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# Reshaping Clinical Care in Primary Care – 10th July 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

### What are PHE's recommendations to tackle the impact of COVID-19 on BAME groups?

*Bostock, Nick.*                                                    *GP Online 16 June 2020*

Thousands of people representing black, Asian and minority ethnic (BAME) groups have demanded action to tackle the inequality behind disparities in COVID-19 outcomes. GPonline looks at recommendations drawn up by Public Health England (PHE) from these responses and wider evidence.

### Pitfalls in telemedicine consultations in the era of COVID 19 and how to avoid them

*Iyengar K.; Jain V.K.; Vaishya R. Diabetes and Metabolic Syndrome 2020; vol. 14 (no. 5); p. 797-799*

Telemedicine it is going to play a key role in future of health medicine, however, telemedicine technology should be applied in appropriate settings and situations. Suitable training, enhanced documentations, communication and observing information governance guidelines will go a long way in avoiding pitfalls associated with remote consultations.

### Disparities in the impact of Covid-19 in black and minority ethnic populations: review of the evidence and recommendations for action

*The Independent Scientific Advisory Group for Emergencies (SAGE).*          *3rd July 2020*

This review of the evidence suggests that the reasons why some BME groups appear to be at greater risk of dying with Covid-19 are complex, with interplay between socio-economic disadvantage in BME populations, high prevalence of chronic diseases and the impact of longstanding racial inequalities being key explanations.

### Q&A Coronavirus (COVID-19): Dementia and care homes: Questions and answers for social care.

*Social Care Institute for Excellence (SCIE).*                              *2020.*

This Q&A resource on the SCIE site features answers on dementia and care homes from Alistair Burns, Professor of Old Age Psychiatry at the University of Manchester and Rachel Thompson, Consultant Admiral Nurse at Lewy Body Dementia

### Design and development of COVID-19 risk assessment decision support system for general practitioners

*Liu Y. et al.*                                        *Journal of medical Internet research; Jun 2020*

DCC19 is a mobile decision support system designed and developed to assist GPs in providing dynamic risk assessments for suspected COVID-19 patients during the outbreak, and the model has a good ability to predict risk levels in any scenario it covered.

## [COVID-19 waste management standard operating procedure , version 2: 29 June 2020.](#)

*NHS England; 2020.*

This document sets out the waste management approach for all healthcare facilities including primary care facilities and testing facilities in England and Wales during the COVID-19 outbreak. Updates to Version 1, published on 6 April 2020, are highlighted in yellow.

## [The mental health emergency: how has the coronavirus pandemic impacted our mental health?](#)

Mind                                                                                                     June 2020

Mind has announced five key tests for the UK government as part of its recovery plan for mental health: investing in community services; protecting those most at risk and addressing inequalities faced by people from black, Asian and other minority ethnic communities; reforming the Mental Health Act; providing a financial safety net through the benefits system; and supporting children and young people.

## [Covid-19: understanding inequalities in mental health during the pandemic](#)

*Centre for Mental Health*                          *June 2020*

This briefing paper, supported by 13 other national mental health charities, explores the mental health inequalities that are associated with the pandemic in the UK.

## [Cancer x coronavirus: the impact on young people](#)

*Teenage Cancer Trust*                          *June 2020*

Young people with cancer are feeling further isolated. This report reveals that they are having difficulties accessing emotional and psychological support and are finding the isolation from friends and family, school or work hardest to manage.

## [Children in lockdown: the consequences of the coronavirus for children living in poverty](#)

*The Childhood Trust*                          *June 2020*

This report documents the impact of the coronavirus (Covid-19) pandemic on disadvantaged and vulnerable children in London.

## [Coronavirus and the social impacts on Great Britain](#)

*Office for National Statistics*                          *26th June 2020*

This release from the Office for National Statistics contains indicators from the Opinions and Lifestyle Survey to understand the impacts of the coronavirus (Covid-19) pandemic on people, households and communities in Great Britain.

## [Emerging evidence on COVID-19's impact on mental health and health inequalities](#)

*The Health Foundation*                          *18th June 2020*

Different groups of people in the UK are experiencing the coronavirus (COVID-19) pandemic and the lockdown very differently. One area of concern is the impact of the pandemic on mental health and how this is affecting some groups much more than others.

