



## Reshaping Clinical Care in Primary Care – 9<sup>th</sup> October 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

#### [Stroke recoveries at risk: How the Covid-19 pandemic has affected stroke survivors' lives and recoveries.](#)

*Stroke Association.*

2020.

This report shows that the recoveries of stroke survivors across the UK have been particularly badly affected by the COVID-19 pandemic. This survey of almost 2,000 stroke survivors and their carers found that the pandemic has affected every aspect of stroke treatment and care

#### [Lessons and legacy from the COVID-19 pandemic in health and care.](#)

*The AHSN Network; 2020.*

This report contains key findings from a short research study undertaken in June and July to understand how technology has been an enabler in reducing the care burden and coping with the Covid-19 crisis, and to identify what should be sustained in the 'new normal' in the longer term. It argues that social care needs to be given the same weighting as the NHS to accelerate the move towards health and social care integration

#### [Prevalence of suspected COVID-19 infection in patients from ethnic minority populations: a cross-sectional study in primary care](#)

*Hull S.A.*

*The British journal of general practice Sep 2020*

GPs recorded 8985 suspected COVID-19 cases between 10 February and 30 April 2020. Univariate analysis showed a two-fold increase in the odds of suspected COVID-19 for South Asian and black adults compared with white adults. In a fully adjusted analysis that included clinical factors, South Asian patients had nearly twice the odds of suspected infection

#### [Impact of COVID-19 on loneliness, mental health, and health service utilisation: a prospective cohort study of older adults with multimorbidity in primary care](#)

*Samuel Yeung Shan Wong et al.*

*Br J Gen Pract September 28, 2020*

Psychosocial health of older patients with multimorbidity markedly deteriorated and missed medical appointments substantially increased after the COVID-19 outbreak.

#### [Travel and COVID-19: what the practice nurse needs to know.](#)

*Gawthrop.*

*Practice Nursing; Sep 2020; vol. 31 (no. 9); p. 369-373*

Explains the key considerations for travel health consultations during the COVID-19 pandemic. While COVID-19 continues to be a risk worldwide, lockdown and international travel restrictions are being eased in many countries, including the UK. General practice nurses have a role to play in assisting UK residents to make an informed choice about travelling abroad during this pandemic.

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

## **Risk factors for COVID-19-related mortality in people with type 1 and type 2 diabetes in England: a population-based cohort study.**

Holman, Naomi et al.

*The lancet. Diabetes & endocrinology*; Oct 2020; vol. 8 (no. 10); p. 823-833

Deaths in people with type 1 and type 2 diabetes rose sharply during the initial COVID-19 pandemic in England. Increased COVID-19-related mortality was associated not only with cardiovascular and renal complications of diabetes but, independently, also with glycaemic control and BMI.

## **Dementia**

### **UK Dementia Congress**

National Dementia Action Alliance

7<sup>th</sup> October 2020

10<sup>th</sup>-12<sup>th</sup> November online. Brings together the latest ideas, research and innovations as well as providing a multidisciplinary forum for professionals, experts and people living with dementia to learn, network and share ideas and experiences within an exciting and positive environment.

### **Dementia and digital participation for health and wellbeing: Supporting carers and people living with dementia**

Good Things Foundation

September 2020

This report describes how the Dementia Pathfinder programme in Leeds was designed, what it did, where it had impact and what was learned.

### **Worst hit: dementia during coronavirus**

Alzheimer's Society

September 2020

Since the 23 March, family and friends have spent an extra 92 million hours caring for loved ones with dementia, due to the double impact of lockdown making dementia symptoms worse, and the chronically underfunded social care system leaving them nowhere else to turn.

### **Dementia wellbeing in the COVID-19 pandemic**

NHS England

25<sup>th</sup> September 2020

Primarily for clinicians working with people with dementia, this resource can also be used by carers and people with dementia. The wellbeing pathway is adjusted in respond to the COVID-19 pandemic. It highlights key priorities and actions for each step.

### **An Internet-Based Intervention Augmented With a Diet and Physical Activity Consultation to Decrease the Risk of Dementia in At-Risk Adults in a Primary Care Setting: Pragmatic Randomized Controlled Trial**

Kaarin J Anstey et al.

*Journal of Medical Internet Research*, September 2020, vol 22(9):e19431

A web-based multidomain dementia risk reduction program augmented with allied health consultations administered within the general practice context can reduce dementia risk exposure for at least 15 months.

### **Task-shifted approaches to postdiagnostic dementia support: a qualitative study exploring professional views and experiences**

Alison Wheatley et al.

*BMJ Open*, September 2020, vol.10 (9):e040348

Our data highlight the concerns of key professional staff around greater involvement of primary care in postdiagnostic support for dementia. Further research is needed to achieve a shared understanding and consensus over what postdiagnostic support means in the context of dementia.

