This is a current awareness bulletin for the Somerset NHS health community. The aim is to publish fortnightly and to include key information and news from across the broad spectrum of health disciplines in order to inform practice and promote evidence-based healthcare. It represents only a small percentage of all the published information and the content is not necessarily being endorsed.

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We welcome any feedback about the content or format and are happy to receive items for inclusion. Please contact library@tst.nhs.uk

The current issue of this Alert, together with the Archive of previous issues is available via the Library web pages on the Musgrove Park Hospital Intranet.

Health Reports, Documents & News

The autumn statement: NHS funding
This briefing from The Kings Fund looks at the huge pressures facing the NHS and says that without the additional £2 billion, staff numbers will be cut, waiting times will rise and quality of care will deteriorate, leaving patients to bear the cost.
Briefing

The return of PFI – will the NHS pay a higher price for new hospitals?
This report from the Centre for Health and Public Interest claims that the Government’s Private Finance 2 initiative is likely to divert more resources away from the NHS in England than the original Private Finance Initiative. It warns that Private Finance 2 deals are likely to be more expensive than existing PFI deals.
Report
Urgent and important: the future for urgent care in a 24/7 NHS
This report from Care UK makes eight recommendations to improve standards and ensure the most efficient use of resources. The recommendations aim to give the out of hours sector a stronger position through a more tailored and informed approach to workforce development, communication, commissioning and delivery.
Read more and download Report

Improving the experience of care for cancer patients
This introductory guide from NHS Improving Quality aims to help cancer teams and professionals at all levels within a Trust to drive continual improvement in patient experience, using tried and tested tools and techniques.
Guide

Improving quality in general practice
This evidence scan from The Health Foundation was initially commissioned to inform attendees at the National Summit on Quality in General Practice, where the theme of the day was 'Sustaining and improving the quality of general practice'
Evidence Scan

Values based recruitment behaviour framework
This framework from NHS Employers gives examples of behaviours which do and do not align with the values of the NHS Constitution.
Behaviour framework

New to the NHS? Your guide to using social media
For those new to working in the NHS, it’s important to understand how social media is impacting on the way healthcare is planned, delivered and discussed. This is the latest guide from NHS Employers specifically aimed at new starters.
Guidance

Undermining toolkit
The undermining toolkit is an RCOG/Royal College of Midwives (RCM) initiative to address the challenge of undermining and bullying behaviour in maternity and gynaecology services
RCOG toolkit

Accident and emergency survey 2014
The results of this annual patient survey by the Care Quality Commission finds that 80 per cent report a good A&E experience, but there are still problems with patient discharge and people waiting too long for pain relief.
Read more and download Survey

Reforming the payment system for NHS services: supporting the Five Year Forward View
This paper from Monitor and NHS England describes how the NHS payment system could begin to look from 2020. It sets out several payment approaches that Monitor and NHS England want to develop further with NHS providers and commissioners, including those in social and primary care
Read Paper

Going home alone: counting the cost to older people and the NHS
This report, written by the Royal Voluntary Service in association with The King's Fund, argues that older people returning home from hospital without enough support are more than twice as likely to be readmitted within three months.
Report
Press release

I'm still me: a narrative for coordinated support for older people
This document from National Voices, produced in collaboration with UCLPartners and Age UK, sets out how integrated care and support looks and feels to older people and is written from their point of view.
Read Document
The bigger picture: understanding disability and care in England’s older population
This project from the Strategic Society Centre explores disability and care at a national, regional and local authority level in England.

Research
Discussion paper

Overcoming obesity: an initial economic analysis
This discussion paper from McKinsey & Company brings together a range of case studies and examples of obesity interventions from around the world and presents them with an initial assessment of their cost-effectiveness.

Report
Summary

Managing quality in community health care services
This report from the King’s Fund presents findings from a small-scale study into how quality is managed in community services. It explores how community care providers define and measure quality and recommends important next steps to support better measurement and management of quality.

Report
Summary

Exploring international acute care models
This report from Monitor looks at acute service line models in countries other than England to help inform and support the current thinking on potential new models of care in the NHS. It focuses on how these service models work in other health systems.

Report

Examining new options and opportunities for providers of NHS care: The Dalton Review
The Dalton review was set by the Secretary of State for Health to look at new options and opportunities to help the best leaders and organisations in the NHS to do more for patients.

