

# Current awareness for Nursing

## Recent guidelines and reports, articles and websites

### August 2020

#### Guidelines

*The following new guidance has recently been published:*

##### [Airway guidance for the endemic phase of COVID-19](#)

Faculty of Intensive Care Medicine (FICM); 2020.

<https://icmanaesthesiacovid-19.org/airway-guidance-endemic>

[It is now apparent that SARS-CoV-2 and COVID-19 will remain endemic for some time. Improved therapeutics and a vaccine may shorten this period, but both are far from certain. Plans must be put in place on the assumption that for the next few years the virus and its disease will impact us and our patients.

Produced by Association of Anaesthetists, Intensive Care Society, Faculty of Intensive Care Medicine and Royal College of Anaesthetists (RCOA)]

##### [Clinical guidance for managing COVID-19: Information for RCN members .](#)

Royal College of Nursing (RCN); 2020.

<https://www.rcn.org.uk/clinical-topics/infection-prevention-and-control/novel-coronavirus>

[This page provides RCN members across the health and social care workforce, including nursing support workers and students, with clinical information and key resources to support their understanding of and help them with management of coronavirus disease (COVID-19). Last updated 27 July.]

*Freely available online*

##### [Guidance: COVID-19: mouth care for patients with a confirmed or suspected case](#)

Public Health England (PHE); 2020.

<https://www.gov.uk/government/publications/covid-19-mouth-care-for-patients-with-a-confirmed-or-suspected-case>

[Guidance on mouth care for patients with confirmed or suspected COVID-19 who are non-ventilated, ventilated and those having step down or end of life care.]

*Freely available online*

##### [Guidance for tracheostomy](#)

UK National Tracheostomy Safety Project; 2020.

[https://www.ficm.ac.uk/sites/default/files/2020-08-tracheostomy\\_care\\_guidance\\_final.pdf](https://www.ficm.ac.uk/sites/default/files/2020-08-tracheostomy_care_guidance_final.pdf)

[This guidance was produced by the Short-life Standards and Guidelines Working Party of the UK National Tracheostomy Safety Project on behalf of the Intensive Care Society and has been endorsed by the FICM.]

*Freely available online*

##### [Guidelines recommend measures to manage acute and chronic conditions during the COVID-19 pandemic: updated.](#)

BMJ Best Practice; 2020.

<https://bestpractice.bmj.com/topics/en-gb/3000190>

[BMJ Best Practice update. Further guidelines have been published to inform the management of patients with coexisting conditions during the COVID-19 pandemic. 5 August.]

*Available with an NHS OpenAthens password*

### [How to embed flexible working for nurses.](#)

NHS Employers; 2020.

<https://www.nhsemployers.org/case-studies-and-resources/2020/08/how-to-embed-flexible-working-for-nurses>

[This guidance signposts to the latest research and thinking concerning flexible working, highlights what nurses look for in a flexible role, and identifies a number of key enablers to successfully embedding a culture of flexible working.]  
*Freely available online*

### [Principles of preceptorship.](#)

Nursing and Midwifery Council (NMC); 2020.

<https://www.nmc.org.uk/standards/guidance/preceptorship/>

[We created the principles in collaboration with the four Chief Nursing and Chief Midwifery Officers in the UK in recognition of this important period in a professional's nursing, midwifery or nursing associates career. It was timely to update our previous position on preceptorship and align our principles to our new pre-registration standards.]  
*Freely available online*

### [WHO guideline on use of ferritin concentrations to assess iron status in individuals and populations](#)

World Health Organization (WHO); 2020.

<https://www.who.int/reproductivehealth/zika/prevention-guidelines-sexual-transmission-summary/en/>

[This guideline provides global, evidence-informed recommendations on the use of indicators for assessing a population's iron status and application of the use of ferritin concentrations for monitoring and evaluating iron interventions. The recommendations in this guideline are intended for a wide audience, including health professionals, clinicians, researchers, managers of nutrition and health programmes, and public health policy-makers.]

## **Reports**

*The following report(s) may be of interest:*

### ['A long way to go': ethnic minority NHS staff share their stories.](#)

The King's Fund; 2020.

