

# Current awareness for Nursing

## Recent guidelines and reports, articles and websites

### May 2021

Items relating specifically to Covid-19 are on page 6.

### Guidelines

The following guideline(s) may be of interest:

#### [Management of vaccine-induced thrombosis and thrombocytopenia](#)

Royal College of Surgeons (RCS); 2021.

<https://www.rcseng.ac.uk/coronavirus/vaccine-induced-thrombosis-guidance/>

[There are increasing reports of a rare adverse event of thrombosis and thrombocytopenia following the first dose of the AstraZeneca COVID-19 vaccine, a syndrome labelled vaccine-induced thrombotic thrombocytopenia syndrome (VITT). The colleges and surgical specialty associations have produced guidance on the features and management of VITT, taking into account vascular, gastrointestinal and neurosurgical considerations.]

*Freely available online*

#### [Patient Group Directions for repeat supply/administration of medicines.](#)

Specialist Pharmacy Service (SPS); 2021.

<https://www.sps.nhs.uk/articles/what-is-the-advice-on-the-use-of-pgds-for-supply-of-repeat-contraception-or-repeat-supplyadministration-of-any-other-medication/>

[The preferred way for individuals to receive medicines is for trained health professionals to prescribe for individuals on a one-to-one basis. The intent of this statement is to help ensure that medicines are only ever supplied in circumstances using a PGD when it is appropriate and legal.]

*Freely available online*

### Reports

The following report(s) may be of interest:

#### [Advanced Therapies NHS Readiness Toolkit.](#)

ATTC Network; 2021.

<https://www.theattcnetwork.co.uk/advanced-therapies-nhs-readiness-toolkit>

[The NHS readiness toolkit provides resources for healthcare organisations that are working towards the delivery of advanced therapies for patients. The toolkit is intended for senior hospital management, operational managers, clinicians, pharmacists, nurses, laboratory teams and others involved in the delivery of advanced therapies.]

*Freely available online*

#### [Being overweight is linked with an increased risk of dementia in new research.](#)

NIHR Evidence; 2021.

<https://evidence.nihr.ac.uk/alert/overweight-linked-increased-risk-dementia/>

[People who carry excess weight in midlife have an increased risk of developing dementia, suggests new research from the long-running English Longitudinal Study of Ageing (ELSA). This study included people aged over 50 and

followed them for an average of 11 years. Overall, those who were obese at the start of the study had a risk of dementia one-third higher (34% increase) than people with normal weight. Women who carried extra weight around their waistline were particularly vulnerable.]

*Freely available online*

### **[Getting up after a fall: training could encourage older people to get themselves back up.](#)**

NIHR Evidence; 2021.

<https://evidence.nihr.ac.uk/alert/getting-up-after-a-fall-training-could-encourage-older-people-to-get-themselves-back-up/>

[Most research into falls looks at how to prevent them from happening. The authors of this study wanted instead to understand more about getting up from a fall. They explored attitudes towards older people getting up by themselves and looked at measures that could encourage them to try. Teaching getting-up techniques to older people and giving them clear sources of advice would be helpful. Interventions should take the older person's environment, physical ability, and confidence into account.]

*Freely available online*

### **Cochrane Evidence**

- [Author interview: Stopping long-term antidepressants in people with depression or anxiety](#)
- [Probiotics to prevent gestational diabetes mellitus](#)
- [PARP inhibitors for locally advanced or metastatic breast cancer](#)
- [Psychosocial interventions for adults who self-harm](#)

*Freely available online*

### **[Higher Development Award: a personal development programme for support workers.](#)**

NHS Employers; 2021.

<https://www.nhsemployers.org/case-studies-and-resources/2021/04/higher-development-award-a-personal-development-programme-for-support-workers>

[Case study. The Higher Development Award (HDA) is a personal development programme for support workers that enables clinical and non-clinical support workers to build on their knowledge. It gives them tools to increase awareness of how their role can improve patient outcomes. Since the programme was developed, more than 300 learners have gone through it in London and it is now expanding into other regions.]