## [NHS Digital supports development of risk prediction model for more tailored COVID-19 shielding advice](#)

*NHS Digital*                                                 *23rd June 2020*

Clinicians and GPs will soon be able to better identify patients who are at a higher risk of serious illness from SARS-CoV-2 infection based on a new data-driven risk prediction model.  This new model could be applied in a variety of health and care settings, including supporting GPs and specialists in consultations with their patients to provide more targeted advice based on individual levels of risk.

## [Coronavirus: overseas health and social care workforce](#)

*House of Commons Library Briefing Paper*                   *25th June 2020*

This briefing paper considers the impact of the Covid-19 pandemic on the overseas health and social care workforce.

## [Preliminary trial results find antiviral drug lopinavir/ritonavir does not reduce death in hospitalised patients with COVID-19](#)

*Medical Research Council*                                 *30th June 2020*

The 'RECOVERY' trial has released preliminary results showing lopinavir/ritonavir, an antiviral drug commonly used to treat HIV, had no significant mortality benefit in hospitalised COVID-19 patients.

# Dementia

## [The evidence base for pain management of people with dementia in the community is weak and needs to be improved.](#)

*Parsons G.*                                      *Evidence-Based Nursing 2020;23(3):80.*

Currently knowledge and care rely upon evidence from hospital and nursing home settings and this review suggests that this knowledge is not transferable.

There is a strong requirement for comparative studies to evaluate the effectiveness of different approaches to pain assessment and treatment among people with dementia in the community.

## [A review of Dementia Friendly Communities in England.](#)

*Remco Tuijt*                                      *The Mental Elf; 2020.*

This blog summarises a recent scoping study on dementia friendly communities in England: what they are and what they want to achieve.

## [Serial position effects on list learning tasks in mild cognitive impairment and Alzheimer's disease.](#)

*Weitzner.*                                      *Neuropsychology 2020;34(4):467-478.*

Early identification of memory changes in Alzheimer's disease is crucial to understanding changes that occur in the brain early in the disease process as well as to identifying treatments to help delay the onset of severe memory deficits. The findings of this review suggest that serial position effects represent one way in which researchers can identify subtle changes in memory functioning above and beyond more traditional memory scores.

## [Dementia care: what increases caregiver burden?](#)

*Eleana Frisira.*                                     *The Mental Elf; Jul 6th 2020.*

Analysis of a recent 3-year longitudinal study exploring the burden that falls on caregivers of people with various types of dementia.

## Effectiveness of horticultural therapy in people with dementia: A quantitative systematic review.

*Zhao Y, Liu Y, Wang Z.*                                     *Journal of Clinical Nursing 2020. Early view.*

The existing evidence supports the effectiveness of participatory horticultural therapy on cognitive function, agitation, positive emotion and engagement. Future high-quality original studies are needed to draw more robust conclusions.

## The annual dementia review: exploring current practice in primary care

*Dow, Johanne et al.*                     *British Journal of General Practice, June 2020, Vol 70 (suppl 1)*

This study aims to explore current practice regarding the annual dementia review in primary care by investigating: 1) what 'should' be happening in annual dementia reviews; 2) how dementia reviews are delivered in a sample of general practices; 3) the barriers and facilitators to the implementation of evidence-based care in dementia reviews; and 4) the experience of these reviews from the perspectives of people with dementia and their informal carer(s).

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

## Opportunities for nurses in primary care networks: time to take the reins.

*Craig.*                                     *Practice Nursing; Jun 2020; vol. 31 (no. 6); p. 264-265*

The establishment of primary care networks provides opportunities for practice nurses to take leadership roles.

*Available with an NHS OpenAthens log in for eligible users*

## The working of a primary care network in Wirral: experiences thus far.

*Jones.*                     *British Journal of Community Nursing; Jul 2020; vol. 25 (no. 7); p. 353-355*

This article describes how one PCN in Wirral committed to appreciating each service's roles. By engaging regularly in different ways, members of the PCN were able build on professional relationships. The refocusing and reconnecting regularly as a collective team enabled a more streamlined approach to proactive, place-based patient care while providing professionals with improved working relationships, skill-sharing and increased job satisfaction.

*Available with an NHS OpenAthens log in for eligible users*

## STPs: One year to go?

*NHS Confederation.*                                                                 *2020.*

The NHS has changed immeasurably as a result of COVID-19. This has raised questions about the next steps for the development of systems and the April 2021 deadline for universal integrated care system (ICS) coverage in England. This report provides some early feedback from systems on these issues and forms part of the NHS Confederation's recently launched NHS Reset campaign.