[https://features.kingsfund.org.uk/2020/07/ethnic-minority-nhs-staff-racism-discrimination/index.html?\\_ga=2.98453014.802687522.1596530372-1978414341.1593599623](https://features.kingsfund.org.uk/2020/07/ethnic-minority-nhs-staff-racism-discrimination/index.html?_ga=2.98453014.802687522.1596530372-1978414341.1593599623)

[What is it like being a member of staff from an ethnic minority background in the NHS? The King's Fund spoke to 12 people about their experiences.]

### [Living in poverty was bad for your health long before COVID-19](#)

Adam Timson; 2020

The Health Foundation

[When we learned the fatality rate for COVID-19 was far higher among people from more socioeconomically deprived areas, there was rightly a sense of outrage. Mitigating the impact of COVID-19 on deprived communities should be a key concern for government and health care leaders. But the unequal impact should not have come as a surprise. This long read looks at the link between health and income. It explores the nature of the economic shocks experienced in recent years, including those stemming from COVID-19, and the consequences these might have on people's health. It then considers how we might use the current crisis to build a fairer and healthier society.]

### [Most people caring for relatives with dementia experience loneliness](#)

NIHR; 2020

Around two-thirds of family carers of people with dementia experience loneliness. Almost half are moderately lonely and a fifth are severely lonely, reports one of the first large scale studies to look at this issue. Carers who felt lonely tended to have lower wellbeing, smaller social networks, and more stress associated with caregiving. A poor-quality relationship with the person with dementia was also linked to higher levels of loneliness. Interventions to identify, prevent and reduce carer stress, and to improve the quality of carers' interpersonal relationships, may help reduce loneliness. This may be particularly important while lockdown and social distancing measures are in place because of COVID-19.

### **Most people undergoing planned surgery do not need compression stockings.**

NIHR, 2020

Compression stockings might be unnecessary for patients at moderate or high risk of blood clots who are undergoing planned surgery. A study called GAPS suggests that anti-clotting medicine alone is just as effective as using it in combination with compression stockings. Researchers involved in the large randomised controlled study recommend that guidelines for preventing blood clots such as deep vein thrombosis (DVT) and pulmonary embolism (PE) should be changed. They suggest that compression stockings should no longer be standard care for most patients having planned surgery and taking anti-clotting medicine while in hospital. This could save the NHS in England around £63 million per year.

### **New research supports the move to raise the blood pressure target for frail older people.**

NIHR, 2020

Frail older people may not benefit from the same tight blood pressure control that has been shown to benefit relatively younger, healthier groups in existing trials. The medical records of more than 400,000 patients in primary care were reviewed. The researchers found that lower than normal blood pressures were associated with a higher death rate among older people, particularly those over the age of 85 or those who were very frail.

### **Schwartz Rounds delivered virtually**

Carried out by Rhys Whelan from Bwrdd Iechyd Prifysgol Bae Abertawe on 15/8/2020

[https://www.knowledgeshare.nhs.uk/index.php?PageID=literature\\_search\\_request\\_download&RequestID=24734](https://www.knowledgeshare.nhs.uk/index.php?PageID=literature_search_request_download&RequestID=24734)

[The most practical information regarding virtual Schwartz Rounds is available on the Point of Care Foundation website. Schwartz Rounds have been adapted to meet the challenges of the current pandemic via online delivery. These are known as “Team Time” sessions. With regards the academic literature there isn't a great deal of research at present but there are some published editorials, letters, comments that discuss the importance of Schwartz Rounds in the context of the current pandemic.]

*Available with an NHS OpenAthens password*

### **Some antidepressants can help people quit smoking, but other medications may offer greater benefits.**

NIHR; 2020

Some anti-smoking medicines are designed specifically to reduce cravings for the nicotine in cigarettes. They include the drug varenicline and nicotine replacement therapy (NRT), such as patches and gum. But medicines designed to treat depression may also help people to stop smoking. One antidepressant, called bupropion, can be prescribed as an anti-smoking medicine in the UK. This comprehensive Cochrane systematic review looks at the available evidence for how helpful and safe different antidepressants are when used to quit smoking.

