

Current awareness for Nursing

Recent guidelines and reports, articles and websites

June 2021

Items relating specifically to Covid-19 start on page 5.

Guidelines

[Atrial fibrillation: diagnosis and management. NICE guideline \[NG196\].](#)

National Institute for Health and Care Excellence (NICE); 2021

[The updated guideline addresses several areas where new evidence has become available since publication of the previous guideline in 2014. These include the use of tools to calculate the risk of bleeding when considering the use of anti-clotting drugs (anticoagulants), the role of newer anti-clotting drugs, and the use of treatments that aim to destroy or isolate the abnormal sources of electrical impulses in the heart that may be driving AF (ablation). Updated again on June 10th.]

[Parafricta Bootees and Undergarments to reduce skin breakdown in people with or at risk of pressure ulcers.](#)

National Institute for Health and Care Excellence (NICE); 2021.

<https://www.nice.org.uk/guidance/mtg20>

[Evidence-based recommendations on Parafricta Bootees and Undergarments to reduce skin breakdown in people with or at risk of pressure ulcers. In May 2021, NICE updated this guidance to include evidence from 2 new published studies of Parafricta. Details of the changes are explained in the review decision. New evidence identified during the guidance review is marked with [2021]. There are no changes to the recommendations.]

[Preparing doses of vaccines using aseptic non-touch technique \(ANTT\).](#)

Specialist Pharmacy Service (SPS); 2021.

<https://www.sps.nhs.uk/articles/preparing-doses-of-vaccines-using-aseptic-non-touch-technique-antt/>

[Aseptic non-touch technique minimises the risk of contamination transfer to critical surfaces during manipulations. It should be used during vaccine preparation and assembly.]

Freely available online

Reports

The following report(s) may be of interest:

[A new strategy for the changing world of health and social care - CQC's strategy from 2021.](#)

Care Quality Commission (CQC); 2021.

<https://www.cqc.org.uk/about-us/our-strategy-plans/new-strategy-changing-world-health-social-care-cqcs-strategy-2021>

[CQC sets out its ambitions under four themes: people and communities, smarter regulation, safety through learning, and accelerating improvement.]

Freely available online

[Internet-based cognitive and behavioural therapies for post-traumatic stress disorder \(PTSD\)](#)

[Post-traumatic stress disorder, or PTSD, is a common mental illness that can occur after a serious traumatic event. An alternative is to deliver psychological therapy on the Internet, with or without guidance from a therapist. Analyses including 10 studies found that I-C/BT was more effective than no therapy (waiting list), at reducing PTSD. However, the quality of the evidence was very low, which means we have very little confidence in this finding.]

National patient safety syllabus 2.0.

Health Education England (HEE); 2021.

<https://www.hee.nhs.uk/our-work/patient-safety>

[Written by the Academy of Medical Royal Colleges and commissioned by HEE, the new National Patient Safety Syllabus outlines a new approach to patient safety emphasising a proactive approach to identifying risks to safe care while also including systems thinking and human factors. The syllabus applies to all NHS employees and will result in all NHS employees receiving enhanced patient safety training.]

Freely available online

SACN report: lower carbohydrate diets for type 2 diabetes.

Public Health England (PHE); 2021.

<https://www.gov.uk/government/publications/sacn-report-lower-carbohydrate-diets-for-type-2-diabetes>

[The Scientific Advisory Committee on Nutrition (SACN) report on lower carbohydrate diets for adults with type 2 diabetes.]

Freely available online

Wrong site surgery - wrong patient: invasive procedures in outpatient settings.

Healthcare Safety Investigation Branch (HSIB); 2021.

<https://www.hsib.org.uk/investigations-cases/wrong-site-surgery-wrong-patient/>

[Report, based on national investigation triggered by case of 39-year old woman who received colposcopy meant for another patient, calls for better system of safety measures to make sure patients are not mixed up and given wrong invasive procedure during outpatient appointments.]

Freely available online

Websites

Test of Competence 2021.

Nursing and Midwifery Council (NMC); 2021.

<https://www.nmc.org.uk/registration/joining-the-register/toc/toc-review/>

[This August, the NMC is introducing the updated Test of Competence (ToC) reflecting the new standards for nurses and midwives. It has created a dedicated ToC web hub with all of the information candidates need. Candidates can find test specifications, blueprints, handbooks, practice tests and more.]

