



Reshaping Clinical Care in Primary Care – 6th September 2019

[Covering [dementia](#), [integrated care \(including Primary Care Networks and emerging roles\)](#), [long term conditions](#), [older people](#), [safeguarding](#)]

Supporting the CPD Zone - the 'Go To' place for CPD in General Practice across Thames Valley and Wessex <http://www.oxfordhealth.nhs.uk/library/cpd-zone/>

Dementia

[Dementia charity launches mass survey to help shape future treatments](#)

Alzheimer's research UK

20th August 2019

The online survey asks for people's views on the aspects of daily life that are most important to them, and which they'd most like to protect if they were to develop a disease that causes dementia.

[Lifelong study links early blood pressure change to poorer brain health](#)

Christopher A. Lane et al.

Lancet Neurology August 20, 2019

Research involving participants of Britain's oldest running birth cohort study has revealed that changes in blood pressure in those as young as 36 are linked to markers of poorer brain health in later life.

Psychometric Evaluation of the Symptoms of Dementia Screener (SDS) in a Geriatric Primary Care Population

Flaherty, Lauren B.; Midden, Allison; Mast, Benjamin T.

Clinical Gerontologist; Oct 2019; 42(5):504-511

The SDS demonstrates good psychometric properties and is useful for detecting cognitive impairment in primary care settings. It is an effective screening tool that does not require special training for its use in primary care.

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

Treatment of Hypertension in People with Dementia: A Multicenter Prospective Observational Cohort Study.

Welsh, Tomas J. Journal of the American Medical Directors Association; Sep 2019; vol. 20 (no. 9); p. 1111-1115

Describes the treatment of hypertension in people with dementia and collate evidence on adverse health events during treatment. People with documented diagnoses of hypertension and dementia were recruited through memory clinics and general practice from 8 sites in the U.K.

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

The course of neuropsychiatric symptoms in patients with dementia in primary care

Borsje P. et al.

Family Practice July 2019; 36(4):437-444

GPs should be aware of NPS in people with dementia and should actively identify them when they visit these patients or when informal caregivers consult them. Timely diagnosing facilitates adequate professional care.

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

Virtual Reality for Screening of Cognitive Function in Older Persons: Comparative Study

Chua S.I.L. et al.

Journal of medical Internet research; Aug 2019; vol. 21 (8):e14821

This study demonstrated the feasibility of using a VR-based screening tool for cognitive function in older persons in primary care, who were largely in favour of this tool.

How should we care for people with dementia?

NICE Talks

29th August 2019

What are the early warning signs of dementia and how important is an early diagnosis? Guests include Dr Hilda Hayo, Chief Admiral Nurse and CEO of Dementia UK and Lesley Carter, Clinician lead at Age UK (Podcast).

The effectiveness of Tai Chi for short-term cognitive function improvement in the early stages of dementia in the elderly: a systematic literature review.

Lim KH.

Clinical Interventions in Aging 2019;14:827-839.

The studies reviewed affirm the potential of Tai Chi to improve short-term cognitive function in the elderly at the onset of dementia.

Impact of exercise training on physical and cognitive function among older adults: a systematic review and meta-analysis.

Falck RS.

Neurobiology of Aging 2019;79:119-130.

Data suggest exercise training has a significant benefit for both physical function and cognitive function. Results indicate exercise improves both physical and cognitive function, reiterating the notion that exercise is a panacea for aging well.

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

Brief Assessment of Impaired Cognition (BASIC) - validation of a new dementia case-finding instrument integrating cognitive assessment with patient and informant report.

Jorgensen, Kasper. et al.

International journal of geriatric psychiatry; Aug 2019

The Brief Assessment of Impaired Cognition (BASIC) was found to be an efficient and valid case-finding instrument for dementia and cognitive impairment in a memory clinic setting.

Recognition and assessment of dementia in primary care.

Denning, Karen Harrison.

British Journal of Community Nursing; Aug 2019; 24(8):383-387

Community nurses have a key role in identifying patients who may have the signs and symptoms of dementia by enabling them to access a timely diagnosis.

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

Integrated Care

Referral of patients with diabetic foot ulcers in four European countries: patient follow-up after first GP visit.

Sanchez-Rios, Juan Pedro

Journal of Wound Care; Aug 2019; vol. 28 (no. sup8)

Delay in specialised foot care is a recurring topic in the treatment of DFUs across Europe. Knowledge and education should be reinforced among GPs and nurses to establish a global DFU care network between primary and specialised care, avoid hospitalisation and adequately manage high risk patients.

