



Reshaping Clinical Care in Primary Care – 12th June 2020

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

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COVID-19 Research, resources, training

[Barriers and facilitators to healthcare workers' adherence with infection prevention and control \(IPC\) guidelines for respiratory infectious diseases: a rapid qualitative evidence synthesis](#)

Houghton C. et al.

The Cochrane database of systematic reviews; Apr 2020; vol. 4

Healthcare workers indicate factors that influence their ability and willingness to follow IPC guidelines when managing respiratory infectious diseases include the guideline itself and how it is communicated, support from managers, workplace culture, training, physical space, access to and trust in personal protective equipment, and a desire to deliver good patient care. It is important to include all facility staff, including support staff, when implementing IPC guidelines.

Caring for vulnerable patients during the COVID-19 pandemic: With more than two million patients categorised as extremely vulnerable, what should general practice nurses be doing to ensure they are provided with necessary care?

Katherine Ellerby.

, Practice Nurse; May 2020; vol. 50 (no. 5); p. 19-23

Topics discussed include help to manage their long term conditions; patient at high risk of severe illness and complications from COVID-19; and wealth of official guidance for patients who are shielding, including advice on accessing food and medicines, living safely.

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[Staying active while staying home - resources for GP teams and patients](#)

Royal College of General Practitioners (RCGP).

2020.

Online resources for all ages, preferences and abilities that the RCGP Physical Activity and Lifestyle project team recommend, together with tips to help keep active at this challenging time.

[Coronavirus \(COVID-19\): remote care through telehealth.](#)

Cochrane Special Collections.

2020.

Includes Cochrane Reviews about using telehealth to support clinical management of various conditions, including asthma, diabetes, cardiovascular disease, dementia, reproductive health, and skin cancer. It includes reviews of using telehealth to provide carer and parent support as well as empowering patient self-management of their long-term conditions.

[Working safely during COVID-19 in offices and contact centres.](#)

Department for Business, Energy and Industrial Strategy (BEIS).

2020.

This document sets out guidance on how to work safely. It gives practical considerations of how this can be applied in the workplace.

Patient safety reports round-up during the COVID-19 pandemic.

Tingle J.

British Journal of Nursing 2020;29(10):582-583.

Recent patient safety reports, reveal that patient safety concerns continue during the current pandemic. The pandemic may have created a new 'normal' and new ways of treating patients, such as by remote consultations.

Coronavirus: information for people with Learning Disabilities.

Surrey and Borders Partnership NHS Foundation Trust.

2020.

A playlist of 14 videos created to explain the Coronavirus and its implications for people with Learning Disabilities: Explaining coronavirus; Explaining social distancing; Anxiety and your body; Five things to do when anxious; Five seconds breathing exercise; Balloon breathing exercise; Imagination breathing exercise; Mindfulness; Relaxing place exercise; I think I have coronavirus; Relaxing the muscles in your body 1 ; Relaxing the muscles in your body 2; Boredom busters; Planning my day.

Risk factors for SARS-CoV-2 among patients in the Oxford Royal College of General Practitioners Research and Surveillance Centre primary care network: a cross-sectional study

de Lusignan S. et al.

The Lancet. Infectious diseases; May 2020

Positive SARS-CoV-2 test result in this primary care cohort was associated with similar risk factors as observed for severe outcomes of COVID-19 in hospital settings, except for smoking. Potential sociodemographic factors associated with a positive test, include deprivation, population density, ethnicity, and chronic kidney disease.

Impact of Home Quarantine on Physical Activity among Older Adults Living at Home During the COVID-19 Pandemic: Qualitative Interview Study.

Goethals.

JMIR Aging 2020;3(1):e19007.

Although older adults need to stay at home because of a higher risk of COVID-19, they should avoid a sedentary lifestyle. The epidemic has affected the number of seniors attending group physical activity programs. In addition, older adults expressed the need to perform physical activity at home.

Policy Brief: The Impact of COVID-19 on older persons.

World Health Organization (WHO); 2020.

This provides an analysis and recommendations to address the challenges that older persons face.

Dementia

The Effect of Personality Traits on Risk of Incident Pre-dementia Syndromes

Emmeline Ayers et al.