## Realising the true value of integrated care: Beyond COVID-19.

*International Foundation for Integrated Care.*                                         *2020.*

This thought leadership report states that Covid-19 presents an opportunity to reset our fragmented health and care systems so that they are integrated, driven by people and communities, and resilient in the face of future systemic shocks. The IFIC proposes nine building blocks to help steer health and care system leaders towards a radically different future, whereas one team, one system, they can achieve a stronger and more resilient society.

## [Evaluating the relational continuity of care of four GP practices, one of which uses personalised lists](#)

*Swanepoel R.*                    *The British journal of general practice Jun 2020; vol. 70*

Continuity of care was consistently higher with personalised lists. All GP practices provide surprisingly high continuity of care, albeit not with patients' assigned GPs. Patients are receiving continuity of care in relation to their condition.

## Preventative health screening community events, a mechanism to target minority ethnic populations in improving primary care utilisation to improve health outcomes

*Naqvi R.; Gale O.*                    *The British journal of general practice Jun 2020; vol. 70*

This study clearly demonstrates the value of targeted community-led screening and education events in public health promotion. There was a significant benefit in providing community-based screening. There is a need for a longitudinal analysis to determine the impact on health outcomes and long-term access to healthcare provision.

*Contact the Library for a copy of this article*

## Evaluating interprofessional education: initial learning from a domestic abuse conference

*Yardley C. et al.*                    *The British journal of general practice Jun 2020; vol. 70*

The conference provided a highly valued opportunity for useful interprofessional learning about domestic abuse. Results indicated that it increased participants' knowledge and confidence about their own and others' roles and responsibilities.

*Contact the Library for a copy of this article*

## [Adult patient perspectives on receiving hospital discharge letters: a corpus analysis of patient interviews](#)

*Weetman K.; Dale J.; Scott E.; Schnurr S.    BMC health services research; Jun 2020; vol. 20 (no. 1); p. 537*

Most patients value receiving copies of hospital discharge letters and should be consistently offered them. To enable positive outcomes letters should have a clear and accessible format that reflects the priorities and information needs of patients. Patients appear not to be receiving or being offered copies of letters consistently; this suggests a need for greater standardisation of practice.

## [Applying critical systems thinking to social prescribing: a relational model of stakeholder "buy-in"](#)

*Fixsen A.*                    *BMC health services research; Jun 2020; vol. 20 (no. 1); p. 580*

Those implementing social prescribing in different localities inevitably face hard choices about what and whom to include. Research on the sustainability of social prescribing remains limited, studies are required to ascertain which "holistic" models of social prescribing work best for which communities, who are the main beneficiaries of these approaches and how "buy-in" is best sustained.

## Long-Term Conditions

## How can referrals of patients who are obese to the local exercise referral scheme be increased? A UK based primary care quality improvement study

*Zaver V. et al.*                    *The British journal of general practice Jun 2020; vol. 70*

Interventions have increased the number of referrals to ERS and may be applied to similar primary care settings.

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## [Weight assessment and the provision of weight management advice in primary care: a cross-sectional survey of self-reported practice among general practitioners and practice nurses in the United Kingdom](#)

*Critchlow N. et al.*                    *BMC family practice; Jun 2020; vol. 21 (no. 1); p. 111*

Opportunities to provide weight management advice in primary care, including to patients with an obese BMI, are potentially missed. Future research should test alternative mechanisms to increase weight assessment and advice provision, examine the effectiveness of advice frequently given, and seek solutions to reported barriers for providing weight management advice.

## Delays in referral from primary care worsen survival for patients with colorectal cancer: a retrospective cohort study

*Arhi C.S. et al.*                    *The British journal of general practice Jun 2020*

The first presentation to the GP provides a referral opportunity to identify the underlying cancer, which, if missed, is associated with a later stage in diagnosis and worse survival.

*Contact the Library for a copy of this article*

## [Long-term condition support.](#)

*UCL Partners.*                                         *2020.*

This package of digital resources and practical support enables primary care teams to continue to effectively manage patients with long-term conditions including asthma, COPD, type 2 diabetes and cardiovascular disease.

## [A simple test may predict the risk of hospitalisation for flare-up in patients with COPD.](#)

*NIHE Evidence.*                                         *9th June 2020.*

The sit-to-stand test, which requires only a chair and a stopwatch, could identify patients with chronic obstructive pulmonary disease (COPD) who are at high risk of being admitted to hospital. Researchers found that the test, which takes less than five minutes to perform, also predicted the length of their hospital stay.

