

## Reshaping Clinical Care in Primary Care – 14<sup>th</sup> February 2020

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

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### Dementia

#### [Immediate Intervention Effects of Standardized Multicomponent Group Interventions on People with Cognitive Impairment: A Systematic Review.](#)

*Ozbe D.*

*Journal of Alzheimer's Disease 2019;67(2):653-670.*

Four studies, which combined at least a physical and a cognitive component, had a positive effect on non-cognitive symptoms of dementia. Two of these interventions additionally had a positive effect on cognitive abilities. One study reported a positive effect on activities of daily living and another study showed an effect on quality of life.

#### [Physical exercise attenuates cognitive decline and reduces behavioural problems in people with mild cognitive impairment and dementia: a systematic review.](#)

*Law CK.*

*Journal of Physiotherapy 2020;66(1):9-18.*

Physical exercise can reduce global cognitive decline and lessen behavioural problems in people with MCI or dementia. Its benefits on cognitive function can be primarily attributed to its effects on working memory. Aerobic exercise at moderate intensity or above and a total training duration of > 24 hours can lead to a more pronounced effect on global cognition.

#### [Effects of physical activity and exercise on the cognitive function of patients with Alzheimer disease: a meta-analysis.](#)

*Jia RX.*

*BMC Geriatrics 2019;19(1):181.*

As one of few meta-analyses comparing different quantities of physical activity and exercise interventions for AD in details, our study suggests that physical activity and exercise can improve cognition of older adults with AD. While the concomitant effects on cognition functions of high frequency interventions was not greater than that of low frequency interventions, the threshold remains to be settled. However, more RCTs with rigorous study design are needed to support our findings.

## **Interventions to enhance access to and utilization of formal community care services for home dwelling persons with dementia and their informal carers. A scoping review**

Rosvik, J et al.

*Aging & Mental Health, Feb 2020; 4(2):200-211*

Home dwelling people with dementia and their informal carers often do not receive the formal care services they need. This study examined and mapped the research regarding interventions to improve access and use of formal community care services.

### **Study negates myth that dementia screening creates anxiety**

Canady, Valerie A.

*Mental Health Weekly; Jan 2020; 30(3):5-6*

The study found there is no harm caused from screening measured by symptoms of depression.

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### **Study claims a common food compound could lower dementia risk.**

*NHS Behind the Headlines.*

2020.

This study looked at the diets of 921 people in the US, with an average age of 81, and followed them up for 6 years, on average, with annual checks. During the study almost 24% developed Alzheimer's disease. The researchers found that those who ate diets highest in flavonols had a 40% lower chance of developing Alzheimer's disease compared to those with diets lowest in flavonols.

### **The effectiveness of home-based exercise programmes on mobility and functional independence in community-dwelling adults with Alzheimer's disease: a critical review.**

Brown SR.

*International Journal of Therapy and Rehabilitation 2019;26(10):168.*

The effectiveness of home-based exercise programmes on mobility in community-dwelling people with Alzheimer's disease remains inconclusive, while a growing body of evidence indicates its effectiveness in improving functional independence. Larger, randomised, controlled trials specific to this population are warranted.

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### **Delivering the dementia moonshot: a plan to find life-changing treatments**

*Alzheimer's Research UK*

21<sup>st</sup> January 2020

This report calls on the government to invest in six priority research areas, which will help to deliver a life-changing treatment for dementia by doubling research funding and speeding up trials for new treatments.

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

### **Equipped for success? What clinical directors need for effective primary care networks.**

*NHS Confederation*

2020.

This report explores the three top areas for action if primary care networks are to succeed. Based on engagement with PCNs and their clinical directors, and an online survey, the PCN Network has identified time, support and funding as pressing priorities for NHS England and NHS Improvement to address.

## **Growing our own future: A manifesto for defining the role of integrated care systems in workforce, people and skills.**

NHS Confederation

2020.

This manifesto outlines the workforce powers, freedoms and responsibilities ICSs and STPs are increasingly asking for and the local commitments and relationships necessary to deliver 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)*

'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.