[Available with and NHS Open Athens log in for eligible users](#)

Global approaches to integrated care: Best practices and ongoing innovation

Kearney, Lisa K. et al

American Psychologist; Aug 2019

The following themes were identified for future collaboration: building international interprofessional communities for change; advocate for, and promote social equity with, a population health and patient focus; advance research and program evaluation in integrated care; advance interprofessional training and education in integrated care; and develop financially sustainable models for integrated primary care.

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

Views of general practitioners toward physiotherapy management of osteoarthritis-a qualitative study

Okwera A.; May S. Physiotherapy theory and practice; Oct 2019; vol. 35 (no. 10); p. 940-946

This study found that GPs who were interviewed had a limited understanding on the role of physiotherapists and of clinical guidelines. Interprofessional communication was not as good as it should have been. A reconfiguration of the Sheffield musculoskeletal pathway may help achieve more effective collaborative working and a better outcome for patients.

Avoidable 30-day readmissions in patients undergoing vascular surgery

Knighton A.

BJS Open; 2019

Half of all 30-day readmissions following vascular surgery are potentially avoidable.

Multidisciplinary coordination of inpatient care and the transition from hospital to community care after discharge need to be improved.

The Role of Care Navigators Working with People with Dementia and Their Caregivers

Bernstein A.

Journal of Alzheimer's disease : JAD; Jul 2019

Innovative approaches to care delivery in dementia are crucial. Care navigation offers a feasible model to train unlicensed people to deliver care as a way to deliver larger-scale support for the growing population of adults living with dementia and their caregivers.

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

A critical evaluation of integrated care: a case study of the supported discharge service.

Rachel Ware

Journal of Integrated Care 2019 27(2) 141-152

This paper draws on the importance of integration as the principal driver of reform within the healthcare system. Even though on a small scale, the case study provides evidence to support the use of integration to improve patient outcomes, patient satisfaction and financial savings.

[Available with and NHS Open Athens log in for eligible users](#)

Collaborative design of a decision aid for stroke survivors with multimorbidity: a qualitative study in the UK engaging key stakeholders.

Porat, Talya.

BMJ open; Aug 2019; vol. 9 (no. 8); p. e030385

Adopting a user-centred data-driven design approach informed an intervention that is acceptable to users and has the potential to improve patient outcomes. A future feasibility study and subsequent clinical trial will provide evidence of the effectiveness of DOTT in reducing risk of stroke recurrence.

Communication between primary and secondary care: deficits and danger

Dinsdale E.

Family practice; Aug 2019

The median time that had elapsed between a patient being referred and receiving a response letter was 4 weeks. Future research should be aimed at developing robust strategies to addressing communication gaps reported in this study.

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

Long-Term Conditions

Communication practices for delivering health behaviour change conversations in primary care: a systematic review and thematic synthesis.

Albury, C. et al

BMC Family Practice; Aug 2019; vol. 20 (no. 1)

Initiating conversations by linking a person's current health concern with their health behaviour can lead to resistance to advice, while other strategies such as capitalising on patient initiated discussions, or collaborating through question-answer sequences, may be well received.

Consensus standards of healthcare for adults and children with inflammatory bowel disease in the UK

Kapasi R.

Frontline Gastroenterology; 2019

The Standards and Benchmarking Tool provide a framework for healthcare providers and patients to rate the quality of their service. This will recognise excellent care, and promote quality improvement, audit and service development in IBD.

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

Moore A. et al.

Family practice; Jul 2019; vol. 36 (no. 4); p. 493-500

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.

BTS/SIGN 158 British guideline on the management of asthma

BTS/SIGN

July 2019

The guideline provides recommendations for the diagnosis, monitoring and pharmacological treatment of asthma. It also outlines suggestions for the organisation and delivery of care, such as telehealthcare and pharmacist-led interventions.

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

NICE guideline [NG115]

Last updated: July 2019

NICE has published an [updated COPD guideline](#) which makes recommendations on inhaled triple therapy, and oral corticosteroids for managing exacerbations.

Cognitive behavioural treatment for insomnia in primary care: a systematic review of sleep outcomes.

Davidson JR.

British Journal of General Practice 2019;;10.3399/bjgp19X705065.

The findings support the effectiveness of multicomponent CBT-I in general primary care. Future studies should use standard sleep measures, examine daytime symptoms, and investigate the impact of hypnotic tapering interventions delivered in conjunction with CBT-I.

Allied health professionals – improving care.

