



## Reshaping Clinical Care in Primary Care – 11<sup>th</sup> December 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

#### [Will covid-19 vaccines be cost effective—and does it matter?](#)

*BMJ 2020;371:m4491*

The costs of other pandemic measures mean that covid-19 vaccines will probably turn out to be a good buy, says John Appleby, and the full calculations will raise questions about NICE methods.

#### [The role of the clinical education team in the response to Covid-19.](#)

*Baldwin S et al (2020).*

*Nursing Times [online]; 116: 12, 53-56*

The clinical education team at a large London integrated care trust transformed their ways of working and rapidly created innovative training programmes to meet staff training needs and maintain their safety and resilience. The team represents a small cog that is providing crucial support to enable the big wheel of frontline care to operate effectively.

#### [Coronavirus and the social impacts on disabled people in Great Britain: September 2020.](#)

*Office for National Statistics (ONS).*

*2020.*

Indicators from the Opinions and Lifestyle Survey on the social impact of the coronavirus (COVID-19) pandemic on disabled people in Great Britain. Insights from qualitative research with disabled people help illustrate how the survey indicators can be experienced by disabled people in day-to-day life

#### [Risk of COVID-19-related death among patients with chronic obstructive pulmonary disease or asthma prescribed inhaled corticosteroids: an observational cohort study using the OpenSAFELY platform](#)

*Schultze A. The Lancet Respiratory Medicine; Nov 2020; vol. 8 (no. 11); p. 1106-1120*

Our results do not support a major role for regular ICS use in protecting against COVID-19-related death among people with asthma or COPD. Observed increased risks of COVID-19-related death can be plausibly explained by unmeasured confounding due to disease severity.

#### [Coping with PPE' \(performingmedicine.com\)](#)

Developed in response to a request from University College London Hospitals NHS Foundation Trust (UCLH), addresses some of the issues around wearing PPE for extended periods of time and includes tips from performers used to wearing heavy restrictive costumes, masks, puppets, animatronics and prosthetics.



## Dementia

### [The WHELD programme for people with dementia helps care home staff deliver person-centred care](#)

NIHR

December 2020

An evidence-based programme for care home residents living with dementia improved their quality of life and reduced agitation and other symptoms of dementia. A major study across the UK found that the Well-being and Health for People Living with Dementia (WHELD) programme was effective and cost less to deliver than usual care.

### [Dementia and outcomes from coronavirus disease 2019 \(COVID-19\) pneumonia: A systematic review and meta-analysis](#)

Timotius Ivan Hariyanto, et al, *Archives of Gerontology and Geriatrics*, Volume 93, 2021

This study aims to analyze the relationship between dementia and poor outcomes of COVID-19 infection.

### [Associations between physical frailty and dementia incidence: a prospective study from UK Biobank.](#)

Petermann-Rocha F.

*The Lancet Healthy Longevity* 2020;1(2):e58-e68.

Dementia is associated with a high burden of dependency and disability. Physical frailty is a multisystem dysregulation that has been identified as a risk factor for dementia. The aim of this study was to examine the association of frailty and its individual components with all-cause dementia incidence in a cohort of UK adults.

### [Physical Activity and Exercise in Mild Cognitive Impairment and Dementia: An Umbrella Review of Intervention and Observational Studies.](#)

Demurtas J.

*Journal of the American Medical Directors Association* 2020;21(10):1415-1422 .

Supported by very low-to-moderate certainty of evidence, physical activity/exercise has a positive effect on several cognitive and noncognitive outcomes in people with MCI and dementia, but RCTs, with low risk of bias/confounding, are still needed to confirm these relationships.

### [People with mild memory problems are left in limbo between health and dementia, and need help to make lifestyle changes.](#)

NIHR Evidence.

2020.

People with memory problems who are told they do not have dementia – but might get it in future – are left in limbo, uncertain about their future and with few services to help them. Research is underway into a programme that may help them reduce their risk of dementia.

### [Post-traumatic stress disorder as a risk factor for dementia: systematic review and meta-analysis.](#)

Günak MM.

*British Journal of Psychiatry* 2020;217(5):600-608.

This is the first meta-analysis quantifying the association of (PTSD) and risk of dementia showing that PTSD is a strong and potentially modifiable risk factor for all-cause dementia. Future studies investigating potential causal mechanisms, and the protective value of treating PTSD are needed.

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## [Achieving person-centred dementia care through a bio-psychosocial model](#)

*Nursing Times, 08 December, 2020*

An integrated approach to dementia care considers psychosocial experiences such as social environment, relationships and interactions, as well as the pathology of dementia. This article comes with a self-assessment enabling you to test your knowledge after reading it

## [Receiving a diagnosis of young onset dementia: Evidence-based statements to inform best practice](#)

*O'Malley, Mary et al.*

*Dementia; Oct 2020*

Understanding the uniquely personal experience of young people going through the process of diagnosis for dementia is essential to provide person-centred, needs-led, and cost-effective services. Patient's values and experiences should be used to support and guide clinical decision-making.