## **Point-of-care blood tests during home visits by out-of-hours primary care clinicians; a mixed methods evaluation of a service improvement**

Hayward G

*BMJ open; Jan 2020; vol. 10 (no. 1)*

POC tests were not successfully adopted by an out-of-hours home visiting service in Oxfordshire. While some clinicians felt they could not add value, in other cases they resulted in improved patient experience. Adoption could be promoted by improving technical, team and education factors.

## **Rapid cancer diagnosis for patients with vague symptoms: a cost-effectiveness study**

Sewell B. et al.

*The British journal of general practice Jan 2020*

An RDC for patients presenting with vague or non-specific symptoms suspicious of cancer in primary care reduces time to diagnosis and provides excellent value for money if run at  $\geq 80\%$  capacity.

## **Overcoming barriers to self-care: With general practice at breaking point and the press full of stories about how long patients are having to wait for appointments, what can practice nurses do to help manage demand?**

Galloway, Mandy

*Practice Nurse; Jan 2020; vol. 50 (no. 1); p. 12-15*

Topics covered: information on needs to be backed up with self-care advice and recommendations for over-the-counter treatments when patients attend the surgery with a self-treatable conditions; Keep Antibiotics Working campaign which aimed to explain to patients why they had not been offered an antibiotic; and importance of health literacy to access services about health.

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## **Futureproofing Community Children's Nursing.**

Royal College of Nursing (RCN).

2020.

This guidance is for health care professionals, service providers and those involved with planning and commissioning services. It sets out the RCN's perspective on contemporary and future children and young people's nursing services in the home and community setting. It also underlines the increasingly crucial role played by community children's nurses as they provide integrated care closer to home.

## **Postnatal care following hypertensive disorders of pregnancy: a qualitative study of views and experiences of primary and secondary care clinicians**

*Bick D. et al.*

*BMJ Open; Jan 2020; vol. 10 (no. 1)*

Evidence of longer term consequences for women's health following HDP is accumulating, with potential for NICE guidance to support better outcomes for women if implemented. Clinicians responsible for postnatal care following HDP should ensure that they are familiar with relevant NICE guidance, able to implement recommendations and involve women in decisions about ongoing care and why this is important. The continued low priority and resources allocated to postnatal services will continue to promote missed opportunities to improve outcomes for women, their infants and families.

## **Long-Term Conditions**

### **Wound Care. What is new in best practice: addressing the complexities in the management of venous leg ulcers. Part 1.**

*Lloyd Jones M.*

*British Journal of Healthcare Assistants 2019;13(10):486-491.*

A synopsis of the contents of the best practice statement (BPS), addressing the complexities in the management of venous leg ulcers (Fletcher et al, 2019). Although HCAs, APs and NAs will not be expected to manage patients with complex leg ulcers, it is important that all healthcare providers who have contact with patients suffering with leg ulcers have an understanding of what complex leg ulcers are, their diagnosis and treatment.

### **Wound Care. What is new in best practice: addressing the complexities in the management of venous leg ulcers. Part 2.**

*Lloyd Jones M.*

*British Journal of Healthcare Assistants 2019;13(11):540-543.*

Too often, practice is based on ritualistic care and the myth-buster boxes in this document reinforce that often ritualistic outdated practice is still undertaken through ignorance and lack of education.

### **Adverse drug reactions in primary care: a scoping review.**

*Khalil H.*

*BMC Health Services Research 2020;20(1):5.*

This review aims to provide a detailed map of the most common adverse drug reactions experienced in primary healthcare setting, the drug classes that are most commonly associated with different levels/types of adverse drug reactions, causes of ADRs, their prevalence and consequences of experiencing ADRs.

### **'I mean what is depression?' A qualitative exploration of UK general practitioners' perceptions of distinctions between emotional distress and depressive disorder**

*Geraghty A.W.A. et al*

*BMJ open; Dec 2019; vol. 9 (no. 12)*

GPs' perceptions of when emotional symptoms reflect disorder varied greatly, with a broad range of views presented. Further research is needed to develop more consistent frameworks for understanding emotional symptoms in primary care.