### **The calm before the storm? How primary care networks and mental health providers can prepare for rising demand for mental health services**

NHS Confederation; 2020.

<https://www.nhsconfed.org/resources/2020/08/the-calm-before-the-storm>

[Joint briefing from the NHS Confederation's Mental Health Network and PCN Network explores how PCNs and mental health service providers can work together to prepare for the expected surge in demand for mental health services.]

*Freely available online*

### **The next chapter in our plan to rebuild: the UK Government's COVID-19 recovery strategy.**

Cabinet Office; 2020.

<https://www.gov.uk/government/publications/our-plan-to-rebuild-the-uk-governments-covid-19-recovery-strategy/the-next-chapter-in-our-plan-to-rebuild-the-uk-governments-covid-19-recovery-strategy--2>

[This additional chapter to the recovery strategy sets out the next stages of our plan. It looks ahead to the coming months, covering the tools we will use to suppress the virus, the challenges that winter will bring and how we are preparing for these, and our ambition for continuing to reopen the economy and society when it is safe to do so. The 'CONTAIN Framework' sets out how local authorities and national Government will work together to manage local outbreaks.]

*Freely available online*

## [We are the NHS: People Plan for 2020/2021 - action for us all.](#)

NHS England; 2020.

<https://www.england.nhs.uk/ournhspeople/>

[This plan sets out practical actions for employers and systems, as well as the actions that NHS England and NHS Improvement and Health Education England will take, over the remainder of 2020/21.]

*Freely available online*

## **Articles**

*The following journal articles are available from the Library and Knowledge Service electronically or in print. Please follow links to access full text online, contact me to order copies, or call into the library.*

### [Assessing and reporting patient participation by means of patient preferences and experiences.](#)

Eldh AC. *BMC Health Services Research* 2020;20(1):702.

[The Patient Preferences for Patient Participation (4Ps) is a new healthcare practice and research tool, comprising patients' preferences as well as experiences. The 4Ps employs 12 items for the patient to conceptualise patient participation. The aim of this paper is to describe how the two perspectives of patient participation, namely preferences and experiences, can be combined to visualise and report preference-based patient participation.]

*Freely available online*

### [Audit and feedback to improve laboratory test and transfusion ordering in critical care: a systematic review.](#)

Foster M. *Implementation Science* 2020;15(1):46.

[Our review summarizes characteristics of A&F interventions implemented in the critical care context, points to some mechanisms by which A&F might be made more effective in this setting, and provides an overview of how the appropriateness of orders was reported. Our findings suggest that A&F can be effective in the context of critical care; however, further research is required to characterize approaches that optimize the effectiveness in this setting alongside more rigorous evaluation methods.]

*Freely available online*

### [Correlation between vitamin D levels and hard-to-heal wounds: a systematic review.](#)

Smith K. *Journal of Wound Care* 2020;29(Sup7):S24-S30 .

[Research suggests a correlation between low vitamin D levels and hard-to-heal wounds. However, it is not clear if the relationship is causal or only correlational. There is also emerging evidence on the use of vitamin D supplementation for the treatment of hard-to-heal wounds.]

*Available with an NHS OpenAthens password for eligible users*

### [Dementia prevention, intervention, and care: 2020 report of the Lancet Commission.](#)

*Lancet* 2020;doi.org/10.1016/S0140-6736(20)30367-6.

[Excessive alcohol consumption, traumatic brain injury, and air pollution have been added to the list of potentially modifiable risk factors for dementia. Together the 12 listed modifiable risk factors account for around 40% of worldwide dementias.]

*Freely available online*

### [Dexpanthenol in Wound Healing after Medical and Cosmetic Interventions \(Postprocedure Wound Healing\).](#)

Gorski J. *Pharmaceuticals* 2020;13(7):E138 .

[In vitro and clinical studies provided evidence that topically applied dexpanthenol promotes superficial and postprocedure wound healing.]

*Freely available online*

### [Healthcare providers perspectives on compassion training: a grounded theory study.](#)

Sinclair S. *BMC Medical Education* 2020;20(1):249.