Freely available online

Articles

The following article(s) may be of interest:

A question of identity.

Foster S. *British Journal of Nursing* 2021;30(10):619.

[I came across a blog by Edward Leigh, of the Center for Healthcare Communication, in which he addressed the habit that some health professionals have of addressing patients by nicknames or terms of endearment. He pointed out how offended many patients are by this: 'The lyrics to Janet Jackson's song, Nasty, includes this line, "No, my first name ain't baby, it's Janet. Ms. Jackson if you're nasty." Miss Jackson doesn't like being called, "baby," and neither do a lot of patients.']

Available with an NHS OpenAthens password for eligible users

[Acute urinary retention: patient investigations and treatments.](#)

Nazarko L. *British Journal of Nursing* 2021;30(9):S4-S7.

[Acute urinary retention (AUR) is the sudden inability to pass urine. AUR is more common in men and older men are at highest risk. The most common causes are obstructive in nature—prostatic hyperplasia is responsible for more than half the cases of AUR in men. AUR can also be caused by infection, inflammation, and by iatrogenic and neurological problems. This article outlines how AUR is diagnosed and treated.]

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[Blood transfusions: ensuring patient safety](#)

Hill B. *British Journal of Nursing* 2021;30(9):520-524.

[A blood transfusion is a clinical procedure involving the transfer of whole blood, or one of its components, from a donor to a recipient. Careful donor selection, processing, storage and distribution of blood products by healthcare staff is required to ensure safe and effective blood transfusion practice. However, the British Society for Haematology (BSH) (2017) has identified that errors still occur in the requesting, collection and administration of blood components.]

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[Decision-making in uncertain times.](#)

The King's Fund; 2021.

<https://www.kingsfund.org.uk/publications/decision-making-uncertain-times>

[How do leaders approach decision-making when the challenges they face seem so intractable and the context so uncertain? Thinking clearly, acting wisely, and staying healthy must be goals for anyone leading anything at the moment, but complex and uncertain times can make these goals hugely challenging to realise. 2 minutes read.]

Freely available online

[Development and validation of REAGERA-P, a new questionnaire to evaluate health care provider preparedness to identify and manage elder abuse.](#)

Simmons J. *BMC Health Services Research* 2021;21(1):473.

[REAGERA-P is a new questionnaire that can be used to evaluate health care provider preparedness to identify and manage cases of elder abuse, including educational interventions conducted among staff to improve health care responses to victims of elder abuse. This initial testing of the questionnaire indicates that the REAGERA-P has good validity.]

[Effect of Ultrashort-Acting beta-Blockers on Mortality in Patients With Sepsis With Persistent Tachycardia Despite Initial Resuscitation: A Systematic Review and Meta-analysis of Randomized Controlled Trials.](#)

Hasegawa D. *Chest* 2021;159(6):2289-2300.

[The use of ultrashort-acting β -blockers such as esmolol and landiolol in patients with sepsis with persistent tachycardia despite initial resuscitation was associated with significantly lower 28-day mortality.]

Contact the library for a copy of this article

[Effects, barriers and facilitators in pre-discharge home assessments to improve the transition of care from the inpatient care to home in adult patients: an integrative review.](#)

Kirchner-Heklau U. *BMC Health Services Research* 2021;21(1):540.

[There is no evidence from the meta-analysis for the effectiveness of PDHA. Further robust studies are needed to adapt and evaluate PDHA interventions, taking the identified stakeholders' views on PDHA into account and following the current recommendations for the development and evaluation of complex interventions.]

[Making the NHS safer: learning from case reports and investigations.](#)

Tingle J. *British Journal of Nursing* 2021;30(10):616-617.

[The NHS in England has what can be termed a patient-safety-policy development, guidance-implementation roundabout. Successive governments have brought in many commendable patient safety policies and guidance publications. Some of these, however, can be seen to have fallen on fallow ground in parts of the NHS. In some places there is a stubborn and persistent reluctance to change healthcare practices, even in the light of adverse patient safety events occurring.]

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[Nutrition and oncology: best practice and the development of a traffic light system.](#)

Atkinson E. *British Journal of Nursing* 2021;30(10):S16-S23.