### **Recognising Skin Cancer in Primary Care**

*Jones O.T.*

*Advances in Therapy; Jan 2020; vol. 37 (no. 1); p. 603-616*

This article is one of a series discussing cancer prevention and detection in primary care. We describe the main risk factors and prevention advice. We summarise key guidance on the symptoms and signs of skin cancers and their management, including their initial assessment and referral. In addition, we review emerging technologies and diagnostic aids which may become available for use in primary care in the near future, to aid the triage of suspicious skin lesions.

## **Qualitative evaluation of A Safer Ramadan, a structured education programme that addresses the safer observance of Ramadan for Muslims with Type 2 diabetes**

Darko N.

*Diabetes Research and Clinical Practice*; Feb 2020; vol. 160

Provision of interventions that provide support and education for Muslims during Ramadan was implemented in communities and valued by GPs and practice nurses. However, heavy workloads to support delivery made it difficult for practices to engage. Recommendations for future delivery of the programme indicate that greater attention should be given to marketing and its supporting practices. Furthermore, training for practice nurses to support patients prior to Ramadan and provision of funding is required.

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## **Cross-sectional study using primary care and cancer registration data to investigate patients with cancer presenting with non-specific symptoms**

Pearson C. et al

*BMJ open*; Jan 2020; vol. 10 (no. 1)

Differences in the diagnostic pathway show that patients with symptoms mirroring the Multidisciplinary Diagnostic Centres referral criteria could benefit from a new referral pathway.

## **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*; Feb 2020; vol. 29 (no. 1)

A secondary analysis found a significant advantage of the combination of the book and the open-ended group intervention compared with when the initial control group later used 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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## **Effects of long-term antipsychotics treatment on body weight: A population-based cohort study**

Bazo-Alvarez J.C et al.

*Journal of Psychopharmacology*; Jan 2020; vol. 34 (no. 1); p. 79-85

Olanzapine treatment was associated with the highest increase in weight. Higher doses were associated with more weight gain. Doctors should prescribe the lowest effective dose to balance mental-health benefits, weight gain and other adverse effects.

## **Communication skills training for physicians improves health literacy and medical outcomes among patients with hypertension: a randomized controlled trial.**

Tavakoly Sany SB.

*BMC Health Services Research* 2020;20(1):60.

After the physician communication training, there was a significant improvement in physicians-patient communication skills, hypertension outcomes, medication adherence, and self-efficacy among the patients being managed by the physicians receiving training, compared to the control group.

## **Access matters: achieving universal access to optimal lung cancer care in the UK**

*UK Lung Cancer Coalition*

*January 2020*

This document is intended to provide some simple, practical ideas that clinicians, commissioners and policy-makers could implement to help ensure that consistent and equitable treatment and care options are being offered to patients who present with similar profiles, regardless of where they live. It is aimed at the clinical and support staff who work in lung cancer services, because this is the community of practice who can act now.

### **Older people**

## **To support and not to cure: general practitioner management of loneliness**

*Jovicic, Ana, McPherson, Susan.*

*Health & Social Care in the Community: Mar 2020; 28(2):376-384*

The findings are discussed in the context of literature on GP management of other social problems which give rise to similar issues concerning the restrictions of the medical model and the need for joined-up approaches in which the GP is one part of a wider social support structure. It might be useful for training and support for GPs to address management of social problems jointly rather than training specific to loneliness which GPs tend to see as peripheral to their core remit.

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## **Comparative effectiveness of three exercise types to treat clinical depression in older adults: A systematic review and network meta-analysis of randomised controlled trials.**

*Miller KJ.*

*Ageing Research Reviews 2019*

Notably, clinically depressed older adults may be encouraged to self-select their preferred exercise type in order to achieve therapeutic benefit on symptoms of depression. In coalition with high levels of compliance, these data provide encouraging evidence for the antidepressant effect of either aerobic, resistance, or mind-body exercise as effective treatment adjuncts for older adults presenting with clinical depression.

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

*Christina Avgerinou et al.*

*British Journal of General Practice 2020; 70 (691): e138-e145*

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.

## **Older people encouraged to ditch “stiff upper lip” approach to mental ill health**

*NHS England*

*13<sup>th</sup> January 2020*

NHS England and Age UK have joined forces in a campaign to encourage older people to access treatment for mental health conditions, as new analysis shows a majority of older people do not seek help.