*Freely available online*

### **[LSE–Lancet Commission on the future of the NHS: re-laying the foundations for an equitable and efficient health and care service after COVID-19.](#)**

London School of Economics and Political Science (LSE); 2021.

<https://www.lse.ac.uk/health-policy/research/LSE-Lancet-Commission>

[Reporting after three years, the Commission describes how although the NHS is internationally held up as a leading example of universal health care, the health of the UK population lags behind that of other high-income countries. Their report makes seven core recommendations, setting out a long-term vision for the NHS that re-lays the foundations for a better, fairer health and care service.]

*Freely available online*

### **[Multiple long-term conditions \(multimorbidity\): making sense of the evidence.](#)**

NIHR; 2021

Briefing to make sense of the evidence around this important challenge facing health service. People with multiple conditions are more likely to have poorer health, poorer quality of life and a higher risk of dying than those in the general population. Some combinations of mental and physical diseases are associated with especially poor outcomes. Despite considerable diversity in their disease profile and circumstances, people with multiple conditions frequently share common problems. They may have reduced mobility, chronic pain, shrinking social networks, incapacity to engage with work, and lower mental wellbeing. To date, these problems have not been well-addressed by services or research. People with multiple conditions want greater service integration, more person-centred, holistic care, and better support for mental wellbeing.

There is also [a blog](#) on the topic by Candace Imison.

*Freely available online*

### [National Audit of Inpatient Falls – Audit report 2020](#)

Healthcare Quality Improvement Partnership; 2021

Falls are the most common incident affecting hospital inpatients, and one of their most serious consequences is a hip fracture. This report covers 2020 England and Wales facilities audit data and is supported by National Hip Fracture Database (NHFD) clinical audit data from 1 January to 31 December.

### [Quality improvement made simple: What everyone should know about health care quality improvement](#)

Health Foundation; 2021.

<https://www.health.org.uk/publications/quality-improvement-made-simple>

[This guide focuses on quality improvement, which involves the use of a systematic and coordinated approach to solving a problem using specific methods and tools with the aim of bringing about a measurable improvement within a health care setting.]

*Freely available online*

### [Research Briefing: Distance learning.](#)

Parliamentary Office of Science and Technology (POST); 2021.

<https://post.parliament.uk/research-briefings/post-pn-0639/>

[Distance learning is a way of studying without the learner being physically present in a classroom. It can be fully remote or 'blended' with in-person learning and is now usually underpinned by the use of digital technologies and resources. During the COVID-19 pandemic, there has been a rapid switch to distance learning. This POSTnote provides an overview of current trends in distance learning, evidence on key challenges and opportunities and potential future developments.]

*Freely available online*

## Articles

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

### [Biofilm and catheter-related bloodstream infections.](#)

Wolcott R. *British Journal of Nursing* 2021;30(8):S4-S9.

[Careful attention to detail and adherence to procedure guidelines when inserting and managing intravascular catheters has decreased the incidence of catheter-related bloodstream infections (CRBSIs). In order to limit these, health professionals must understand the underlying microbiology. Biofilms can explain the clinical findings most often seen with CRBSIs, yet they are poorly understood within medicine.]

*Available with an NHS OpenAthens password for eligible users*

### [Developing a just culture in the NHS.](#)

Tingle J. *British Journal of Nursing* 2021;30(8):500-501.

[The author discusses several reports on developing a just culture in the NHS. Over the years there have been several buzzwords and phrases in the NHS—patient advocacy, accountability, clinical governance, to name but a few. These terms focused attention on certain issues with many study days and articles. They are general, open-ended terms and various meanings can be ascribed to them. In a sense, they can mean whatever we want them to mean.]

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### [Effectiveness of a group intervention to reduce the psychological distress of healthcare staff: a pre-post quasi-experimental evaluation.](#)

Dawson J. *BMC Health Services Research* 2021;21(1):392.

