

## Reshaping Clinical Care in Primary Care – 17<sup>th</sup> January 2020

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

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### Dementia

#### [The individual course of neuropsychiatric symptoms in people with Alzheimer's and Lewy body dementia: 12-year longitudinal cohort study](#)

Vik-Mo A.O. et al.

*British Journal of Psychiatry*; Jan 2020; vol. 216 (no. 1); p. 43-48

We observed a highly individual course of NPS, with most presenting as a single episode or relapsing; a stable course was less common, especially in LBD. These findings demonstrate the importance of an individualised approach (i.e. personalised medicine) in dementia care.

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#### [Comparing perspectives of family caregivers and healthcare professionals regarding caregiver burden in dementia care: results of a mixed methods study in a rural setting.](#)

Krutter, Simon et al.

*Age and ageing*; Dec 2019

Professional support at home on an hourly basis was found to be highly relevant to prevent social isolation and compensate for lack of leisure among caregivers of PwD. Improvement of interprofessional dementia-related education is needed to ensure high-quality primary care.

### Integrated Care (including Primary Care Networks and emerging roles)

#### [Diversity and health inequalities: the role of the practice nurse.](#)

Heaslip, Vanessa; Nadaf, Claire

*Practice Nursing*; Dec 2019; vol. 30 (no. 12); p. 596-599

Practice nurses are ideally placed to address health inequalities by facilitating health access for diverse groups; however, they must recognise and respond to the cultural values of the patient they are working with.

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#### [Leading for integrated care: 'If you think competition is hard, you should try collaboration'](#)

Nicholas Timmins

*King's Fund* Nov 2019

Better integrated care requires the dilution or destruction of the long-standing barriers between hospitals, GP practices, community services and social care, with the health system also working far more effectively with local government in tackling the broader determinants of population health. Getting there requires system leadership.

#### [Unconventional health and care: five organisations delivering care differently](#)

Ben Collins

*The King's Fund* December 2019

Highlights common features of approach: ways of working with service users, approach to providing care, organisational structures and management practices.

### **Population health management and its relevance to community nurses.**

Duncan M.

*British Journal of Community Nursing* 2019;24(12):596-599.

The introduction of integrated health and social care will change the landscape of care provision; It is important to involve tacit knowledge from service users and front-line staff who deliver care; Community nurses have a vital role to play in engaging in current and future service planning, delivery and determination of the outcomes of the care provided.

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### **Involving communities in health and wellbeing – a practical approach**

This workshop on 19 February 2020 in London for PCN involvement leads, link workers and practice managers reconsiders the role of patient participation groups in PCNs and other involvement options for local people to support health and wellbeing in communities.

### **Threats to safe transitions from hospital to home: a consensus study in North West London primary care**

Ola Markiewicz et al.

*British Journal of General Practice* 2020; 70 (690): e9-e19.

This study identified specific threats to safe patient transitions from hospital to primary care, providing policymakers and healthcare providers with targets for quality improvement strategies.

### **Impact of a specialist mental health pharmacy team on medicines optimisation in primary care for patients on a severe mental illness register: A pilot study**

Raynsford J. et al.

*European Journal of Hospital Pharmacy*; Jan 2020; vol. 27 (no. 1); p. 31-35

The pharmacy team found a variety of issues including incomplete medicines reconciliation, adherence issues, poor communication, drug errors and the need for specialist advice. The expertise of the team enabled timely resolution of issues and bridges were built between primary and secondary care.

## **Long-Term Conditions**

### **TIA and minor stroke: a qualitative study of long-term impact and experiences of follow-up care**

Turner G.M. et al,

*BMC family practice*; Dec 2019; vol. 20 (no. 1); p. 176

HCPs could better communicate information about TIA/minor stroke diagnosis and secondary stroke prevention using lay language, and improve their identification of and response to important residual impairments affecting patients.

### **PCRS supports primary care role in earlier diagnosis of lung cancer.**

*The Primary Care Respiratory Society*

29 November.2019

Expert advice on how all members of the primary care team can improve detection of patients at risk of lung cancer is set out in a new suite of articles published by PCRS.

### **Can 2 apples a day help keep the doctor away?**

*NHS Behind the Headlines.*

2019.

A small trial that found that eating 2 apples a day for 8 weeks can slightly reduce high cholesterol levels, by up to 4%. Eating apples should not be seen as a substitute for cholesterol-lowering drugs such as statins for people who need them.

## **"Breathing New Life Into Chronic Obstructive Pulmonary Disease (COPD)" - Results From An Online Survey Of UK Patients**

Titmarsh S.; Poliziani M.; Russell R.E. *Int. journal of chronic obstructive pulmonary disease*; 2019; vol.14; p. 2799-2807

Respondents reported stress, worry and depression or low mood because of their COPD. This study highlights areas of concern for patients not being addressed by health care practitioners, including: pulmonary rehabilitation referral, better information giving and medicines optimization.

## **General practice (GP) level analysis shows that patients' own perceptions of support within primary care as reported in the GP patient survey (GPPS) are as important as medication and services in improving glycaemic control**

Heald A. et al.

