



Reshaping Clinical Care in Primary Care – 6th November 2020

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

Supporting the CPD Zone - the 'Go To' place for CPD in General Practice across Thames Valley and Wessex <http://www.oxfordhealth.nhs.uk/library/cpd-zone/>

COVID-19 Research, resources, training

[Development and evaluation of an artificial intelligence system for COVID-19 diagnosis.](#)

Jin C.

Nature Communications 2020;11:5088.

Early detection of COVID-19 based on chest CT enables timely treatment of patients and helps control the spread of the disease. We proposed an artificial intelligence (AI) system for rapid COVID-19 detection and performed extensive statistical analysis of CTs of COVID-19 based on the AI system.

[Covid-19 experience: rapid review.](#)

Patient Experience Library.

2020.

This report has been prepared on the basis of discussion about patient/service users' experience of "restart" of health and care services, following the coronavirus crisis and lockdown. The Patient Experience Library observed a rapid increase in reports of patient experience in relation to Covid-19 during this time.

[Ethnic inequalities in Covid-19 are playing out again – how can we stop them?](#)

IPPR

October 2020

Explores why ethnic minority groups are still looking to be most in danger as a second wave of the coronavirus pandemic hits and asks what can be done to better understand and reduce these inequalities.

[The impact of Covid-19 to date on older people's mental and physical health](#)

Age UK

October 2020

For some older people, staying at home to protect themselves from Covid-19 can lead to other health problems.

[An avoidable crisis: the disproportionate impact of Covid-19 on black, Asian and minority ethnic communities](#)

Labour Party

October 2020

The review makes both immediate and long-term recommendations to protect those most at risk and tackle structural inequalities in several key areas, including the machinery of government, health, employment and in the education system.

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

Hull S.A. et al.

British Journal of General Practice; Oct 2020; vol. 70 (no. 699)

Using data from GP records, black and South Asian ethnicity remain as predictors of suspected COVID-19, with levels of risk similar to hospital admission reports.

590 people's stories of hospital during Covid-19

Healthwatch

October 2020

Significant numbers of people are not receiving follow-up support under the new policy to switch to a 'discharge to assess' model introduced in March 2020 to cope with demand at the peak of the Covid-19 pandemic), leading to unmet needs.

Dementia

National Audit of Dementia COVID-19 Report

Royal College of Psychiatrists

October 2020

The results of the surveys highlight the negative impact of the pandemic on the quality of inpatient care for people with dementia, as well as providing encouraging examples of emerging good practice.

Psychotropic drug prescription rates in primary care for people with dementia from recorded diagnosis onwards

Joling, Karlijn J et al, *International Journal of Geriatric Psychiatry*; Oct 2020

After a dementia diagnosis is recorded in general practice, the prevalence of psychotropic drug prescriptions is substantial and increases steadily during the disease trajectory of persons with dementia. These insights may stimulate primary care clinicians to (re)consider their prescription policy of psychotropics for people with dementia more carefully.

Prevention of Delirium in Older Adults With Dementia: A Systematic Literature Review.

Schnitker L. *Journal of Gerontological Nursing* 2020;46(10):43-54 .

Although more research is required, the current review suggests that multicomponent approaches addressing delirium risk factors should be considered by health care professionals when supporting older PWD.

Contact the library for a copy of this article

Effects of exercise interventions for specific cognitive domains in old adults with mild cognitive impairment: A meta-analysis and subgroup analysis of randomized controlled trials.

Zhou X-L.

Medicine 2020;99(31):e20105 .

Exercise improves performance in the 5 cognitive domains. Language ability was the domain most affected by exercise. Besides, the kind of ranking (Z value) provides a new perspective for community health care workers to prescribe targeted exercise interventions for MCI patients.

Supporting GPs around euthanasia requests from people with dementia: a qualitative analysis of Dutch nominal group meetings

Jaap Schuurmans et al.

Br J Gen Pract November 2020 70:e833-e842; doi:10.3399/bjgp20X713093

Aims to identify ways of supporting GPs confronted with a PWD's euthanasia request.