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

## **Perceived Barriers, Benefits, Facilitators, and Attitudes of Health Professionals towards Multidisciplinary Team Care in Type 2 Diabetes Management: a Systematic Review**

*Dankoly U.S. et al.*

*Current diabetes reviews; Nov 2020*

There is a huge gap in shared roles among health professionals in T2DM therapy. Hence, there is need for allied health professionals such as physiotherapists, dieticians, and psychologists with expertise in diabetes to explore primary healthcare.

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## [Early evidence of the development of primary care networks in England: a rapid evaluation study](#)

*Smith JA. Et al. Southampton: NIHR Health Services and Delivery Research Topic Report; 2020.*

Primary care networks have been implemented in a timely manner and have established a range of new local health services. Previous GP collaborations provide much-needed support in terms of management, leadership and infrastructure, although they can be a source of tension within networks where interests, goals and ways of working do not align.

## [Operational failures and how they influence the work of GPs: a qualitative study in primary care.](#)

*Sinnott; Georgiadis, A; Dixon-Woods, M. British Journal of General Practice; Nov 2020; vol. 70 (no. 700)*

Operational failures in primary care matter for GPs and their experience of work. Compensatory labour is burdensome with an unintended consequence of rendering these failures largely invisible. Recognition of the significance of operational failures should stimulate efforts to make the primary care work environment more attractive.

## [Structured medication reviews specification guidance 2020-21.](#)

*NHS England;*

*2020.*

This document sets out guidance for primary care networks (PCNs) implementing the structured medication review (SMR) and medicines optimisation service. It includes the principles of undertaking a SMR and should be read alongside the DES Specification and the Network Contract DES Guidance

### **Primary Care Networks Academy.**

*The Primary Care Networks Academy; 2020.*

The Primary Care Networks Academy aims to provide practical advice and tools to help PCNs and their supporting CCGs. The main areas of work are: Creating robust general practice; Managing complex needs; Collaborating with communities; the PCN as a network

### **Primary care networks explained.**

*The King's Fund; 2020.*

For primary care networks moving beyond the immediate challenges of Covid-19, there is also a need to maximise the value of their spending and used their income effectively to develop and strengthen the network and ensure their offer matches local patient need.

### **Vertical Integration of GP Practices with Acute Hospitals in England and Wales: Rapid Evaluation.**

*RAND Europe; 2020.*

This report evaluates what has led to this kind of vertical integration in England and Wales, how it has been implemented, and with what consequences.

### **Busting bureaucracy: empowering frontline staff by reducing excess bureaucracy in the health and care system in England.**

*Department of Health and Social Care (DHSC).*

*2020.*

Government response to a consultation held July to September 2020 on reducing bureaucracy in the health and social care system. The consultation raised six main areas of concern and highlights changes during COVID-19 and sets out 8 priority areas for action.

## **Long-Term Conditions**

### **'A cry in the dark': a qualitative exploration of living with cluster headache**

*Andre L.; Cavers D.*

*British Journal of Pain; 2020*

Findings indicate the need to improve the lived experience of cluster headache patients in two key areas: (1) raising awareness of the disorder and its impact among GPs, and (2) extending care beyond clinical treatment provision, supporting patients in self-management and addressing its psychosocial impact, with implications for the management of this group in primary care.

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### **GP's perspectives on laboratory test use for monitoring long-term conditions: an audit of current testing practice.**

*Elwenspoek, Martha M C et al. BMC family practice; Dec 2020; vol. 21 (no. 1); p. 257*

These results confirm the variation that has been observed in test ordering data. The results also show that most GPs spent a significant part of their day ordering and interpreting monitoring tests. The lack of confidence in knowing how to act on abnormal test results underlines the urgent need for robust evidence on optimal testing and the development of clear and unambiguous testing recommendations. Uncertainties surrounding optimal testing has resulted in an over-use of tests, which leads to a waste of resources, increased GP workload and potential patient harm.

## **Are the needs of people with multiple long-term conditions being met? Evidence from the 2018 General Practice Patient Survey**

*Rolewicz L.; Keeble E.; Paddison C.; Scobie S.*

*BMJ open; Nov 2020; vol. 10 (no. 11)*

Levels of unmet need are high, particularly for support from community services to manage multiple conditions. Patients who could be targeted for support include people who feel socially isolated, and those who have difficulties with their day-to-day living. Younger patients and certain ethnic groups with multimorbidity are also more likely to have unmet needs. Increased personalisation and coordination of care among these groups may help in addressing their needs

## **Water dripping on a stone': a feasibility study of a healthy weight management conversation approach in routine general practice consultations**

*Hilder J. et al.*

*Family practice; Nov 2020*

It is possible to provide an infrastructure for healthy weight conversation approaches within general practice so that patients receive supportive and consistent messages on a regular basis, but there is a need for effective training and education to ensure appropriate and effectively delivery.