### **Potentially inappropriate prescribing in dementia, multi-morbidity and incidence of adverse health outcomes**

*Jaoa Delgado et al.*

*Age and Ageing, afaa147*

Patients with dementia frequently receive PIPs, and those who do are more likely to experience AHO. These results highlight the need to optimise medication in dementia patients, especially those with comorbidities.

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### **Supporting sustainable occupational lives for partner caregivers of people with dementia.**

*Yong ASL.*

*British Journal of Occupational Therapy 2020;83(9):595-604.*

This qualitative research explores the experience of partner caregivers and how their partner's dementia impacts on their daily living and occupational lives, with the aim of informing the sustainability of homecare and decreasing the likelihood of formal care.

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

### **Managing incontinence in people with dementia**

*Payne D.*

*British Journal of Community Nursing 2020;25(9):430-436.*

People with dementia are four times more likely to have incontinence than those without it; Cognitive impairment can cause incontinence, but it can be caused by many other factors, which also affect people with dementia; A thorough and systematic continence assessment is foundation of good continence management.

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

### **How health and care systems can work better with VCSE partners.**

*NHS Confederation.*

*2020.*

This briefing from the NHS Reset campaign outlines five ways integrated care systems can work with the sector to rebuild local systems and reset the way health and care are planned, commissioned and delivered. It has been developed with organisations involved in the NHS England and NHS Improvement's VCSE Leadership Programme.

### **Case studies from the PCN Network and the Community Network: achieving integration across primary and community care.**

*NHS Confederation.*

*2020.*

Case studies from Leeds, Bexley and Derbyshire

### **Competencies to promote collaboration between primary and secondary care doctors: an integrative review.**

*Janssen.*

*BMC Family Practice; Sep 2020; vol. 21 (no. 1); p. 1-13*

This review provides an integrative view on competencies necessary for collaborative practice at the primary-secondary care interface. They are part of several domains, showing the complexity of collaboration. The information can support doctors to enhance and learn collaboration in daily practice and can be used in educational programmes in all stages of medical education.

### **Hospital admissions after vertical integration of general practices with an acute hospital: a retrospective synthetic matched controlled database study**

*Yu V. et al. The British journal of general practice.*

*Sep 2020*

Vertical integration was associated with a reduction in the rate of unplanned hospital admissions and readmissions in this study. Further work is required to understand the mechanisms involved in this complex intervention, to assess the generalisability of these findings, and to determine the impact on patient satisfaction, health outcomes, and GP workload.

### **Virtual Group Clinics (VGCs) in primary care.**

*NHS England.*

*2020.*

A national programme has been exploring the use of virtual group clinics, which has been expanded during the pandemic. Nurses have led virtual group clinics for people with long-term conditions such as diabetes, for example through education webinars for example giving advice diet/lifestyle and using group clinics to deliver many components of annual health reviews. This case study focuses on how support may be offered when rapid redeployment of the workforce is needed.

## **Long-Term Conditions**

### **Social prescribing**

*Matthew Eaton.*

*House of Commons Library September 2020*

Social prescribing link workers help people to understand the underlying issues affecting their health and wellbeing and work with them to co-produce a personalised care and support plan. This briefing paper details the development of social prescribing policies in England and provides an overview of schemes in the devolved nations.

### **Trends in generalised anxiety disorders and symptoms in primary care: UK population-based cohort study**

*Slee A. et al.*

*The British journal of psychiatry; Sep 2020 ; p. 1-7*

We observed a substantial increase in general practitioner consulting for generalised anxiety and depression recently, concentrated within younger people and in particular women.

### **The content and conduct of GP consultations for dermatology problems: a cross-sectional study**

*Le Roux E.*

*The British journal of general practice Sep 2020*

In this study, skin problems were usually presented alongside other complaints and resulted in a medication recommendation. Shared decision making was uncommon and self-management advice not consistently given, with re-attendance for the same problem common. GPs' training should reflect how frequently skin problems are seen and seek to improve patient involvement in decision making and support self-management.

### **Stakeholder views of podiatry services in the UK for people living with arthritis: a qualitative study.**

*Dando, Charlotte et al.*

*Journal of foot and ankle research; Sep 2020; vol. 13 (no. 1); p. 58*

Commissioners and GPs interviewed called for a transformational approach in current systems to include newer models of care that meet the footcare needs of individual patient circumstances. Patients interviewed called for better signposting and information about the different services available to help them manage their foot health needs. We have formulated a signposting pack for all stakeholders to help them facilitate access to appropriate clinicians.

## **Pharmacists detecting atrial fibrillation in general practice: A qualitative focus group study**

*Savickas V.*

*BJGP Open; Aug 2020; vol. 4 (no. 3)*

The findings of this study support the introduction of pharmacist-led AF screening programmes in general practice surgeries. Commissioners should consider the added value of utilising CPs and focus on the delivery of AF screening within an integrated service.