Journal of the American Geriatrics Society

These findings provide evidence of a distinct relationship between personality traits and development of specific pre-dementia syndromes.

Loneliness, but not social isolation, predicts development of dementia in older people.

NIHR Evidence.

2020.

Those who have supportive social relationships with relatives and carers may be protected from cognitive decline. The quality of their relationships seems to be more important than how often they meet up in person.

Effectiveness of different post-diagnostic dementia care models delivered by primary care: a systematic review.

Frost, Rachael et al.

The British Journal of General Practice; Jun 2020; 70 (695):e434

Partnership models may impact on some clinical outcomes and healthcare costs. More rigorous evaluation of promising primary care-led care models is needed.

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

Association between chronic kidney disease and incident diagnosis of dementia in England: A cohort study in Clinical Practice Research Datalink

Hiramatsu, R et al.

BMJ Open; May 2020; 10(5)

We identified a co-occurrence of detection of CKD and dementia in real-world clinical practice and a strong competing risk of mortality in the association between CKD stage and dementia, while a weak association between CKD status and dementia was suggested in the long term.

Prevalence and Incidence of Dementia in people with Diabetes Mellitus

Alsharif, A.A. et al.

Journal of Alzheimer's Disease; 2020; 75(2):607-615

There was a trend of increasing prevalence and incidence of dementia in people with diabetes over the period of 2000 to 2016. This study adds to the evidence on dementia prevalence and incidence, particularly in the diabetic population.

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

Dementia care and treatment issues.

Heale R.

Evidence-Based Nursing 2020;23(2):40-42.

Dementia rates are growing internationally and along with this are the complexities of caring for this growing cohort of people.

A qualitative study of the dementia-care experiences and educational needs of physiotherapists in the Republic of Ireland.

Foley, Sheehan et al.

Physiotherapy; June 2020 107:267-274

Physiotherapists remain challenged by complex aspects of dementia care.

Acceptability and use of a patient-held communication tool for people living with dementia: a longitudinal qualitative study

Leavey, G et al.

BMJ Open; May 2020, 10(5)

Such tools may be of use but there is a need for demanding, thoughtful and nuanced programme delivery for future implementation in dementia care. The incentivisation and commitment of general practitioners is crucial.

Describing and measuring the 'switch-on' effect in people with dementia who participate in cognitive stimulation therapy: A mixed methods study.

Liu Q.

British Journal of Occupational Therapy 2020;83(5):316-325.

Cognitive stimulation therapy is an evidence-based group intervention for promoting cognition and quality of life in people with dementia. This New Zealand study aimed to describe and measure the 'switch-on' effect, a recently reported benefit involving enhanced participation.

Effectiveness of different post-diagnostic dementia care models delivered by primary care: a systematic review

Rachael Frost et al.

British Journal of General Practice, May 2020 70:e434-e441

Partnership models may impact on some clinical outcomes and healthcare costs. More rigorous evaluation of promising primary care-led care models is needed.

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"We need a one-stop-shop": co-creating the model of care for a multidisciplinary memory clinic with community members, GPs, aged care workers, service providers, and policy-makers.

Steiner GZ.

BMC Geriatrics 2020;20:49.

This study demonstrates the importance of working with stakeholders to co-design models of care for people with dementia that take into account the local communities' needs. Findings pave the way for the development of a potential new "gold standard" memory clinic model of care and operationalise new national clinical guidelines.

Integrated Care (including Primary Care Networks and emerging roles)

Hospital admission may increase the risk of potentially inappropriate prescribing among older primary care patients.

Schwanda M.

Evidence-Based Nursing 2020;23(2):56-57.

Analyses showed a significant association between hospital admission and potentially inappropriate prescribing.

Disconnected relationships between primary care and community-based health and social services and system navigation for older adults: a qualitative descriptive study

Valaitis R. et al.

BMC family practice; Apr 2020; vol. 21 (no. 1); p. 69

Strategies to strengthen primary care and health and social services system navigation for older adults include: using a person-focused approach; employing effective communication strategies; applying effective system navigation; building trust between providers; advocating for improved program access; and adapting services/programs to address access barriers and meet older adults' needs.