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## **Stroke survivors with vision impairments need personalised rehabilitation and greater support.**

*NIHR Evidence.*

*2020.*

People who survive a stroke but suffer loss of vision do not always receive the care they need. A group of patients in northwest England said the rehabilitation they received was not personalised. Some had met with apathy from health professionals.

## **Women's Health Pocket Guide.**

*Royal College of Nursing (RCN); 2020.*

An easy reference tool for nurses, and midwives working with women, including in gynaecology, sexual and reproductive health, in all health and social care settings across the UK

## **Results from a routine blood test could help in early detection of cancer.**

*NIHR Evidence.*

*2020.*

Detecting cancer at the earliest opportunity can improve the chances of successful treatment. New research suggests that a routine blood test could help find cancers early. Even slightly raised levels of platelets may be an indication of cancer. This could enable family doctors to send patients for urgent investigation sooner.

## **People with mild memory problems are left in limbo between health and dementia, and need help to make lifestyle changes.**

*NIHR Evidence*

*2020.*

People with memory problems who are told they do not have dementia – but might get it in future – are left in limbo, uncertain about their future and with few services to help them. Research is underway into a programme that may help them reduce their risk of dementia

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

*Getting it Right First Time (GIRFT); (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.

## **Venous leg ulcer management: time to make a difference**

*Pulse*

*November 2020*

The quality of care of venous leg ulcers varies greatly across the country. Specialists came together in June to identify the barriers to quality care, analyse impact and opportunities of the COVID-19 pandemic, compare the components of a self-care pathway and take active steps to improve care equality.

## **NHS-funded library and knowledge services in England value proposition: the gift of time**

*HEE*

*November 2020*

Specialist library services are freeing up the time of clinicians, enabling them to devote more hours to patient care, and could be saving the NHS as much as £77 million a year. If the ratio of librarians to health professionals was increased, it's thought that figure could rise to as much as £106 million. Health librarians and knowledge specialists make the gathering of information as easy as possible for health care professionals, relieving the burden of sourcing and making sense of evidence. This helps NHS organisations meet their statutory duty to use evidence from research within the service.

## **Impact of COPD case finding on clinical care: a prospective analysis of the TargetCOPD trial**

*Haroon S. et al.*

*BMJ open; Oct 2020; vol. 10 (no. 10)*

Only one in five case-found patients had been registered with COPD. Patients added to a COPD register received significantly higher levels of appropriate clinical care.

## **Innovative education for people with chronic kidney disease: an evaluation study.**

*Rainey et al.*

*Journal of Renal Care; Dec 2020; vol. 46 (no. 4); p. 197-205*

Secondary care nursing involvement in primary care-based education for people with kidney disease is rare in the United Kingdom and internationally. This educational intervention, developed with patients, supports people to make changes that have the potential to reduce progression of kidney disease and our findings have significance for other teams working in chronic kidney disease management.

## **First line drug treatment for hypertension and reductions in blood pressure according to age and ethnicity: cohort study in UK primary care**

*Sinnott S.-J. et al.*

*BMJ (Clinical research ed.); Nov 2020; vol. 371*

These results suggest that the current UK algorithmic approach to first line antihypertensive treatment might not lead to greater reductions in blood pressure. Specific indications could be considered in treatment recommendations.

## **Impact of satisfaction with physician-patient communication on self-care and adherence in patients with hypertension: cross-sectional study.**

*Świątoniowska-Lonc N.*

*BMC Health Services Research 2020;20(1):1046.*

Satisfaction with physician-patient communication has a significant impact on self-care and pharmaceutical adherence in patients with hypertension. The more satisfied the patient is with communication, the better their adherence and self-care

## **Maternal antibiotic exposure during pregnancy and the risk of allergic diseases in childhood: A meta-analysis.**

Zhong Y. *Pediatric Allergy and Immunology* 2020

Maternal antibiotic use during pregnancy might increase the risk of asthma/wheeze and eczema/atopic dermatitis but not food allergy in children. Further studies with larger sample size and robust multivariable adjustment are needed to confirm our findings.

## **Older people**

### **Behaviour change techniques in personalised care planning for older people: systematic review**

Sadia Ahmed, et al, *Br J Gen Pract* first published on December 4, 2020

Future PCP interventions to improve QoL for people aged 65+ may benefit from focusing on six specific BCTs. Better reporting of BCTs would enhance future design and implementation of such interventions.