[Work stress and compassion fatigue are prevalent among healthcare staff and their negative effects on staff well-being and patient care are well-known. This paper reports on the implementation and evaluation of Schwartz Rounds® (Rounds) in UK healthcare organizations, predominantly part of the National Health Service (NHS). Rounds attendance was linked to a 19% reduction in psychological distress adjusting for covariates.] *Freely available online*

### [Efficacy of an implementation package on documentation of central venous catheter insertions: an observational study.](#)

Linné E. *BMJ Open Quality* 2021;10(2):DOI: 10.1136/bmj-oq-2020-001155.

[Background: Proper documentation of central venous catheter (CVC) insertions in electronic healthcare records is the basis for good follow-up and quality assurance...The aim of the present study was to estimate the effect of the implementation package by assessing the proportion of missing data before and after the introduction of the implementation package. Conclusion: The implementation package was highly effective in increasing the proportion of fully documented CVC insertions.] *Freely available online*

#### [Enhancing empathy through experiential learning — assisting patients to eat and drink.](#)

*British Journal of Healthcare Assistants 2021*;:https://doi.org/10.12968/bjha.2021.15.3.138.

[This article focuses on the skills required to assist a patient to eat and drink, and is another in a series of articles that has the aim of enhancing empathy through experiential learning.]

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#### [Evaluation of the safety of inter-hospital transfers of critically ill patients led by advanced critical care practitioners.](#)

Denton G. *British Journal of Nursing 2021*;30(8):470-476.

[Ten thousand inter-hospital transfers of critically ill adults take place annually in the UK. Studies highlight deficiencies in experience and training of staff, equipment, stabilisation before departure, and logistical difficulties. This article is a quality improvement review of an advanced critical care practitioner (ACCP)-led inter-hospital transfer service.]

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#### [Explaining nursing attrition through the experiences of return-to-practice students: a mixed-methods study.](#)

Garside J. *British Journal of Nursing 2021*;30(8):490-496.

[Nurse shortage is an international issue that has adverse effects on health and the quality of care of whole populations. The study aimed to explore attrition experienced by return-to-practice students attending higher education institutions in England.]

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#### [Fair Play: Application of Normalized Scoring to Emergency Department Throughput Quality Measures in a National Registry.](#)

Venkatesh A. *Annals of Emergency Medicine 2021*;77(5):501-510.

[Application of a weighted standardized (z score) approach to ED throughput measurement resulted in a more balanced variation between different ED group types and reduced distortions in the length-of-stay measurement among ED groups staffing high-volume EDs. This approach may be a more accurate and acceptable method of profiling ED group throughput pay-for-performance programs.] *Contact the library for a copy of this article*

#### [Midline venous catheters as an alternative to central line catheter placement: a product evaluation.](#)

Carr A. *British Journal of Nursing 2021*;30(8):S10-S18.

[Midline catheters have emerged as a successful alternative to peripheral venous catheters (PVCs) and central venous catheters (CVCs) in select patients. Midline catheters allow for greater duration of access when compared with PVCs and avoid the critical complications associated with CVCs. This article describes the implementation of the Powerwand® midline at a large paediatric tertiary care facility in acute and intensive care settings, and presents illustrative cases of the catheter in use.]

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#### [Practice makes perfect?](#)

Foster S. *British Journal of Nursing 2021*;30(8):503.

[The author considers how adapting nurse education during the pandemic has boosted interest in the role of practice simulation. Applications for nursing programmes in the UK are reported to have risen by 32% this year, with more than 60 000 people expressing an interest in joining our profession (Ford, 2021). The Chief Nurse of Health Education England (HEE) said: 'The tireless and outstanding commitment of all our nurses over the past year ... is the best advert for the nursing profession.']

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#### [The rising costs of bullying. \[Comment\]](#)

Barber C. *British Journal of Nursing* 2021;30(8):460.

