, indicating the importance of reducing exposure in middle-aged and older people.

Case finding for dementia during acute hospital admissions: A mixed-methods study exploring the impacts on patient care after discharge and costs for the English National Health Service

Burn A.-M.; Fleming J. et al

BMJ Open; Jun 2019; vol. 9 (6):e026927

Dementia case finding may not lead to increased GP follow-up or service provision for patients after discharge from hospital. There is a need for a more evidence-based approach.

Effects of nonpharmacological interventions on functioning of people living with dementia at home: A systematic review of randomised controlled trials.

Scott I. International Journal of Geriatric Psychiatry 2019;;doi: 10.1002/gps.5127.

Individualised cognitive rehabilitation and in-home activities-focussed occupational therapy significantly reduced functional decline relative to control groups in individual studies.

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Integrated Care

Can goal-setting for patients with multimorbidity improve outcomes in primary care? Cluster randomised feasibility trial

Ford J.A. et al; BMJ Open; Jun 2019; vol. 9 (no. 6)

Patient participants found goal-setting acceptable and would have liked more frequent follow-up.

GPs liked goal-setting and felt it delivered more patient-centred care, and they highlighted the importance of training. This intervention was feasible to deliver in general practice. A larger, definitive

study is needed to test its effectiveness.

Promoting early autism detection and intervention in underserved communities: Study protocol for a pragmatic trial using a stepped-wedge design

Ibanez L.V. et al.

BMC Psychiatry; Jun 2019; vol. 19 (no. 1)

This trial worked simultaneously with two service delivery systems. Our approach attained buy-in from PCPs and EI providers, building and maintaining partnerships, and achieving high levels of retention and survey completion. Lessons learned have applicability for implementation researchers in ASD and those in other fields.

Examining differences in out-of-hours primary care use in Belgium and the Netherlands: a cross-sectional study

Smits M. et al.

European journal of public health; May 2019

Differences in the use of general practitioner cooperatives seem to be related to the gatekeeping role of general practitioners in the Netherlands and to organizational differences such as telephone triage, medical advice by telephone, financial thresholds and number of years of experience with the system. The information can benefit policy decisions about the organization of out-of-hours primary care.

Evaluability assessments as an approach to examining social prescribing.

Hamilton-West et al.

Health & Social Care in the Community; Jul 2019; vol. 27 (no. 4); p. 1085-1094

EA provide a valuable tool for informing the design and evaluation of SP schemes, helping commissioners to make best use of limited evaluation resources and prioritise which programmes need to be evaluated.

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Factors influencing interprofessional collaboration between community pharmacists and general practitioners—A systematic review.

Bollen, Annelies et al;

Health & Social Care in the Community; Jul 2019; vol. 27 (no. 4)

Findings highlight a range of approaches that may positively influence interprofessional collaboration between GPs and CPS such as co-location, co-education to understand the professional capabilities of each group, and utilising compatible technologies to facilitate communication.

Engaging patients in primary care design: An evaluation of a novel approach to co-designing care.

Erin Hertel et al.

Health Expectations 2019. 1-8.

The study highlights the feasibility and benefits of including patients and clinical providers/staff in design events by assessing the impact of a collaborative effort to design a new clinic service and ensuring diverse patient perspectives.

The community pharmacy: A guide for general practitioners and practice staff.

Pharmaceutical Services Negotiating Committee (PSNC).

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

Integrated care research and practice.

SCIE

2019

This new digital resource aims to support the planning, commissioning and delivery of co-ordinated person-centred care, bringing together the evidence base and practice guidance on what good integrated care looks like. It is designed as a practical, digital tool and will be updated regularly to support the drive towards improvement and innovation.

Insights from the spread of the primary care home.

Dougal, Durka et al.

The King's Fund, 2019.

This report looks at factors that contributed to the spread of the 'primary care home', a type of primary care network, from concept to more than 200 sites in a few years.

Primary care networks: delivering integrated services at neighbourhood level.

PAID EVENT. To look at how primary care networks are developing, the national support as they grow, and some of the places that are already exploring these ways of working together, and the impact they are having on the way services are delivered in neighbourhoods. The King's Fund, London, W1G 0AN 17th July, 2019, 8:30am- 5:00pm <https://www.kingsfund.org.uk/events/primary-care-networks>

Understanding primary care networks: Context, benefits and risks.

The Health Foundation.

2019.

This briefing places examines the rationale for networks, explores relevant evidence, intended benefits and possible risks for the future.

Long-Term Conditions

Matching treatment options for risk sub-groups in musculoskeletal pain: A consensus groups study

Protheroe J. et al.

BMC Musculoskeletal Disorders; Jun 2019; vol. 20 (no. 1)

This study generated consensus from practitioners on the most appropriate primary care treatment options for MSK patients stratified according to prognostic risk. Findings influenced the matched treatment options in a trial of stratified primary care for MSK pain patients.

Does health coaching improve health-related quality of life and reduce hospital admissions in people with chronic obstructive pulmonary disease? A systematic review and meta-analysis.

Long H.

British Journal of Health Psychology 2019

Health coaching has a significant positive effect on and leads to a significant reduction in COPD-related hospital admissions, but not in all-cause hospital admissions Most studies reported significant improvements to self-care behaviours such as medication adherence and exercise compliance.

Frailty, a long-term condition.

Viggers, Rachel; Finney, Andrew.

Practice Nurse; Jun 2019; vol. 49 (no. 6); p. 20-24

Discusses the role of the general practice nurses in the care of their frail, elderly patients including identification and assessment of frailty to provide appropriate interventions.