[There is little concrete guidance on how to train current and future healthcare providers (HCPs) in the core competency of compassion. This study was undertaken using Straussian grounded theory to address the question:

"What are healthcare providers' perspectives on training current and future HCPs in compassion?"]

*Freely available online*

### **[Drug treatments for covid-19: living systematic review and network meta-analysis](#)**

Siemieniuk Reed AC. *BMJ* 2020;370:m2980 .

[Glucocorticoids probably reduce mortality and mechanical ventilation in patients with covid-19 compared with standard care. The effectiveness of most interventions is uncertain because most of the randomised controlled trials so far have been small and have important study limitations.]

*Freely available online*

### **[Managing cancer patients during the COVID-19 pandemic: An ESMO Interdisciplinary Expert Consensus](#)**

Curigliano. *Annals of Oncology* 2020;S0923-7534(20):39948-8.

[Twenty-eight clinical statements to guide healthcare professionals and assist them in overcoming many of the clinical and technical obstacles related to diagnosis, risk assessment response assessment, surgical planning, radiation therapy and medical treatment]

*Freely available online*

### **[Mutual Respect: Bringing Humanity and Fairness to Work.](#)**

Mind Tools; 2020.

<https://www.mindtools.com/pages/article/mutual-respect.htm>

[We need to create environments in which everyone feels welcomed, fairly treated, and fully supported to do their best. In short, it's about prioritizing mutual respect. In this article, we explore the benefits of mutual respect. We also outline the challenges to doing so and provide you with practical steps to build mutual respect in your workplace.]

*Freely available online*

### **[Prehabilitation in Frail Surgical Patients: A Systematic Review.](#)**

Baimas-George M. *World Journal of Surgery* 2020;;10.1007/s00268-020-05658-0.

[Prehabilitation in frail surgical patients may be the appropriate process through which providers can lessen operative risk. Currently, however, there is little evidence supporting the use of prehabilitation in this population with only five studies identified in this systematic review. More randomized controlled trials are clearly needed.]

*Contact the library for a copy of this article*

### **[Prevention and treatment of pressure injuries: A meta-synthesis of Cochrane Reviews.](#)**

Walker RM. *Journal of Tissue Viability* 2020;;doi: 10.1016/j.jtv.2020.05.004.

[This meta-synthesis confirms the low-certainty of PI prevention and treatment trials, resulting in few recommendations to inform clinical practice. Generation of high-quality evidence on PI prevention and treatment is imperative.]

*Contact the library for a copy of this article*

### **[Printed educational materials: effects on professional practice and healthcare outcomes.](#)**

Giguère A. *Cochrane Database of Systematic Reviews* 2020;8:CD004398.

[OBJECTIVES: To assess the effect of printed educational materials (PEMs) on the practice of healthcare professionals and patient health outcomes. To explore the influence of some of the characteristics of the printed educational materials (e.g. source, content, format) on their effect on healthcare professionals' practice and patient health outcomes.]

### **[Quality improvement study on early recognition and intervention of caregiver burden in a tertiary hospital.](#)**

Towle RM. *BMJ Open Quality* 2020;9(3):DOI: 10.1136/bmjopen-2019-000873.

[Conclusion: Early recognition of caregiver burden and targeted interventions were found to be effective at reducing caregiver burden in a tertiary hospital.]

### **[Recovery From Severe COVID-19: Leveraging the Lessons of Survival From Sepsis.](#)**

Prescott HC. *JAMA* 2020;;doi:10.1001/jama.2020.14103.

[Approximately 80% of patients hospitalised with COVID-19, and 60% admitted to ICUs, survive. Viewpoint discusses possibility that survivors will experience persistent symptoms similar to those of post-sepsis syndrome, and reviews

best practices for promoting recovery.]  
*Freely available online*

**[Rethinking integrated care: a systematic hermeneutic review of the literature on integrated care strategies and concepts.](#)**

Hughes G. *The Milbank Quarterly* 2020;98(2):446-492.

[Integrated care is a broad concept, used to describe a connected set of clinical, organizational, and policy changes aimed at improving service efficiency, patient experience, and outcomes. Despite examples of successful integrated care systems, evidence for consistent and reproducible benefits remains elusive. We sought to inform policy and practice by conducting a systematic hermeneutic review of literature covering integrated care strategies and concepts.]