Report
Summary

Now more than ever: why pharmacy needs to act
The Nuffield Trust has published ‘Now more than ever: why pharmacy needs to act’. This report, commissioned by the Royal Pharmaceutical Society sets out an assessment of progress over the last year in moving pharmacy towards a wider, care-giving role. It finds that NHS leaders are increasingly accepting the vision of pharmacists as a sometimes more efficient alternative to general practice and A&E as a first point of contact, however progress is still localised. The report sets out the obstacles stopping further progress, including the fragmentation of pharmacy leaders and a lack of ambition in reforming the national contract. It concludes with recommendations about how pharmacists and commissioners will need to change in order to ensure that pharmacists assume a central role in the development of new models of health and social care.

Read more and download Report

Pregnant women urged to have flu vaccination
Following the publication of national maternal deaths report, Public Health England is encouraging more pregnant women to come forward for the free flu vaccination this winter. The national maternal deaths report showed that amongst those women who died in, or shortly after, pregnancy, between 2009 and 2012, flu was the cause of death in 1 in 11. Within this period, which includes the period of the influenza pandemic in 2009 to 2010, a total of 36 pregnant women died with strains of the flu virus that the current vaccine will protect against.

Complaints matter
The Care Quality Commission has published Complaints matter. It highlights that there is a wide variation in the way complaints are handled and much more could be done to encourage an open culture where complaints are welcomed and learned from. While most providers have complaints processes in place, people’s experiences of the systems are not consistently good. Over the last year, CQC has been developing how it considers complaints handling as part of its inspections of health and adult social care services in England, to make sure people receive care that is safe, effective, caring, responsive to their needs, and well-led.

Additional link: BBC News report
Public health commissioning in the NHS
The Department of Health and Public Health England have issued NHS public health functions agreement 2015 to 2016. This agreement sets out the arrangements under which the Secretary of State delegates responsibility to NHS England for certain public health services (known as Section 7A services). It aims to: improve public health outcomes and reduce health inequalities; and contribute to a more sustainable public health, health and care system. The 30 service specifications provide details of the public health evidence and advice needed to support effective commissioning.

New EU law on food information to consumers
As of 13 December 2014, new EU food labelling rules, adopted by the European Parliament and the Council in 2011, will ensure that consumers receive clearer, more comprehensive and accurate information on food content, and help them make informed choices about what they eat. European Commission Press release
Additional link: BBC News report

NMC rubber stamps new code of conduct for nurses and midwives
The Nursing and Midwifery Council has approved a new professional code for its registrants, which it says will tackle behavioural issues as well as building on existing standards around practice.
Nicola Merrifield
NursingTimes.net 5th December 2014 contact your local library for a copy

NMC warns of further fee rise if charges introduced by super-regulator
The Nursing and Midwifery Council has warned it would be forced to increase its member registration fees again if changes are made to funding for the regulatory body that oversees its work.
Nicola Merrifield
NursingTimes.net 5th December 2014 contact your local library for a copy

Local News

CCG chief to lead Musgrove hospital trust
Dr Sam Barrell said:
“I am thrilled to be joining Musgrove Park Hospital as Chief Executive. I have patient care as my absolute priority, and I know Musgrove has excellent staff to deliver this.
“It is a high performing hospital, but also one facing some significant challenges and opportunities over the next few years. I look forward to working with colleagues across the organisation to ensure it continues to deliver really high quality care and treatment to the people of Somerset.”
HSJ 5.12.14 contact your local library for a copy

MENTAL HEALTH NEWS

Improving mental health services: it’s everybody's business.
This month's newsletter from The Health Foundation looks at the improvement agenda for mental health, profiling personal experiences of the mental health system, the latest policy developments and a range of improvement case studies. Read more here

Five different ways to improve mental health services
From harnessing peer support and reducing safety hazards, to introducing more person-centred approaches to care, these case studies from The Health Foundation show some useful approaches to improving mental health care. Read more here
Mental health for sustainable development
This report, written in collaboration with the All-Party Parliamentary Group on Mental Health, considers what the UK is currently doing to improve mental health globally and whether UK expertise and resources could be more effectively used to meet this challenge.

Press release

Mental Health Bulletin, Annual Report from MHMDS Returns - 2013-14
This annual report provides a comprehensive picture of people who used adult and older person’s secondary mental health services in 2013-14.

Press release

New investment for treating eating disorders
The new investment aimed at reforming the treatment of children and young people with eating disorders and pave the way for new waiting time standards has been announced by the Deputy Prime Minister. The investment, which will be rolled out over five years, is part of an ongoing campaign by the government to bring mental health services on a par with physical care. It comes just a month after research revealed that an increasing number of young people, from as young as 5, are being admitted to hospital for treatment of eating disorders with those aged 14 to 25 most likely to be affected.