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Predictors of treatment outcome in children with medically unexplained pain seeking primary care: A prospective cohort study

Wager J. et al.

European Journal of Pain (United Kingdom); 2019

Individuals with a higher emotional pain burden at the first visit and those without positive treatment response after 3 months are at increased risk for treatment failure. After an insufficient primary care trial of 3 months, patients should be transferred to pain specialists for a more intense treatment.

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An open-ended primary-care group intervention for insomnia based on a self-help book - A randomized controlled trial and 4-year follow-up

Kaldo V. et al.

Journal of Sleep Research; 2019

Analysis found a significant advantage of the combination of the book and the open-ended group intervention compared with using only the self-help book. An open-ended treatment group based on a self-help book for insomnia thus seems to be an effective and feasible intervention for chronic insomnia in primary-care settings.

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Predictors of late presentation to renal dialysis: a cohort study of linked primary and secondary care records in East London.

Olaitan, Ademola et al.

BMJ open; Jun 2019; vol. 9 (no. 6); p. e028431

Improving CKD coding in primary care and the additional review and clinical scrutiny associated with this may contribute to a further reduction in unplanned RRT rates.

Vitamin D Supplementation and Cardiovascular Disease Risks in More Than 83 000 Individuals in 21 Randomized Clinical Trials: A Meta-analysis.

Barbarawi M.

JAMA Cardiology 2019;

Vitamin D supplementation was not associated with reduced major adverse CV events, individual CVD end points or all-cause mortality, and thus does not support supplementation for CV protection

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Older people

Inquiry into decent and accessible homes for older people

All-Party Parliamentary Group for Ageing and Older People

July 2019

This report was published after an in-depth inquiry to understand the detrimental impact of poor housing on older people's physical, mental and social wellbeing.

Moving Matters - Interventions To Increase Physical Activity

NIHR

June 2019

Research shows that interventions such as walking groups to encourage activity are effective, with the most impact from classes and group activities, and more moderate effects seen with home-based individual approaches.

Effect of Vitamin K2 on Postural Sway in Older People Who Fall: A Randomized Controlled Trial

Witham, Miles D et al.

Journal of the American Geriatrics Society; Jun 2019

Oral vitamin K2 supplementation did not improve postural sway or physical function in older people at risk of falls.

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Effect of a Home-Based Exercise Program on Subsequent Falls Among Community-Dwelling High-Risk Older Adults After a Fall: A Randomized Clinical Trial.

Liu-Ambrose T.

JAMA 2019;321(21):2092-2100 .

Among older adults receiving care at a fall prevention clinic after a fall, a home-based strength and balance retraining exercise program significantly reduced the rate of subsequent falls compared with usual care provided by a geriatrician. These findings support the use of this home-based exercise program for secondary fall prevention but require replication in other clinical settings.

Pharmacotherapy for hypertension in adults 60 years or older.

Musini VM.

Cochrane Database of Systematic Reviews 2019;6:CD000028.

Elevated blood pressure (known as 'hypertension') increases with age - most rapidly over age 60. Systolic hypertension is more strongly associated with cardiovascular disease than is diastolic hypertension, and it occurs more commonly in older people. It is important to know the benefits and harms of antihypertensive treatment for hypertension in this age group, as well as separately for people 60 to 79 years old and people 80 years or older.

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Long-term follow-up of exercise interventions aimed at preventing falls in older people living in the community: a systematic review and meta-analysis.

Finnegan S.

Physiotherapy 2019;105(2):187-199 .

Falls prevention exercise programmes have sustained long-term effects on the number of people falling and the number of falls for up to two years after an exercise intervention

Safeguarding

Grandparent Carers, Child Protection Practice, and the Best Interests of Children: A Case Study.

Gair, Susan; Zuchowski, Ines.

Australian Social Work; Jul 2019; vol. 72 (no. 3); p. 299-311

Listening to the lived experiences of grandparent carers in interactions with child protection services can contribute to decision-making in the best interests of children through reflective praxis.

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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, Natalia V. et al;

Health & Social Care in the Community; Jul 2019; vol. 27 (no. 4)

We aimed to understand the reasons for the variability in referral rates from general practice to third sector DVA services within and across practices. Our survey showed wide variation in the extent to which practice staff saw IRIS as a normal part of their daily work. The suggested solutions can be used to update IRIS commissioning guidance, training for trainers and training for general practice.

We have all been working in our own little silos forever: Exploring a cross-sector response to child maltreatment

Campbell K.A.; Wuthrich A.; Norlin C.

Academic pediatrics; Jun 2019

Project describing potential benefits of child welfare and child health care collaboration in cases of suspected maltreatment. Lack of effective cross-sector communication and concerns about confidentiality present significant barriers to uptake of these collaborative practices.

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Influence of commissioned provider type and deprivation score on uptake of the childhood flu immunization

Christensen H. et al.

Journal of public health (Oxford, England); Jun 2019

School-based programmes achieve the highest and most consistent rates of childhood influenza vaccination. Interventions are still needed to promote more equitable uptake.

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Association of GP wellbeing and burnout with patient safety in UK primary care: a cross-sectional survey.

Hall, Louise H et al.

The British journal of general practice Jul 2019; vol.69 (no. 684); p. e507

To improve patient safety within general practice changes could be made at both practice and individual levels to promote a healthier work environment for staff and patients.

Quality improvement of prescribing safety: a pilot study in primary care using UK electronic health records.

Booth, Helen P et al

The British journal of general practice online Jul 2019

Electronic health record data can be used to provide standardised, reproducible reports that can be delivered at scale with minimal resource requirements. These can be used in a national QI initiative that impacts directly on patient care.

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