*Freely available online*

**[Systematic review with meta-analysis of the accuracy of diagnostic tests for COVID-19.](#)**

Böger B. *American Journal of Infection Control* 2020;;10.1016/j.ajic.2020.07.011 .

[RT-PCR remains the gold standard for the diagnosis of COVID-19 in sputum samples. However, the combination of different diagnostic tests is highly recommended to achieve adequate sensitivity and specificity.]

*Freely available online*

**[The impact of continuous electrical microcurrent on acute and hard-to-heal wounds: a systematic review.](#)**

Ofstead CL. *Journal of Wound Care* 2020;29(Sup7):S6-S15 .

[ECDs appeared to be a safe, effective and cost-effective method for treating severe, complex and challenging wounds, including hard-to-heal wounds, surgical incisions and skin graft donor sites.]

*Available with an NHS OpenAthens password for eligible users*

**[Work-Life Integration: Blending Work and Personal Time Successfully.](#)**

Mind Tools; 2020.

<https://www.mindtools.com/pages/article/work-life-integration.htm>

[In contrast to work-life balance, work-life integration isn't about managing conflicting demands on your time and energy. Work-life integration is about managing your schedule in a way that accommodates the ever-changing needs of your organization without forcing you to sacrifice the important things in your personal life.]

*Freely available online*

**[Working From Home: Balancing Productivity and Well-Being.](#)**

Mind Tools; 2020.

<https://www.mindtools.com/pages/article/working-from-home.htm>

[In this article, we explore the possibilities offered by home working, and navigate a path through the pitfalls.]

*Freely available online*

## Consultation

### [Reducing bureaucracy in the health and social care system: call for evidence.](https://www.gov.uk/government/consultations/reducing-bureaucracy-in-the-health-and-social-care-system-call-for-evidence)

Department of Health and Social Care (DHSC); 2020.

<https://www.gov.uk/government/consultations/reducing-bureaucracy-in-the-health-and-social-care-system-call-for-evidence>

[Open consultation. If you work in health or social care, or did until recently, we want your views on how to get rid of 'unnecessary bureaucracy' – tasks and processes that need a lot of work but add little value. This consultation closes at 11:59pm on 13 September 2020.]

*Freely available online*

## Blogs and video

### [Compassionate Leadership](#)

Michael West, 2020

The Kings Fund

### [Creating a safe learning environment in a virtual world](#)

Jo Odell, 2020

FoNS

### [Person-centredness COVID-19 and Me](#)

Brendan McCormack; 2020

Centre for Person-centred Practice Research

### [This is not the right time for a wholesale NHS reorganisation](#)

Anna Charles; 2020

BMJ Opinion

## Events and Courses

### [Championing the Cascade of Resilience Based Clinical Supervision- Individual Programme](#)

FoNS:2020

Are you interested in enhancing the well-being of staff and therefore the experience of care for patients, residents and service users? If so, would you like to Champion the implementation of Resilience Based Clinical Supervision within your team, care home, hospice, unit, organisation etc?

The FoNS new programme can help you to achieve this. The programme will be delivered virtually (Zoom or Microsoft Teams) by FoNS facilitators to a small group of participants (Champions), giving you the opportunity to learn with and from each other.

Click [here](#) to find out more, or email [RBCS@fons.org](mailto:RBCS@fons.org) to book your place.

### **Advance Practice Virtual conference: Mon 9<sup>th</sup> and 12<sup>th</sup> November 2020**

The annual free to attend collaborative event brings together practitioners, educators, employers and researchers from across the country to share best practice, collaborate, network and to hear the latest news about how advanced practice is helping to deliver the national healthcare agenda. Read more [here](#).

### **RCN Education Forum National Conference & Exhibition 2021- April 20-21<sup>st</sup> 2021**

In a year where Coronavirus has presented the greatest global health crisis of our time, this conference will provide an opportunity for reflection and showcase how the nursing profession has prepared and responded in a pandemic. Abstracts open for this event until 27<sup>th</sup> September. Read more [here](#)

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