Press release

Turning back the clock? RCN report on mental health services in the UK
The report, published by the Royal College of Nursing, details how mental health services are now under strain, and also experiencing a steep fall in nurse numbers and available beds despite rising demand. It highlights that due to the loss of prevention and early intervention services, many people experiencing mental illness are unable to access inpatient treatment in their local area unless they have been sectioned under mental health legislation. The report concludes by taking a closer look at each of the countries in the UK, outlining specific policy commitments and the current challenges facing mental health services in the different health and social care landscapes.

Report

More mental health teams to be based at police stations and courts
Another thirteen trial schemes are to launch in April 2015 to place mental health professionals in police stations and courts. These schemes aim to ensure people who come into the criminal justice system with mental health conditions, learning disabilities and other vulnerabilities are recognised and are promptly referred into health and other services to get the treatment or support they need.

Read more here

Mental health crisis care
The Department of Health has published an authored article which explains why mental health crisis care is essential. The article, written by Care and Support Minister Norman Lamb, sets out his expectations for ensuring that people get speedy access to safe and compassionate care in the right environment.

Read article

Innovation in child and adolescent mental health services
Eight pilot schemes to lead the way in innovating change to services for children and young people with mental health issues have been awarded up to £75k to develop their plans. Pilots in Devon, Derbyshire, Newcastle, Tameside and Glossop, Norfolk, Southampton, and Wolverhampton and South Sefton will allow staff to reassess the systems in place to commission Child and Adolescent Mental Health Services (CAMHS) from schools up to inpatient beds and try to affect change through new ideas.

Read more here

Integrating personal health budgets for people with mental health problems
The Social Care Institute for Excellence has published Integrating personal budgets for people with mental health problems. This guide has been written for professionals, charged with integrating personal budgets for adults of working age with mental health problems. The guide gives an overview of the terminology and current policy background; it also examines the key areas that need to be tackled for integration to become a reality; and it makes recommendations for implementing integrated personal budgets in mental health.

Additional link: SCIE press release
Get people with mental health problems off mainstream back to work schemes says Mind
Mind is calling for all people with mental health problems to be taken off mainstream Government back-to-work schemes and moved onto a specialist programme.
Report
Additional link: BBC News report

EXTRACTS FROM THE MENTAL ELF BLOG
Keeping you up to date with reliable mental health research, policy & guidance

- Anti-inflammatory drugs for depression: new review points to benefits, but more research needed
- Alcohol misuse and PTSD comorbidity: a significant problem lacking solutions
- Eating disorders: how can we care for carers?
- Sustained smoking cessation intervention for hospitalised smokers
- What do acute mental health nurses do?
- CBT for insomnia in psychiatric populations: an effective alternative to hypnotics?
- Alcohol use disorders and mortality in Nordic countries
- Joint Crisis Plans: empowering service users with psychotic disorders

Full reviews at: http://www.thementalelf.net/#sthash.1TMfsl0G.dpuf

Behind the Headlines

Majority of supermarket chickens carry food bug
HIV drug may slow the spread of prostate cancer
Can a pill cure binge drinking and dementia?
HIV evolving into less deadly form
NICE recommends home births for some mums
Weight loss surgery 'not a quick fix' for good health
Nitrate-rich leafy greens 'good for the heart'
Drug found to help repair spinal cord injuries
Obesity could 'rob you' of 20 years of health
Lack of sleep linked to negative thinking
Around 1 in 10 maternal deaths due to flu
Academic hype 'distorting' health news
Gene therapy could help with inherited blindness
Almost half of all adults take prescription drugs

Full list available at:
http://www.nhs.uk/News/Pages/NewsIndex.aspx
EYES ON EVIDENCE

The December edition of has been published by NICE. It includes the following items:

This month in Eyes on Evidence

- Home-based self-sampling to test for sexually transmitted infections
- Risk of cervical or vaginal cancer in women treated for cervical intraepithelial neoplasia
- Adverse drug reactions with new medicines
- Reducing hospital admissions from nursing homes for older people
- Short-term mortality after acute myocardial infarction
- NICE Evidence Search BETA site
- NICE Clinical Knowledge Summaries

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EVIDENCE-BASED PRACTICE

NICE Guidance for December 2014

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<td>Intrapartum care: care of healthy women and their babies during childbirth</td>
<td>Clinical guidelines</td>
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USEFUL WEBSITES/APPS

NMC Registration online

The Nursing and Midwifery Council has launched a secure service that allows nurses to register and manage their registration online.