*Primary Care Diabetes*; Feb 2020; vol. 14 (no. 1); p. 29-32

The relation between the person with diabetes and clinician in primary care is shown to be quantitatively potentially as important in influencing glycaemic outcome as the services provided and medication prescribed.

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## **Peripheral arterial disease diagnosis and management in primary care: A qualitative study**

Lecouturier J. et al.

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

Patient education about PAD symptoms and risks, could address the problem of under-reporting. Annual reviews could provide an opportunity to probe for PAD symptoms and highlight those requiring further investigation. Improved information at diagnosis and, considering the propensity for patients to tolerate worsening symptoms, the introduction of annual follow up is warranted.

## **Response to diagnosis of pre-diabetes in socioeconomically deprived areas: A qualitative study**

Twohig H. et al.

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

Diagnosing pre-diabetes can provoke an individual positive response, but the sociocultural environment often limits an individual's ability to engage with the NHS DPP or make lifestyle change.

## **Do virtual renal clinics improve access to kidney care? A preliminary impact evaluation of a virtual clinic in East London.**

Hull, S A et al

*BMC nephrology*; Jan 2020; vol. 21 (no. 1); p. 10

'Virtual' specialist services using shared access to the complete primary care EHR are feasible and can expand capacity to deliver timely advice. To use both specialist and generalist expertise efficiently these services require support from community interventions which engage primary care clinicians in a data driven programme of service improvement.

## **Holistic services in advanced lung disease can help people cope better with breathlessness.**

NIHR Dissemination Centre.

2019.

Services providing holistic health care can improve the psychological well-being of people who are living with breathlessness associated with chronic or advanced lung disease, such as lung cancer or chronic obstructive pulmonary disease. This NIHR-funded UK based study provides a reliable basis for the development of holistic breathlessness services to improve the quality of life for people with chronic or advanced lung disease.

### **Taking blood pressure medications at night seems best.**

NIHR Dissemination Centre.

2019.

A large trial conducted across 40 general practices in Northern Spain assigned 19,084 adults to take their blood pressure medications either in the morning or at night. People who took their blood pressure medications at bedtime were 45% less likely to experience a major cardiovascular outcome, such as heart attack or stroke, compared with people who took them in the morning.

### **An exploration of the attitudes and perceptions of the UK public towards self-care for minor ailments**

Scott A.; Jones C.

*British journal of nursing Jan 2020; vol. 29 (no. 1); p. 44-49*

There are multifactorial aspects impacting on a patient's likelihood of engaging in self-care when faced with a minor illness. The results are not generalisable to every member of the public, but interesting questions are raised about the usefulness of current public health messages in various media when there appears to be a lack of desire from the public to use some recommended services

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## **Older people**

### **Supporting nutrition in frail older people: a qualitative study exploring views of primary care and community health professionals**

Christina Avgerinou, Cini Bhanu, Kate Walters et al, *British Journal of General Practice* 13 January 2020; *bjgp20X707861*

Malnutrition is associated with increased morbidity and mortality, and is very common in frail older people. However, little is known about how weight loss in frail older people can be managed in primary care.

### **Determining when a hospital admission of an older person can be avoided in a subacute setting: a systematic review and concept analysis.**

Huntley AL.

*Journal of Health Services Research and Policy.* 5.12.2019

A systematic review of the evidence for when a hospital admission for an older person can be avoided in subacute settings identified 17 studies. Analysis identified a set of criteria for ambulatory care sensitive conditions and common medical scenarios for the older person that can be treated in the subacute setting with appropriate tools and resources.

### **Preventing frailty in older people: An exploration of primary care professionals' experiences.**

Obbia, Paola et al.

*International journal of older people nursing; Dec 2019 ; p. e12297*

To enhance the early assessment of frailty and the planning of preventive multi-factorial interventions in primary care and community settings, training and effective detection strategies should be incorporated into the role and daily care activities of primary care professionals.

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## Safeguarding, Safety

### Interactional misalignment in the UK NHS 111 healthcare telephone triage service

Morgan J.I.; Muskett T.

*International Journal of Medical Informatics; Feb 2020; vol. 134*

A recent review of primary care serious incidents suggests that diagnosis and assessment problems, underpinned by communication failures, involving NHS 111, may contribute to patient harm. Further evaluative research is required in order to build a comprehensive evidence-base concerning the multiple interacting factors influencing patient safety in the NHS 111 system.

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### Evaluation of a primary care-based opioid and pain review service: a mixed-methods evaluation in two GP practices in England

Scott L.J et al.

*The British journal of general practice; Dec 2019*

The service was well received, and health and wellbeing outcomes suggest a potential benefit. Following further service development, a randomised controlled trial to test this type of care pathway is warranted.

### Patient-reported GP health assessments rather than individual cardiovascular risk burden are associated with the engagement in lifestyle changes: population-based survey in South Australia.

Gonzalez-Chica, David Alejandro et al.

*BMC Family Practice; Dec 2019; vol. 20 (no. 1); p. 1-10*

More frequent and comprehensive CVD-related assessments by GPs were more important in promoting a healthier lifestyle than the presence of CVD or cardiometabolic risk factors by themselves.

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