## **General practice nurses' communication strategies for lifestyle risk reduction: A content analysis**

*James S. et al*

*Journal of advanced nursing; Sep 2020*

Although GPNs were using some Motivational Interviewing techniques, there was room for skill development. Enhancing GPNs' MI skills has the potential to optimize their effectiveness in communicating about lifestyle risk reduction and the reduction of chronic disease. Fostering these skills has the potential to reduce risk of lifestyle attributable chronic disease.

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## **Socioeconomic status and HRT prescribing: a study of practice-level data in England.**

*Hillman, Sarah et al.*

*The British journal of general practice Sep 2020*

This study highlights inequalities associated with HRT prescription. This may reflect a large unmet need in terms of menopause care in areas of deprivation. Further research is needed to identify the factors from patient and GP perspectives that may explain this.

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## **Older people**

### **The difference an end-of-life diagnosis makes: qualitative interviews with providers of community health care for frail older people**

*Louisa Polak, Sarah Hopkins, Stephen Barclay and Sarah Hoare, Br J Gen Practice September 21, 2020*

End-of-life diagnosis is a first-class ticket to community care; people who die without such a diagnosis are potentially disadvantaged as regards care provision. Recognising this inequity should help policymakers and practitioners to mitigate it.

### **Impact of COVID-19 on loneliness, mental health, and health service utilisation: a prospective cohort study of older adults with multimorbidity in primary care**

*Samuel Yeung Shan Wong et al.*

*Br J Gen Pract, September 28, 2020*

Psychosocial health of older patients with multimorbidity markedly deteriorated and missed medical appointments substantially increased after the COVID-19 outbreak.

### **Cohort profile: Oxford Pain, Activity and Lifestyle (OPAL) Study, a prospective cohort study of older adults in England**

*Maria T Sanchez Santos et al.*

*BMJ Open, September 2020, vol.10 (9):e037516*

The 'Oxford Pain, Activity and Lifestyle' (OPAL) Cohort is a longitudinal, prospective cohort study of adults, aged 65 years and older, living in the community which is investigating the determinants of health in later life. Our focus was on musculoskeletal pain and mobility, but the cohort is designed with flexibility to include new elements over time.

## **Antibiotic prescribing for lower UTI in elderly patients in primary care and risk of bloodstream infection: A cohort study using electronic health records in England**

Shallcross L. et al.

*PLoS medicine*; Sep 2020; vol. 17 (no. 9

Delaying or withholding antibiotics in older adults with suspected UTI did not increase patients' risk of BSI, but mortality was increased. Our findings highlight uncertainty around the risks of delaying or withholding antibiotic treatment, which is exacerbated by systematic differences between patients who were/were not treated immediately with antibiotics. Findings emphasize the need for improved diagnostic/risk prediction strategies to guide antibiotic prescribing for suspected UTI in older adults.

### **Safeguarding, Safety**

## **Vulnerability in childhood: a public health report**

*Public Health England.*

2<sup>nd</sup> September 2020

These reports consider factors for individual children, their families and the communities in which they live that make it more or less likely that vulnerability and adversity in childhood has a lasting impact on their lives. An holistic, multi-agency approach addresses inequality and the broader causes of vulnerability that might otherwise be overlooked.

## **Salford Medication Safety Dashboard (SMASH).**

*NIHR Evidence*; 2020.

The research follows on from the PINCER trial, which examined the effectiveness of an IT tool to improve safe prescribing. 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

## **Closing the loop on test results to reduce communication failures: a rapid review of evidence, practice and patient perspectives.**

*Wright B.*

*BMC Health Services Research* 2020;20(1):897.

This paper draws together multiple perspectives on the problem of failures in diagnostic test results communication to inform appropriate interventions. Technology was identified as the most feasible option for closing the loop on test result communication. Key elements were also the importance of clear, consistent communication and more streamlined processes.

## **Suspected cancer: recognition and referral.**

*National Institute for Health and Care Excellence (NICE).*

2020.

This guideline covers identifying children, young people and adults with symptoms that could be caused by cancer. It outlines appropriate investigations in primary care, and selection of people to refer for a specialist opinion. It aims to help people understand what to expect if they have symptoms that may suggest cancer.

## **Private Video Consultation Services and the Future of Primary Care.**

*Salisbury, Chris et al. Journal of medical Internet research*; Oct 2020; vol. 22 (no. 10); p. e19415

It is important to understand the extent to which lessons from the evaluation of BGPaH and other private services based on a video-first model are relevant to the use of video consulting within conventional general practices, and to consider the advantages and disadvantages of these developments, before video consultation-based services in primary care become more widely established.



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