For more information visit the link below:

http://tinyurl.com/mj2ahxk

For guidance on how to set up an account download the guidance leaflet

NMC online guidance [pdf]

End of life care Apps

The Healthcare Innovation Exchange (HELIX) Centre, at www.helixcentre.com, has released apps at the iTunes (http://tinyurl.com/nzt2xd5) store to provide end of life care guidance to nurses, doctors and carers working on the front line.

LIBRARY NEWS

New addition to book stock at Musgrove Park Hospital Library

MINDFULNESS IN EIGHT WEEKS

Prescribed by the NHS, mindfulness is fast becoming the most popular method to alleviate anxiety, stress and even depression. Above all, it helps you to feel more fully alive, and in this revolutionary eight-week plan, expert instructor Michael Chaskalson teaches you how to master it.

With simple, easy-to-follow instructions broken down across eight weeks, chapters including ‘Postures for Meditation’ make this the perfect companion for those looking to learn quickly and within the comfort of their own home.

With supporting audio materials available to download that are ideal for home practice, this is the practical and immediate approach to help you reach the calmer, more peaceful you.
JOURNAL SCAN
Please contact your designated Trust library service for copies of articles or any related queries. This can be done by email, telephone, post or on-line request forms (available on the library web pages of your Trust Intranet).

Full contact details are at the end of this bulletin.

6Cs
Embedding the 6Cs across health and social care
Juliet Beal
Nursing Times 03.12.2014 p22-23

Acute Care
Decipher the A&E puzzle for smarter patient care
Joanna Blackburn
HSJ 5.12.14 p21-23

Asthma
Role of new therapies in optimizing asthma care
Beverley Bostock-Cox
Practice Nursing Dec 2014 25 (12) p596-601

Cancer
Screening and prostate cancer mortality: results of the European Randomised Study of Screening for Prostate Cancer (ERSPC) at 13 years of follow-up
Fritz H Schroder et al
Lancet 06.12.14 p2027-2035

Commissioning
Role of the CCG nurse in commissioning services
Stacey McCann et al
Nursing Times 26.11.14 p15-17

Community care
Nursing at the centre of community services
Hilary Garratt
Nursing Times 26.11.14 p22-23

COPD
New inhaled therapies for chronic obstructive pulmonary disease
Beverley Bostock-Cox
Nurse Prescribing Nov 2014 12 (11) p538-42

Dementia
Staff views on managing symptoms of dementia in nursing home residents
Deborah Koder
Nursing Older People 2014 26 (10) p31-36

Non-pharmacological interventions for agitation in dementia: systematic review of randomised controlled trials
Gill Livingston et al
British Journal of Psychiatry Dec 2014 p436-442;

'It's nice to have something to do': early-onset dementia and maintaining purposeful activity
P. Roach et al
Music therapy for service users with dementia: a critical review of the literature (pages 879–888)
R. Blackburn and T. Bradshaw

**Eating Disorders**
Developing an eating disorder pathway: a case study
Joanna Blackburn, Virginia Minogue
The Journal of Mental Health Training, Education, and Practice 2014 9 (4) p 244-260.

Severe and enduring eating disorders: recognition and management
Paul Robinson
Advances in Psychiatric Treatment Nov 2014 p392-401

Understanding eating disorders in young people
Maddie Burton
Practice Nursing Dec 2014 25 (12) p606-610

**Ebola**
Ebola and patient-centred research
Ian Roberts et al
Lancet 06.12.14 p2001-2002

**Elderly Care**
Don't call me 'frail': Older patients don't want to be defined by their condition
Natalie Koussa
HSJ Online 4th Dec 2014

**Emotional Intelligence**
The importance of emotional intelligence
Cheri Clancy
Nursing Management 2014 21 (8) p15

Survey: Emotional intelligence: enhancing value-based practice and compassionate care in nursing
Estelle Codier
Evidence Based Nursing 2015 18 p8

**Falls**
Assessment and prevention of falls in older people - concise guidance
Cameron G Swift, Steve Iliffe
Clinical Medicine Dec 2014 p658-662

**Hepatology/liver disease**
Addressing liver disease in the UK: a blueprint for attaining excellence in health care and reducing premature mortality from lifestyle issues of excess consumption of alcohol, obesity, and viral hepatitis
Roger Williams et al