[An article I wrote for the BJN in 2012 stated: 'It is likely that many nurses have come into contact with bullying at some point in their careers, either as victims or as perpetrators.' Barber, 2012. This claim was taken from an article on the deliberate use of bullying as a management tool by nurses engaged in either clinical practice or management roles, or both, and I believe that the time is right to re-visit and update the original article.]

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### [The effectiveness of physical exercise interventions in the management of neuropsychiatric symptoms in dementia patients: a systematic review.](#)

Kouloutbani K. *International Psychogeriatrics* 2021;Online ahead of print:1-14.

[There is clear evidence that physical activity and especially aerobic exercise may be effective in the management of NPS. However, it is necessary to apply specific practical recommendations and specially designed programs to incorporate physical exercise into the daily routine of these patients.]

*Contact the library for a copy of this article*

### [Use of dry dressings for central venous access devices \(CVADs\) to decrease central line-associated blood stream infections \(CLABSI\) in a trauma intensive care unit \(ICU\).](#)

Paquet F. *British Journal of Nursing* 2021;30(8):S37-S42.

[This article reports the results of a pre-post study conducted in a trauma-medical-surgical intensive care unit (ICU) regarding dressings of central venous access devices (CVADs) for the reduction of central line-associated blood stream infection (CLABSI) and improvement of adherence and integrity of the dressing. Available evidence indicates that dry dressings changed every 48 hours are equivalent to transparent dressings, changed when soiled or loose, or routinely every seven days.]

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### [Using the ABCDE approach for all critically unwell patients.](#)

*British Journal of Healthcare Assistants* 2021;:https://doi.org/10.12968/bjha.2021.15.2.84.

[The ABCDE approach is a systematic approach that must be used for all critically unwell or/and deteriorating patients. This article provides an overview of the underlying principles with a general overview that may be used for any unwell adult patient. Understanding the key issues discussed can assist the healthcare worker in preparing for emergency situations.]

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### [Vascular access care in patients with multimorbidity.](#)

Armenteros-Yeguas V. *British Journal of Nursing* 2021;30(8):S26-S35.

[More than half of patients with multimorbidity require intravenous therapy during their hospital stay. The aims of this study are to describe difficult intravenous access (DIVA) and vascular access care provided to this patient population and to explore the differences between easy and DIVA groups.]

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## Podcasts

### Cochrane Connect Podcasts

- [Prevention of blood clots in non-hospitalised cancer patients receiving chemotherapy](#)
- [How accurate is chest imaging for diagnosing COVID-19?](#)
- [Opioids for newborns receiving mechanical ventilation](#)
- [How accurate are rapid tests for diagnosing COVID-19?](#)
- [Let's talk e-cigarettes Podcast](#)

## Survey

### Engaging with CQC

After 27 May, you will be able to visit [their website](#) to read their full strategy document and you can find more opportunities to feedback on their [digital engagement platform](#).

[Share your views on CQC's approach during the pandemic.](#)

[Share your view on how CQC communicates with health and social care providers and professionals](#)

## Video

[International nurses day video from the RCN](#)

## Covid-19

### Guidelines

#### COVID-19: long-term health effects.

Public Health England (PHE); 2021.

<https://www.gov.uk/government/publications/covid-19-long-term-health-effects>

[Information and guidance on persistent health problems reported following acute COVID-19 disease. There is accumulating evidence to suggest that cases of coronavirus (COVID-19) who have experienced both mild and severe symptoms can experience long-term health effects. This document provides information on the health problems reported in COVID-19 cases following acute disease, and guidance for healthcare professionals on how to advise recovering COVID-19 patients.]

*Freely available online*

### Reports

#### Assessing England's response to Covid-19: A framework.

The King's Fund; 2021.

<https://www.kingsfund.org.uk/publications/assessing-englands-response-covid-19>

[Learning the lessons from Covid-19 would allow England to better prepare for future pandemics, and understand the weaknesses and strengths of health, care and public health systems. This framework sets out a structure to help untangle the complicated interactions between different elements of the response in England.]

*Freely available online*

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