Patient and service-related barriers and facilitators to the acceptance and use of interventions to promote communication in health and social care: a realist review.

Leavey G.

BMC Health Services Research 2020;20(1):503.

The complexity of treatment and care, particularly those with multiple health problems, can be experienced as disjointed. As part of an evaluation of a 'healthcare passport' for people living with dementia we undertook a realist review of communication tools within health and social care for people living with dementia.

A collaborative approach to developing sustainable behaviour change interventions for childhood obesity prevention: Development of the Choosing Healthy Eating for Infant Health (CHERISH) intervention and implementation strategy.

Toomey, Elaine et al.

British Journal of Health Psychology; May 2020; vol. 25 (no. 2); p. 275-304

This study describes an innovative use of the Behaviour Change Wheel to integrate multiple sources of evidence collected from practice, policy, research, and parent stakeholders to concurrently develop an evidence-based intervention to improve parental infant feeding behaviours and an implementation strategy to facilitate sustainable delivery by health care professionals in routine primary care.

Community pharmacy teams' experiences of general practice-based pharmacists: an exploratory qualitative study

Karampatakis GD

BMC Health Services Research 2020;20(1):431.

The perceived impact of general practice-based pharmacists on community pharmacies would improve communication between pharmacies and practices. Findings will inform policy.

Understanding perceptions of involving community pharmacy within an integrated care model: a qualitative study.

Lake JD.

BMC Health Services Research 2020;20(1):396.

Discordant perceptions of conflict of interest and negative perceptions about capabilities of community pharmacy need to be addressed for successful integration. Normative enablers, such as culture, are likely important for organizational integration and require additional inquiry.

Research nurses as practice facilitators to disseminate an asthma shared decision making intervention.

Shade et al.

BMC Nursing; May 2020; vol. 19 (no. 1); p. 1-11

This study demonstrated effective use of research nurses as practice facilitators during the dissemination of an asthma SDM intervention into primary care practices, adding to the knowledge of best practices by describing a model of large-scale implementation of a complex intervention through practice facilitation with nurses.

How do we secure more effective place-based primary care networks for the long-term?

Institute of Public Care

Oxford Brookes University 2020.

To build effective place-based primary care networks on the ground for the longer term, partners will need to work together now to drive through further changes in shared services, systems, commitments and leadership.

More that unites us than divides us? A qualitative study of integration of community health and social care services.

Mitchell, C et al.

BMC Family Practice; May 2020; vol. 21 (no. 1); p. 1-10

This ambitious approach to integrate community health and social care has highlighted implications for leadership, organisational design and inter-professional working. The integrated neighbourhood teams could all learn from each other. Challenges of integration could benefit from embracing the inherent capabilities across the integrated neighbourhood teams and localities of this city.

Engaging patients with "medically unexplained symptoms" in psychological therapy: An integrative and transdiagnostic approach

Balabanovic, Janet; Hayton, Philip. Psychology and Psychotherapy: Theory, Research and Practice; Jun 2020; vol. 93 (no. 2); p. 347-366.

It is critical for therapists to collaborate closely with GPs to engage these patients while also highlighting barriers to doing this, reflecting the complexities of organizational and cultural change. It is important to adopt a flexible, pluralistic, and integrative approach that is person-centred and process-led. Doctors and therapists should embrace a holistic, biopsychosocial stance towards MUS.

Technology-enabled shared care in general practice nursing.

Hatfield, Rachel; Chambers, Ruth; Hughes, Ann. Nursing Times; May 2020; vol. 116 (no. 5); p. 34-38

A project used in-person training sessions along with online resources and support to train general practice nurses to use different digital modes of care with patients. It increased the nurses' confidence and ability to train their colleagues in how to use the technology and benefitted patients by enabling shared care, leading to improved adherence to treatment and self-care.

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Is it time to end general health checks?

Heneghan C.

BMJ Evidence-Based Medicine 2020;25(3):115-116.

There is no convincing evidence to support the implementation of general health checks in primary care. They appear not to affect clinically important outcomes, and there is no high-quality evidence to suggest they are cost-effective, particularly when compared with routine primary care.

[Available with an NHS OpenAthens log in for eligible users](#)

Understanding why primary care doctors leave direct patient care: a systematic review of qualitative research

Long L. et al.