Dementia services for people from Black, Asian and Minority Ethnic and White-British communities: Does a primary care based model contribute to equality in service provision?

Dodd E. et al.

Health & social care in the community; Sep 2020

While many areas of service provision showed no evidence of inequality, important differences remain including the time at which people present for assessment and the range of post-diagnostic services which are discussed. Further research is required to establish the likely causes of these disparities.

Integrated Care (including Primary Care Networks and emerging roles) Updated Logic model for integrated care

SCIE October 2020

The model describes what good looks like, providing a visual depiction of how a fully integrated health and care system might be structured and function, and the outcomes and benefits it should deliver for those who use services and their carers.

What works in managing complex conditions in older people in primary and community care? A state-of-the-art review.

Frost et al.

Health & Social Care in the Community; Nov 2020; vol. 28 (no. 6); p. 1915-1927

Primary and community care interventions for complex conditions in older people should include: (a) clear intervention targets; (b) explicit theoretical underpinnings; and (c) elements of self-management and patient education, structured collaboration between healthcare professionals and professional support.

Does prevention-focused integration lead to the triple aim? An evaluation of two new care models in England.

Stokes, Jonathan et al.

Journal of health services research & policy Oct 2020

New care models such as those implemented within the Vanguard programme in England might lead to unintended secondary care cost increases in the short to medium term. Cost increases appeared to be driven by average patient severity increases in hospital. Prevention-focused population health management models of integrated care, like previous more targeted models, do not immediately improve the health system's triple aim.

Long-Term Conditions

Social prescribing for individuals with mental health problems: a qualitative study of barriers and enablers experienced by general practitioners.

Aughterson ; Baxter, Louise; Fancourt, Daisy.

BMC Family Practice; Sep 2020; vol. 21 (no. 1)

Recommended interventions include a more systematic feedback structure for GPs and more formal training around social prescribing and developing the relevant inter-personal skills. This study provides insight to help design and deliver future social prescribing services.

Overcoming barriers: why adolescents don't seek mental health support.

Emma Ashworth.

The Mental Elf; 2020.

Summary of a recent systematic review on the barriers that children and adolescents face in seeking help for their mental health problems

Cultural and language barriers need to be addressed for British-Pakistani women to benefit fully from breast screening.

NIHR Evidence.

2020.

Overall, this group of women have a lower risk of breast cancer than white women. But risk factors associated with lifestyle mean that risk of breast cancer is increasing in this population. As individuals, they should have access to the same risk assessment as other women in the UK

CBT delivery formats for adult depression: group, telephone & guided self-help all as effective as individual therapy?

Kinga Antal

The Mental Elf. 2020.

Review of a network meta-analysis which finds that individual, group, telephone and guided self-help CBT are all equally effective for treating depression in adults.

Management of suspected bacterial lower urinary tract infection in adult women.

Scottish Intercollegiate Guidelines Network (SIGN).

2020.

This updated guideline covers younger women aged 16–64 years, older women aged 65 years and over and women of any age using an indwelling, intermittent or suprapubic catheter. It also includes the diagnosis and management of recurrent UTI in these groups.

Low back pain and sciatica in over 16s: assessment and management.

National Institute for Health and Care Excellence (NICE).

2020.

This guideline covers assessing and managing low back pain and sciatica in people aged 16 and over. It outlines physical, psychological, pharmacological and surgical treatments to help people manage their low back pain and sciatica in their daily life. The guideline aims to improve people's quality of life by promoting the most effective forms of care for low back pain and sciatica.

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. In September 2020, we clarified when to offer faecal testing for colorectal cancer to adults without rectal bleeding.

Delivering the early diagnosis of cancer PCN specification: getting started and learning from others.

NHS Confederation.

2020.

This briefing aims to give an overview of the early diagnosis of cancer PCN specification and how it fits with the QOF quality improvement domain. It also signposts to free, evidence-based and practical resources from Cancer Research UK, highlights a case study on how to get started and provides top tips for PCNs

Early Detection and Diagnosis of Cancer: a Roadmap to the Future.