### **Managing medication: older people and their families need support to deal with the hidden burden of medication.**

*NIHR Evidence.*

2020.

The MEMORABLE (Medication Management in Older people: Realist Approaches Based on Literature and Evaluation) study aimed to understand the difficulties patients have in managing medication. One of the key findings was that medication management places a large burden on older people and family carers and that this burden is often hidden. Doctors, pharmacists and nurses should consider this burden when prescribing or changing medicines.

### **Managing older people's perceptions of alcohol-related risk: a qualitative exploration in Northern English primary care**

Bethany Kate Bareham, Eileen Kaner and Barbara Hanratty. *Br J Gen Pract* December 2020 70:e916-e926;

Later life is a time when older people may be open to making changes to their alcohol use, particularly when suggested by practitioners. Older people can struggle to recognise potential risks or perceive little gain in acting on perceived risks. Such perceptions may be challenging to navigate in supportive discussions.

### **Measuring daily functioning in older persons using a frailty index: a cohort study based on routine primary care data**

Willeke M Ravensbergen, Jeanet W Blom, Andrea WM Evers et al, *Br J Gen Pract* December 2020 70:e866-e873; doi:10.3399/bjgp20X713453

Because the electronic frailty index does not reflect daily functioning, further research on new methods to measure daily functioning with routine care data (for example, other proxies) is needed before EHRs can be a useful data source for research with older persons.

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## **Timing of GP end-of-life recognition in people aged $\geq 75$ years: retrospective cohort study using data from primary healthcare records in England**

*Daniel Stow, Fiona E Matthews and Barbara Hanratty, Br J Gen Pract December 2020 70:e874-e879*

End-of-life recognition in primary care appears to occur near to death and for only a minority of people aged  $\geq 75$  years. Older people's deaths may not be anticipated by health professionals, compromising equitable access to palliative care.

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## **The state of ageing in 2020**

*Centre for Ageing Better*

*November 2020*

This report provides a snapshot of how people are ageing in the UK. It explores the state of our health, our finances and our communities when Covid-19 hit and the impact it has had so far.

## **Long term care centres: making space for ageing**

*Autonomy*

*November 2020*

By 2030, there will be a 60 per cent increase in the number of individuals with caring responsibilities in the UK. This will require not just new funding arrangements but also robust infrastructure and working conditions. This paper proposes a network of long-term care centres that can form a key part of the new 'caring economy' that delivers for those who need care and those providing it.

## **Community of practice resource library.**

*Centre for Ageing Better; 2020.*

This resource library brings together a catalogue of reports, studies and infographics on areas of interest to those interested in evidence around ageing better. It covers subjects such as designing age-friendly homes, maintaining physical activity, supporting social connections and more

## **GPs say elderly are not seeking help for potential cancer symptoms.**

*Cancer Research UK (CRUK); 2020.*

A survey of 1,000 GPs conducted by PIF member Cancer Research UK has revealed concerns that older adults are not seeking help for potential cancer symptoms. Fifty-three per cent of GPs say they are concerned fewer older adults are contacting them with symptoms compared to before the pandemic

## **Safeguarding, Safety**

### **Best practice when working with suicidal behaviour and self-harm in primary care: a qualitative exploration of young people's perspectives**

*Bellairs-Walsh I.*

*BMJ open; Oct 2020; vol. 10 (no. 10)*

Our study identified several concerns and recommendations young people have regarding the identification, assessment and care of suicidal behaviour/self-harm in primary care settings. Taken together, these findings may inform the development of resources for GPs, and support progress in youth-oriented best practice.

### **Uncoded chronic kidney disease in primary care: a cross-sectional study of inequalities and cardiovascular disease risk management.**

*Molokhia, Mariam et al. The British journal of general practice Nov 2020; vol. 70 (no. 700); p. e785*

>50% of CKD was uncoded and, for those patients, quality of care was lower compared with those with coded CKD. Future research and practices should focus on areas of greater deprivation and targeted initiatives for those aged <50 years and of black African, black Caribbean, South Asian, or non-stated ethnic groups. Possible areas for improvement include diagnostic coding support, automated CKD recording, and clinical decision support (based on adjusted eGFR results) in the GP clinical records

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## **[Incidence, nature and causes of avoidable significant harm in primary care in England: retrospective case note review.](#)**

*Avery, Anthony J.*

*BMJ quality & safety; Nov 2020*

There is likely to be a substantial burden of avoidable significant harm attributable to primary care in England with diagnostic error accounting for most harms. Improvements could be made through more effective implementation of existing information technology, enhanced team coordination and communication, and greater personal and informational continuity of care.

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