BMJ open; May 2020; vol. 10 (no. 5)

Many GPs report that job satisfaction directly relates to the quality of the doctor-patient relationship. Many GPs report a reduction in job satisfaction. Once job satisfaction has become negatively impacted, the combined pressure of increased patient demand and workload, together with other stress factors, has left many feeling unsupported and vulnerable to burn-out and ill health, and ultimately to leave general practice.

Long-Term Conditions

Obesity, cardiovascular risk and healthcare resource utilization in the UK

le Roux C.W. et al.

European Journal of Preventive Cardiology; 2020

Increasing BMI category and CVD-risk status both affected several HCRU components. These findings highlight the importance of timely obesity management and treatment of CVD-risk factors.

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Understanding the demand and unmet need for psychological cancer care in the community.

Lawler, Jessica et al.

Cancer Nursing Practice; May 2020; vol. 19 (no. 3); p. 22-28

Psychological care for people with cancer and their carers in primary and community care settings is not meeting demand and requires increased resourcing in terms of funding and time.

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

Higher rates of disengagement among young adults attending a general adult community mental health team: Time to consider a youth-specific service?

Roche E.

Early Intervention in Psychiatry 2020;14(3):330-335.

Young adults had distinct clinical needs and a lower level of engagement in the early stage of treatment. Further research and stakeholder consultation is needed to more clearly identify the issues in relation to patient engagement. These insights will help to inform the development of youth-specific community mental health services.

[Available with an NHS OpenAthens log in for eligible users](#)

Patients with elevated blood pressure or stage 1 hypertension have structural heart disease

Ghany R. et al.

Blood pressure monitoring; May 2020

A quarter of patients identified as having elevated blood pressure or stage 1 hypertension have structural heart disease.

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An audit to analyse the two-week wait pathway at an oral cancer specialist district general hospital

Araghi A.S.; Kyzas P.; Harris Y.

British dental journal; May 2020; vol. 228 (no. 9); p. 693-699

This audit recommends a concerted effort to improve oral cancer detections skills among GPs and GMPs. This audit makes it apparent that better differentiation is needed between malignant and routinely manageable lesions.

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Delegating home visits in general practice: a realist review on the impact on GP workload and patient care

Abrams R. et al.

The British journal of general practice; May 2020

The delegation of home visits may require a shift in patient expectation about who undertakes care. Professional expectations may also require a shift, having implications for the balance of staffing between primary and secondary care, and the training of healthcare professionals.

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Demographic variation in fit note receipt and long-term conditions in south London.

Dorrington, Sarah et al. *Occupational and environmental medicine; Jun 2020; vol. 77 (no. 6); p. 418-426*

Shows the relationships between fit note use and long-term conditions using individual-level primary care data from south London.

Effect of low-dose aspirin on health outcomes: An umbrella review of systematic reviews and meta-analyses.

Veronese N. *British Journal of Clinical Pharmacology* 2020;:1– 11.

This review considered data from RCTs, meta-analyses and observational studies for low dose aspirin in relation to any clinical outcome and found that it was associated with reduced risk of CVD but an increased risk of bleeding.

Perceptions of receiving behaviour change interventions from GPs during routine consultations: A qualitative study

Keyworth C. *et al.*

PLoS ONE; May 2020; vol. 15 (no. 5)

Contrary to the views of GPs, behaviour change interventions were perceived by patients as appropriate and helpful during routine medical consultations, particularly where behaviour change could have a positive effect on long-term condition management.

Older people

Can walking groups help with social isolation: a qualitative study

Khan, A.

Education for primary care. Jun 2020: 1-3

The pilot results seem to indicate that walking is generally associated with improved physical health rather than mental health in patients and that less physically involved methods may be more appropriate for reducing isolation.

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The Effect of E-Health Interventions Promoting Physical Activity in Older People: A Systematic Review and Meta-Analysis.

Kwan RYC.

European Reviews of Aging and Physical Activity 2020;17:7.

E-health interventions are effective at increasing the time spent on physical activity, energy expenditure in physical activity, and the number of walking steps. It is recommended that e-health interventions be included in guidelines to enhance physical activity in older people. Further studies should be conducted to determine the most effective e-health strategies.