## [Disease self-management in patients with moderate COPD: a thematic analysis](#)

*Molin K.R. et al.*                    *European Clinical Respiratory Journal; Jan 2020; vol. 7 (no. 1)*

Patients with moderate COPD need more information, especially regarding the positive effects of physical activity. GPs might need to devote more time to the three main elements of COPD treatment, smoking cessation, medical treatment, and physical activity, to promote self-management and a healthier lifestyle in patients with COPD.

## Older people

## [Smartphone Apps for Older Adults to Use While in Isolation During the COVID-19 Pandemic.](#)

*Banskota S.; Healy M.; Goldberg E.M.. Western Journal of Emergency Medicine 2020;21(3):514-525.*

Mobile technology could provide a valuable tool to help families stay connected, and to help older adults (OAs) maintain mobility and link them to resources that encourage physical and mental well-

being. Our objective was to narratively summarize 15 apps that address physical and cognitive limitations and have the potential to improve OAs' quality of life, especially during social distancing or self-quarantine.

## [Capturing beneficial change from the Covid-19 pandemic: response from the British Geriatrics Society](#)

*British Geriatrics Society*       *July 2020*

This report is a response to a request from NHS England and NHS Improvement for examples of beneficial innovations across the NHS that have been implemented during the Covid-19 pandemic and should be retained as the NHS starts to resume business as usual.

## [Supporting residents in retirement housing and extra care housing who experience loneliness: an A-Z of examples](#)

*Housing Local Improvement Network*       *June 2020*

This briefing provides examples of practice of how residents in retirement/sheltered and extra care housing are experiencing loneliness and isolation, and the creative ways in which operators have organised a range of scheme-based and virtual activities to support these residents' independence, health and wellbeing, and to help keep them connected during the pandemic.

# Safeguarding, Safety

## [Development of the prototype concise safe systems checklist tool for general practice.](#)

*Litchfield, Ian et al.*       *BMC health services research; Jun 2020; vol. 20 (no. 1); p. 544*

As a result of this work the concise patient safety checklist tool, specifically designed for general practice, has now been made available as part of an online Patient Safety Toolkit hosted by the Royal College of General Practitioners. Senior practice staff such as practice managers and GP partners should find it a useful tool to understand the safety of less explored yet important safety processes within the practice.

## [Interactive dashboard identifies patients at risk of unsafe prescribing in a flexible and sustainable way.](#)

*NIHR Evidence.*       *22nd June 2020.*

The Salford Medication Safety Dashboard (SMASH) was successfully used in general practices with the help of on-site pharmacists. SMASH is a web application that flags up a list of patients who are potentially at risk from medicines they have been prescribed

## [A mixed methods analysis of lithium-related patient safety incidents in primary care](#)

*Young R.S. et al.*       *Therapeutic Advances in Drug Safety; 2020; vol. 11*

Despite the established link between medication packaging and the risk of dispensing errors, our study highlighted storage and packaging as the most commonly described contributory factors to dispensing errors. The absence of certain relevant data limited the ability to fully characterise a number of reports. This highlighted the need to include clear and complete information when submitting reports.

## Improving primary care identification of familial breast cancer risk using proactive invitation and decision support

*Qureshi N. et al.* *Familial Cancer; 2020*

This study demonstrated proactive risk assessment in primary care enables accurate identification of women, including many younger women, at increased risk of breast cancer. To improve generalisability across the population, more active methods of engagement need to be explored.

## Rheumatological conditions as risk factors for self-harm: A retrospective cohort study

*Prior J.A. et al.* *Arthritis care & research; Jun 2020*

Primary care patients with fibromyalgia, osteoarthritis or rheumatoid arthritis (but not ankylosing spondylitis) are at increased risk of self-harm compared to people without these rheumatological conditions. Clinicians need to be aware of the potential for self-harm in patients with rheumatological conditions (particularly fibromyalgia), explore mood and risk with them, and offer appropriate support and management.

## Sharing reports about domestic violence and abuse with general practitioners: a qualitative interview study.

*Pitt, Katherine et al.* *BMC family practice; Jun 2020; vol. 21 (no. 1); p. 117*

GPs regarded external reports about DVA as relevant to their role, but safely recording this information in the electronic medical record and using it to support patients required complex judgements. Both GPs and police staff emphasised the importance of clarity of information and responsibility for action when information was shared between agencies about patients affected by DVA.