NHS Improvement

August 2019

NHS Improvement has collected these resources to help AHPs provide care that improves outcomes for the people they serve.

Use of valproate: Implications for women with intellectual disabilities and the wider interdisciplinary healthcare team

Bob Gates.

British Journal of Learning Disabilities 2019;47(3): 195-200.

Valproate preparations prescribed to treat epilepsy are contraindicated in pregnancy unless there is no suitable alternative treatment; in addition, valproate preparations prescribed for bipolar disorder have an absolute contraindication in pregnancy. It is imperative that specialist intellectual disability services can advise on best practice. Those with prescribing responsibilities, and particularly specialist intellectual disability epilepsy nurses, must be aware of these new regulations.

Health checks and cardiovascular risk factor values over six years' follow-up: Matched cohort study using electronic health records in England

Alageel S.; Gulliford M.C.

PLoS medicine; Jul 2019; vol. 16 (no. 7)

Our results suggest that people who take up a health check generally have lower risk factor values than controls and are more likely to receive risk factor interventions. Risk factor values show net reductions up to six years following a health check in BMI, blood pressure, and smoking, which may be of public health importance.

Patient preferences for management of high blood pressure in the UK: a discrete choice experiment.

Fletcher, Benjamin et al.

British Journal of General Practice; Sep 2019; vol. 69 (no. 686)

Participants had similar preferences for GP management, pharmacist management, and telehealth, but a negative preference for self-management. When introducing new models of care for hypertension to patients, discussion of the potential benefits in terms of risk reduction should be prioritised to maximise uptake.

Hypertension in adults: diagnosis and management.

National Institute for Health and Care Excellence (NICE);

2019.

This guideline covers identifying and treating primary hypertension (high blood pressure) in people aged 18 and over, including people with type 2 diabetes. It aims to reduce the risk of cardiovascular problems such as heart attacks and strokes by helping healthcare professionals to diagnose hypertension accurately and treat it effectively.

Older people

[An evidence summary of health inequalities in older populations in coastal and rural areas](#)

Public Health England

2nd September 2019

This report provides evidence on the health inequalities experienced by older populations in coastal and rural areas, together with a summary of key considerations to reduce inequalities and promote healthy ageing in these areas.

[Navigating the uncharted waters: population ageing in the UK](#)

International Longevity Centre UK

30th August 2019

This report argues that the UK's unprecedented population ageing poses a set of daunting, yet not insurmountable, challenges for policy-makers, institutions and health care providers to design better solutions fit for an ageing society.

[Ageist Britain?](#)

SunLife

30th August 2019

This report aims to shine a light on the issue of casual ageism and the impact that it has on all of us. It highlights how ageism can have real-life consequences, by promoting exclusion and affecting physical and mental health.

[More harm than good: why more isn't always better with older people's medicines](#)

Age UK

27th August 2019

The report provides evidence showing that prescribing more drugs isn't always the best option, particularly when it comes to older people.

Safeguarding

Missed diagnosis of cancer in primary care: Insights from malpractice claims data

Aaronson E.L

Journal of healthcare risk management Jul 2019

Malpractice claims involving missed diagnoses of cancer in primary care most often involve routine screening examinations or delays in testing or referral. Our findings suggest that more reliable closed loop systems for diagnostic testing and referrals are crucial for preventing diagnostic errors in the ambulatory setting.

Available with and NHS Open Athens log in for eligible users

A mixed methods exploration of physiotherapist's approaches to analgesic use among patients with hip osteoarthritis.

Holden, M.A.

Physiotherapy; Sep 2019; vol. 105 (no. 3); p. 328-337

Whilst many recognised the benefits of analgesia prescribing for both patients and GP workload, additional responsibility for patient safety was a perceived barrier. Although the potential benefits of independent prescribing were recognised, not all physiotherapist want the additional responsibility. Further guidance may help better align care with best practice guidelines and reduce GP referrals.

Contact the Library for a copy of this article

Effect of Primary Care Parent-Targeted Interventions on Parent-Adolescent Communication About Sexual Behavior and Alcohol Use: A Randomized Clinical Trial.

Ford, Carol A. et al

JAMA Network Open; Aug 2019; vol. 2 (no. 8)

Brief parent-targeted interventions in primary care settings increased adolescent reported frequency of PAC about sexual health and alcohol use and may be an important strategy for parents to influence adolescent behaviors and health outcomes.

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 Sep 2019; vol. 69 (no. 686); p. e605

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.

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 can access similar knowledge services from their local NHS libraries listed in:

<https://www.hlisd.org/>

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.