**HIV**
Ritonavir-boosted darunavir combined with raltegravir or tenofovir-emtricitabine in antiretroviral-naïve adults infected with HIV-1: 96 week results from the NEAT001/ANRS143 randomised non-inferiority trial
Francois Raffi et al
Lancet 29.11.14 p1942-1951

**Infection control**
Hepatitis B virus infection
Christian Trépo et al
Lancet 06.12.14 p2053-2063
Factors influencing glove use in student nurses
Sarah Ratcliffe et al
Nursing Times 03.12.2014 p18-21

Learning disabilities
Improving care for people with learning disabilities
Sue Turner
Nursing Standard 19.11.2014 p53-59

Medical Bed Occupancy
Medical bed occupancy and cancelled operations
Rod Jones

Medicines management
Reducing medication errors
Christine Nute
Nursing Standard 19.11.2014 p45-51

Adherence to medications: Towards a shared understanding
Mitchell, Gary
Nurse Prescribing Nov 2014 12 (11) p564-8

Patient adherence to medication
Pamela Mantri
Practice Nursing Dec 2014 25 (12) p586-591

Therapeutic lying to assist people with dementia in maintaining medication adherence
Gary Mitchell
Nursing Ethics Nov 2014 21 (7) p844-5

Mental Capacity
Legal implications of restrictive physical interventions in people with dementia
Louisa Jackman
Nursing Older People 2014 26 (10) p24-29

Mental Health
Drive change with all-star leadership
Helen Gilburt
HSJ 5.12.14

Mindfulness
Mindfulness-based training in residential settings: rationale, advantages and obstacles
Fabrizio Didonna, Shaun Bhattacherjee
Advances in Psychiatric Treatment Nov 2014 p422-430

Neurology
Study exposes ‘scandalous’ state of NHS neurology services
Shaun Lintern
HSJ Online 4th Dec 2014
Additional link: ABN Acute Neurology services survey [Association of British Neurologists report]

Patients with long-term neurological conditions: delivering best practice in the community
Aysha Mendes
British Journal of Community Nursing, Dec 2014 19 (12) p616-618

Pain Management
Chronic pain: current issues and opportunities for future collaborations
Kathleen Grieve et al
The clinical nurse specialist’s role in chronic pain services
Janette Barrie
British Journal of Healthcare Management 2014 20 (12) p558-561

Pain/Hip Osteoarthritis
Randomised controlled trial: Sham treatment shows similar effects on pain and function compared to a multimodal physiotherapeutic intervention programme in patients with painful hip osteoarthritis
Inga Krauss
Evidence Based Medicine 2014 19 p216

Patient experience
How patient and staff experiences affect outcomes
Neil Churchill et al
Nursing Times 26.11.14 p18-19

Physician Associates
A new kid on the block: the role of physician associates
Clinical Medicine Dec 2014 p692-693

Policy and Guidance: Triple bypass
Triple bypass: the implications of side-stepping NICE
Emily Bennett, John Spoors
British Journal of Healthcare Management 2014 20 (12) p578-584

PTSD
PTSD: epidemiology, co-morbidity and treatment
Paul Rogers, Nathan J Hennah, Andrew Collingbourne, Kevin Gournay
British Journal of Mental Health Nursing 2014 3 (6) p258–262

Quality Assurance
Quality assurance tool: taking a whole-system approach
Claire Dowling, Seraphim Patel
Nursing Management 2014 21 (8) p28-30

Return to practice
Support for nurses returning to practice
Janice Stevens et al
Nursing Times 26.11.14 p12-14

Self-Harm
Self-harm in young people [Clinical Review]
Ellen Townsend
Evidence Based Mental Health 201417 p97-99

Staffing Levels
Safety in more than just numbers
Gillian Leng
Nursing Management 2014 21 (8) p20-21

Staff wellbeing
Why do health workers decline flu vaccination?
Rachel Staniforth
Nursing Times 03.12.2014 p16-17

Teamwork
Five year plan to transform NHS focusses on teamwork
Nick Triggle
Nursing Management 2014 21 (8) p10-11
Training and development
Developing healthcare support workers
Jacqueline Brown et al
Nursing Standard 26.11.14 p44-51

Midwifery revalidation
David Foster
British Journal of Midwifery, Dec 2014 22 (12) p844-845

Vaccination
Randomised controlled trial: Pro-vaccine messages may be counterproductive among vaccine-hesitant parents
Helen Bedford
Evidence Based Medicine 2014 19 p219

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