Living longer, but in better or worse health?

WHO Regional Office for Europe May 2020

This policy brief explores available information on the health and disability of older people in Europe and how it relates to increases in life expectancy.

Age, death risk, and the design of an exit strategy: a guide for policymakers and for citizens who want to stay alive

Institute of Labor Economics

May 2020

This discussion paper provides information on the strong age pattern in the risk of death from three countries (China, Italy, the UK). Its authors believe that if politicians want an imminent removal of the lockdown, the safest approach would be a rolling age-release strategy combined with the current principle of social distancing.

How do older adults understand and manage distress? A qualitative study.

Moult, Alice *et al*, *BMC Family Practice*, May 2020, 21(1):1-11

To support older adults who are distressed, healthcare professionals in primary care should consider exploring how patients currently manage their mood problems, provide a broad range of information about potential management options and consider sign-posting older adults to community resources.

Primary care service use by end-of-life cancer patients: a nationwide population-based cohort study in the United Kingdom

Gao, W *et al.*

BMC Family Practice, Apr 2020 21(1):76

GPs are very involved in end of life care of cancer patients, most of whom having complex care needs, i.e. older age, comorbidity and polypharmacy. This highlights the importance of enhancing primary palliative care skills among GPs and the imperative of greater integration of primary care with other healthcare professionals including oncologists, palliative care specialists, geriatricians and pharmacists.

Changes in Social Network Size Are Associated With Cognitive Changes in the Oldest-Old

Rohr S.

Frontiers in Psychiatry; May 2020; vol. 11

Social isolation is highly prevalent among oldest-old individuals, being a risk factor for decreases in cognitive function. Consequently, it is important to maintain a socially active lifestyle into very old age.

Safeguarding, Safety

Medicines reconciliation in primary care: a study evaluating the quality of medication-related information provided on discharge from secondary care.

Shah, Chetan; Hough, Jane; Jani, Yogini *European Journal of Hospital Pharmacy: Science & Practice*; May 2020; vol. 27 (no. 3); p. 129-134

Our evaluation revealed overall good compliance with discharge medication documentation standards, but changes to medicines during hospitalisation were not fully communicated or documented on the discharge summary or actioned in the general practice after discharge.

The influence of maternal mental illness on vaccination uptake in children: a UK population-based cohort study

Osam C.S. *et al.*

European Journal of Epidemiology; 2020

In the UK, an estimated five thousand more children per year would be vaccinated if children with MMI had the same vaccination rates as children with well mothers. MMI is a hitherto largely unrecognised reason that children may be missing vital vaccinations at two and five years of age. This risk is highest for those children living with maternal alcohol or substance misuse.

Tipping the Scales: Factors Influencing the Decision to Report Child Maltreatment in Primary Care.

Kuruppu *et al.*

Trauma, Violence & Abuse; Jul 2020; vol. 21 (no. 3); p. 427-438

Four principal factors influenced the decision to report CM: personal threshold of suspicion of abuse, relationship with the family, faith in the child protection system, and education and discussion. We conclude that improving the support and training to address these four areas may be beneficial for GPs and PNs in responding to CM.

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Increased Cardiometabolic and Mortality Risk Following Childhood Maltreatment in the United Kingdom

Chandan J.S. *et al.*

Journal of the American Heart Association; May 2020; vol. 9 (no. 10)

Considering the high prevalence of exposure to childhood maltreatment, we have demonstrated the substantial associated burden of preventable cardiometabolic disease. There is a clear need to ensure that public health approaches are implemented to prevent the adverse consequences following exposure to childhood maltreatment.

Has the introduction of direct oral anticoagulants (DOACs) in England increased emergency admissions for bleeding conditions? A longitudinal ecological study.

Alfirevic, Ana et al.

BMJ open; May 2020; vol. 10 (no. 5); p. e033357

Rapid increase in prescribing of DOACs after changes in National Institute for Health and Care Excellence guidelines in 2014 may have been associated with a higher rate of emergency admissions for bleeding conditions. These consequences need to be considered in assessing the benefits and costs of the widespread use of DOACs.

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