## **Physical Frailty: ICFSR International Clinical Practice Guidelines for Identification and Management.**

*International Conference of Frailty and Sarcopenia Research (ICFSR).*

2019.

The task force of the International Conference of Frailty and Sarcopenia Research (ICFSR) developed these clinical practice guidelines to overview the current evidence-base and to provide recommendations for the identification and management of frailty in older adults

## **The efficacy and safety of exercise for prevention of fall-related injuries in older people with different health conditions, and differing intervention protocols: a meta-analysis of randomized controlled trials.**

Zhao R.

*BMC Geriatrics* 2019;19(1):341.

Exercise is effective in preventing fall-induced injuries across a variety of baseline participant characteristics and exercise protocols. Exercise was associated with a low injury rate and had a good compliance, suggesting it is a feasible approach to managing fall-related injuries.

## **Aerobic exercise interventions reduce blood pressure in patients after stroke or transient ischaemic attack: a systematic review and meta-analysis.**

Wang C.

*British Journal of Sports Medicine* 2019;53(24):1515-1525.

Exercise interventions can result in clinically meaningful blood pressure reductions, particularly if initiated early and alongside education

## **Malnutrition in the elderly: a public health concern.**

Holder H.

*British Journal of Nursing* 2020;29(2):118-119.

Malnutrition has been defined as 'a state of nutrition in which a deficiency or excess (or imbalance) of energy, protein and other nutrients causes measurable adverse effects on tissue/body form (body shape, size and composition) and function and clinical outcome' (BAPEN, 2018a). In the UK, about 1.3 million older people are malnourished, equating 11% of the population aged over 65 years (BAPEN, 2018a; Malnutrition Task Force (MTF), 2019).

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## **Safeguarding, Safety**

### **Preparing for the liberty protection safeguards.**

Griffith R.

*British Journal of Nursing* 2020;29(1):66-69.

The Mental Capacity (Amendment) Act 2019 will introduce a revised scheme to safeguard adults and young people who are deprived of their liberty in care settings; The revised scheme will replace the current deprivation of liberty safeguards; The regulations needed to implement the new safeguards are still outstanding; The target implementation date for the new safeguards is 1 October 2020.

### **Digital can make a difference.**

Foster S.

*British Journal of Nursing* 2020;29(1):75.

The author considers the need for nurse leaders to champion progress in digital technology and information-sharing with the aim of providing better care. A worrying BBC News (2019) headline in December reported that hospitals across England are using 21 separate electronic systems to record patient care. Researchers suggested this was risking patient safety because the IT systems do not 'talk' to each other, making cross-referencing difficult and potentially leading to errors.



## **Detection of adolescent suicidality in primary care: an international utility study of the bullying-insomnia-tobacco-stress test.**

Binder P.

*Early Intervention in Psychiatry* 2020;14(1):80-86.

General practitioners (GPs) are ideally placed to identify suicidality in adolescents. However, adolescents are often reluctant to confide in their GPs about these problems, and GPs are not comfortable when questioning them about suicide. Conclusions: The bullying, insomnia, tobacco, stress (BITS) test is a pragmatic instrument, alerting the GP to an adolescent's previously unknown suicidability, whatever the reason for consultation.

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## **Implementation and Evaluation of a Standardized Non-Vitamin K Oral Anticoagulant (NOAC) Patient Safety Alert Card Across the Northern Region of England**

Thomas H.; Smyth L.

*Journal of primary care & community health*; Jan 2020; vol. 11

The NESCN card was developed with input from all the key stakeholders. It was launched in 2015 across the Northern region, which includes over 3 million people. It was distributed to general practitioners (GPs), primary and secondary care pharmacists. The evaluation shows a simple and inexpensive intervention delivered with no formal funding can address this patient safety concern.

## **Towards a safer NHS in 2020?**

Tingle J.

*British Journal of Nursing* 2020;29(2):122-123.

Looks back at some patient safety policy publications and crises in 2019 and asks whether the NHS will be any safer in 2020 and whether any lessons have been learnt. The year 2019 was another bumper year for patient safety policy developments and crises. Some major patient safety publications were produced, and stories of patient safety crisis continued to regularly hit the headlines

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