[Malnutrition is common in oncology patients, with age, disease stage and tumour type all influencing malnutrition risk. There are several detrimental effects of malnutrition in oncology patients, including weight loss, which is associated with negative oncological outcomes, and reduced survival. The causes of malnutrition in this group may be multifactorial and include effects from the tumour itself, altered metabolism, increased nutritional requirements, and cancer treatments.]

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[Obesity: the biggest public health challenge facing nursing this century.](#)

Newland R. *British Journal of Nursing* 2021;30(10):608-610.

[Obesity and overweight is arguably the largest and most complex non-communicable disease of the 21st century, threatening future progress in reducing preventable ill health, premature death and addressing unacceptable health inequalities in the UK. Around two-thirds (63%) of adults are above a healthy weight and, of these, half are living with obesity. In England, one in three children leaving primary school are overweight or living with obesity.]

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[Potentially inappropriate prescribing and its associations with health-related and system-related outcomes in hospitalised older adults: A systematic review and meta-analysis.](#)

Mekonnen AB. *British Journal of Clinical Pharmacology* 2021;:doi.org/10.1111/bcp.14870.

[Review of 63 studies found that potentially inappropriate prescribing (PIP) was associated with an increased risk of adverse drug related hospital admissions (OR 1.91, 95%CI 1.21-3.01), functional decline (1.60, 1.28-2.01) and adverse drug reactions and events (1.26, 1.11-1.43).]

Freely available online

[Securing a sustainable and fit-for-purpose UK health and care workforce.](#)

Anderson M. *The Lancet* 2021;397(10288):1992-2011.

[This Health Policy paper calls for multidisciplinary working, enhanced career development opportunities, promoting staff wellbeing, pay increases and tackling discrimination to improve the recruitment, retention, and morale of NHS staff.]

Available with free registration

[Self-worth and bonding emotions are related to well-being in health-care providers: a cross-sectional study.](#)

Weilenmann S. *BMC Medical Education* 2021;21(1):290.

[Interacting with patients can elicit a myriad of emotions in health-care providers. This may result in satisfaction or put providers at risk for stress-related conditions such as burnout. The present study attempted to identify emotions that promote provider well-being. Following eudaimonic models of well-being, we tested whether certain types of emotions that reflect fulfilment of basic needs rather than positive emotions in general (as suggested by hedonic models) are linked to well-being.]

Freely available online

[Systematic review and meta-analysis of interventions for operating room to intensive care unit handoffs.](#)

Abraham J. *BMJ Quality & Safety* 2021;30(6):513-524.

[Discussion: Bundled interventions were commonly used to support operating room (OR) to intensive care unit (ICU) handoff standardisation. Although the meta-analysis showed significant improvements for a number of clinical and process outcomes, the statistical and clinical heterogeneity must be accounted for when interpreting these findings. Implications for OR to ICU handoff practice and future research are discussed.]

[Understanding what matters most to patients in acute care in seven countries, using the flash mob study design.](#)

van den Ende ES. *BMC Health Services Research* 2021;21(1):474.

[The priorities for acutely admitted patients were ostensibly disease- and care-oriented and thus in line with the hospitals' own priorities. However, answers to why these were important were diverse, more personal, and often

related to psychological well-being and relations. A large group of patients felt their treating doctor did not know what mattered most to them.]

[Will the NHS ever get its complaints system right?](#)

Tingle J. *British Journal of Nursing* 2021;30(9):558-559.

[The author discusses several reports relating to NHS complaint handling. Nobody likes being the subject of a complaint. It can cause distress, anxiety, loss of self-esteem and confidence. Human nature leads us to becoming more defensive. All this is compounded when the healthcare environment you practise in manifests a blame culture and then things go from bad to worse.]

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Covid-19

Guidelines

[American College of Rheumatology Guidance for COVID-19 Vaccination in Patients With Rheumatic and Musculoskeletal Diseases: Version 1.](#)

Curtis JR. *Arthritis & Rheumatology* 2021;:doi.org/10.1002/art.41734.

[Despite a paucity of direct evidence, 74 draft guidance statements were developed by the task force and agreed upon with consensus to provide guidance for use of the COVID-19 vaccines in RMD patients and to offer recommendations regarding the use and timing of immunomodulatory therapies around the time of vaccination.]