Cancer Research UK (CRUK).

2020.

This roadmap aims to unite fragmented efforts across the UK to drive progress in early detection and diagnosis of cancer. It articulates a shared vision, from discovery to implementation, for a long-term future where early detection and diagnosis of all cancers is a routine reality. It also highlights the current challenges impeding progress and makes recommendations for research, development, health system delivery and government policy on how to overcome these challenges.

Gender differences in response to an opportunistic brief intervention for obesity in primary care: Data from the BWeL trial

Tudor K. et al.

Clinical Obesity; 2020

Weight loss programmes appeal mainly to women, prompting calls for gender-specific programmes. In the UK, general practitioners (GPs) refer nine times as many women as men to community weight loss programmes. GPs endorsement and offering programmes systematically could reduce this imbalance. It was found that Clinician-delivered opportunistic 30-second interventions benefits men and women equally and reduce most of the gender imbalance in attending weight loss programmes.

CVD prevention during the COVID-19 pandemic: a guide for primary care

Getting it Right First Time (GIRFT); Oxford Academic Health Science Network (Oxford AHSN); Primary Care Cardiovascular Society (PCCS) ; 2020.

Since the arrival of the pandemic, patients are likely to have had less contact with healthcare professionals, leading to lower detection rates for CVD risk factors such as hypertension and atrial fibrillation. Symptoms of stroke, TIA or heart attack may also have gone unreported. At the same time, primary care teams have had to rapidly shift to remote working. The guidance aims to signpost primary care professionals to the right resources to address these and related issues

Older people

What works in managing complex conditions in older people in primary and community care? A state-of-the-art review.

Frost, Rachael, et al, Health & Social Care in the Community; Nov 2020; vol 28 (6):1915-1927

In conclusion, primary and community care interventions for complex conditions in older people should include: (a) clear intervention targets; (b) explicit theoretical underpinnings; and (c) elements of self-management and patient education, structured collaboration between healthcare professionals and professional support.

Minds that matter: understanding mental health in later life.

Independent Age.

2020.

This report looks at the life events and circumstances that can affect people's mental health in later life, including bereavement, loneliness, ill health and caring responsibilities. Focusing mainly on anxiety and depression, the report also describes people's mixed experiences of seeking support from GPs, therapists and other services. It highlights common barriers and makes recommendations for what needs to change.

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 November 2020 70:e817-e824; doi:10.3399/bjgp20X713021

Aims to describe changes in loneliness, mental health problems, and attendance to scheduled medical care before and after the onset of the COVID-19 pandemic.

Post-discharge medicines management: The experiences, perceptions and roles of older people and their family carers

Tomlinson, Justine et al.

Health Expectations; Oct 2020

Participants experienced gaps in their post-discharge medicines management, which they had to bridge through implementing their own strategies or by enlisting support from others. Areas for improvement were identified, mainly through better communication about medicines changes and wider involvement of patients and family carers in their medicines-related care during the hospital-to-home transition.

Safeguarding, Safety

Emergency admission risk stratification tools in UK primary care: a cross-sectional survey of availability and use.

Kingston, Mark. Et al.

The British journal of general Oct 2020; vol. 70 (no. 699); p. e740

EARS tools are widely available across the UK, although there is variation by region. There remains a need to align policy and practice with research evidence.

Safer care during COVID-19

The AHSN Network.

2020.

This rapid-learning report reflects on some of the key activities that Patient Safety Collaboratives (PSCs) pivoted to deliver at pace and scale, as part of the NHS National Patient Safety Improvement Programmes (NatPatSIP) response. We look at some of the ways we need to prepare for localised outbreaks of COVID-19 and adopt the best of what we've learnt to provide safer care in future as part of the NHS Reset campaign.

Safeguarding children and families during the COVID-19 crisis.

Social Care Institute for Excellence (SCIE).

2020.

This quick guide is for practitioners working to safeguard children and families during the COVID-19 outbreak, including social workers and those working in social care settings.

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