Freely available online

[Management of patients presenting to the Emergency Department/ Acute Medicine with symptoms 5-42 days post Astra Zeneca vaccine](#)

Royal College of Physicians (RCP); 2021.

<https://www.rcem.ac.uk/docs/Policy/Vaccine%20pathway%20concerns%20-%20RCEM.SAM.RCP%20guidance.pdf>

[VITT is a rare disorder occurring after COVID-19 vaccination that leads to blood clots in multiple organ sites. If left untreated, the risk of death is over 50%.]

Freely available online

Toolkit

[How to talk about vaccines.](#)

World Health Organization (WHO); 2021.

<https://www.who.int/news-room/feature-stories/detail/how-to-talk-about-vaccines>

[Advice on how to approach conversations with those reluctant to have a vaccination. This article is focused on discussing COVID-19 vaccines but its core lessons are relevant to other vaccines.]

Freely available online

Articles

[An obesity strategy to reduce COVID-19 morbidity and mortality.](#)

Glasper A. *British Journal of Nursing* 2021;30(10):612-614.

[In 2020 Prime Minister Boris Johnson launched a series of policy initiatives as part of his government's new obesity strategy. The prime minister himself was admitted to an intensive care unit after being infected with the SARS-CoV-2 coronavirus and succumbing to COVID-19. Following his successful treatment and discharge from hospital he acknowledged that his deterioration was probably linked to his own excess body weight.]

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[Characteristics and predictors of acute and chronic post-COVID syndrome: A systematic review and meta-analysis.](#)

EClinical Medicine, *The Lancet*; 2021.

[https://www.thelancet.com/journals/lanrhe/article/PIIS2665-9913\(21\)00148-X/fulltext](https://www.thelancet.com/journals/lanrhe/article/PIIS2665-9913(21)00148-X/fulltext)

[A significant proportion of individuals experience lingering and debilitating symptoms following acute COVID-19

infection. NICE have coined the persistent cluster of symptoms as post-COVID syndrome. The aim of this review was to detail the prevalence of clinical features and identify potential predictors for acute and chronic post-COVID syndrome.]

Freely available online

[Do not attempt resuscitation decisions during the COVID-19 pandemic.](#)

Glasper A. *British Journal of Nursing* 2021;30(9):562-563.

[A report published by the Care Quality Commission (CQC) in March 2021 found concerning variations in how 'do not attempt cardiopulmonary resuscitation' (DNACPR) decisions have been applied during the pandemic. The CQC found that some people and/or their relatives had not been properly involved in DNACPR decisions, or were unaware that such an important judgement about their care had been made (CQC, 2021).]

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[Inequalities in healthcare disruptions during the Covid-19 pandemic: Evidence from 12 UK population-based longitudinal studies.](#)

medRxiv; 2021.

<https://www.medrxiv.org/content/10.1101/2021.06.08.21258546v1>

[The research, led by UCL and the University of Glasgow, found further evidence that minority ethnic groups were more likely to have their healthcare affected by the Covid crisis than white people, with the combined results of the 12 studies suggesting minority ethnic groups reported 19% more problems during the epidemic. This article is a preprint and has not been certified by peer review.]

Freely available online

[Risk of clinical sequelae after the acute phase of SARS-CoV-2 infection: retrospective cohort study.](#)

Daugherty SE. *BMJ* 2021;373:n1098.

[The results indicate the excess risk of developing new clinical sequelae after the acute phase of SARS-CoV-2 infection, including specific types of sequelae less commonly seen in other viral illnesses.]

[Therapeutic versus prophylactic anticoagulation for patients admitted to hospital with COVID-19 and elevated D-dimer concentration \(ACTION\): an open-label, multicentre, randomised, controlled trial.](#)

Lopes RD. *The Lancet* 2021; [https://doi.org/10.1016/S0140-6736\(21\)01203-4](https://doi.org/10.1016/S0140-6736(21)01203-4).

[In patients hospitalised with COVID-19 and elevated D-dimer concentration, in-hospital therapeutic anticoagulation with rivaroxaban or enoxaparin followed by rivaroxaban to day 30 did not improve clinical outcomes and increased bleeding compared with prophylactic anticoagulation. Therefore, use of therapeutic-dose rivaroxaban, and other direct oral anticoagulants, should be avoided in these patients in the absence of an evidence-based indication for oral anticoagulation.]

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