This Current Awareness Bulletin is produced by the Yeovil Academy Library to provide staff with a range of wellbeing-related resources to support practice. It includes recently published guidelines and research articles, as well as news and policy items.

Evidence, Research and Reviews

Systematic screening and assessment of psychosocial well-being and care needs of people with cancer
Bojoula Schouten, Bert Avau, Geertruida (Trudy) E Bekkering, Patrick Vankrunkelsven, Jeroen Mebis, Johan Hellings, Ann Van Hecke
26 March 2019
Abstract - Background
Receiving a diagnosis of cancer and the subsequent related treatments can have a significant impact on an individual's physical and psychosocial well-being.

Psychosocial interventions for informal caregivers of people living with cancer
Charlene J Treanor, Olinda Santin, Gillian Prue, Helen Coleman, Chris R Cardwell, Peter O'Halloran, Michael Donnelly
17 June 2019
Abstract - Background
Increasingly, cancer is recognised as a chronic condition with a growing population of informal caregivers providing care for cancer patients.

Yoga as part of a package of care versus non-standard care for schizophrenia
Julie Broderick, Davy Vancampfort
16 April 2019
Abstract - Background
Yoga is an ancient body-mind practice which originated in India and is popular in the Western world as a form of relaxation and exercise.

Telephone interventions, delivered by healthcare professionals, for providing education and psychosocial support for informal caregivers of adults with diagnosed illnesses
Margarita Corry, Kathleen Neenan, Sally Brabyn, Greg Sheaf, Valerie Smith
14 May 2019
Abstract - Background
Maintaining care for ill persons in the community is heavily dependent on support from unpaid caregivers. Many caregivers, however, find themselves in a caring role for which they are ill prepared and may require professional support.
Perceptions and experiences of labour companionship: a qualitative evidence synthesis
Meghan A Bohren, Blair O Berger, Heather Munthe-Kaas, Özge Tunçalp
18 March 2019
Open access
Abstract - Background
Labour companionship refers to support provided to a woman during labour and childbirth, and may be provided by a partner, family member, friend, doula or healthcare professional. A Cochrane systematic review of interventions by Bohren and colleagues, concluded that having a labour companion improves outcomes for women and babies.

Psychosocial wellbeing and quality of life in people with mild aphasia after stroke: a systematic review of speech language therapy and behavioural rehabilitation interventions
Psychosocial wellbeing and quality of life in people with mild aphasia after stroke: a systematic review of speech language therapy and behavioural rehabilitation interventions

Non-pharmacological interventions for improving physical and mental wellbeing in inflammatory arthritis: a systematic review

The impact of dance and movement on learning, health, wellbeing and quality of life of older adults living with or without dementia and/or Parkinson's in the community: a systematic review protocol

Non-pharmacological supportive interventions for women during induction of labour to promote comfort and wellbeing

2019 PROSPERO

2019 PROSPERO

2019 PROSPERO

2019 PROSPERO
Journal Articles

Please click on the blue link (where available) to access the full text. You may need an OpenAthens username and password. To register for an OpenAthens account click here.

If you would like help obtaining any of the articles, please contact the Library.

**NICE Healthcare Databases**

**Short report: the mediator effect of meaning in life in the relationship between self-acceptance and psychological wellbeing among gastrointestinal cancer patients.**

**Author(s):** Zhou, Yuyang; Xu, Wei  
**Source:** Psychology, Health & Medicine; Jul 2019; vol. 24 (no. 6); p. 725-731  
**Publication Date:** Jul 2019  
**Publication Type(s):** Academic Journal  
This research supported that meaning in life acts as the mediator between self-acceptance and psychological wellbeing, which is measured by psychological symptoms and life satisfaction. Meaning in life played a critical role in the relation between self-acceptance and psychological well-being. Limitations, clinical implications, and directions for future research were discussed.  
**Database:** CINAHL

**Medical Professionalism, Critical for Good Practice and Clinician Wellbeing.**

**Author(s):** Slattery, D.  
**Source:** Irish Medical Journal; May 2019; vol. 112 (no. 5); p. 1-4  
**Publication Date:** May 2019  
**Publication Type(s):** Academic Journal  
**Database:** CINAHL

**The mental health and wellbeing of midwifery students: An integrative review.**

**Author(s):** Oates, Jennifer; Topping, Alice; Arias, Teresa; Charles, Penny; Hunter, Caroline; Watts, Kim  
**Source:** Midwifery; May 2019; vol. 72 ; p. 80-89  
**Publication Date:** May 2019  
**Publication Type(s):** Academic Journal  
**Available at Midwifery - from Unpaywall**  
There is insufficient evidence to define the 'state of' midwifery student mental health, when compared to other students or healthcare professionals. Qualitative studies on the midwifery student experience report that experiences in both the academic and clinical setting impinge on student wellbeing, including lack of support from mentors and bullying by qualified staff.  
**Database:** CINAHL
Supporting mental wellbeing.

Author(s): Scammell, Janet

Source: British Journal of Nursing; Apr 2019; vol. 28 (no. 7); p. 471-471

Publication Date: Apr 2019

Publication Type(s): Academic Journal

Available at British Journal of Nursing - from MAG Online Library

Abstract: The article focuses on mental health and well-being in pre-registration nursing students in England. It mentions the British National Health Services Staff and Learners' Mental Wellbeing Commission report which recommends increased support to undergraduate medical students. It states reduction in medical student stress is focused on in six specific recommendations which includes training in stress awareness and self-care, along with incorporating mental well-being self-help into the curriculum.

Database: CINAHL

STRESS AND BULLYING PUSH STAFF WELLBEING TO FIVE-YEAR LOW.

Author(s):

Source: Community Practitioner; Apr 2019; vol. 92 (no. 3); p. 11-11

Publication Date: Apr 2019

Publication Type(s): Academic Journal

Available at Community Practitioner - from ProQuest (Health Research Premium) - NHS Version

Abstract: The article focuses on a British National Health Service (NHS) staff survey which showed that wellbeing levels have reached a five-year-low in the NHS, with two in five staff feeling sick from stress in 2018.

Database: CINAHL

Cross-sectional associations between body mass index and social–emotional wellbeing among differentially active children.

Author(s): Noonan, Robert J; Fairclough, Stuart J

Source: European Journal of Public Health; Apr 2019; vol. 29 (no. 2); p. 303-307

Publication Date: Apr 2019

Publication Type(s): Academic Journal

Our results revealed that BMI was positively associated with SEW difficulties among the low active children but not the high active children. Further research examining the concurrent effect of diet and MVPA on child weight status and SEW is needed.

Database: CINAHL
THERAPY OR MEDICATION? A CRITICAL ANALYSIS OF THE MEDICAL PROFESSION’S SUPPORT FOR THE MENTAL WELLBEING OF CHILDREN AND YOUNG PEOPLE.

Author(s): THOMAS, ELEN

Source: Healthcare Counselling & Psychotherapy Journal; Apr 2019; vol. 19 (no. 2); p. 20-24

Publication Date: Apr 2019

Publication Type(s): Periodical

Available at Healthcare Counselling & Psychotherapy Journal - from EBSCO (Psychology and Behavioral Sciences Collection)

Abstract: The article offers information on the role of the general practitioners in supporting the mental wellbeing of the children and the young people. Topics discussed include information on the symptoms consistent with a mental health disorder; discussions on the medications to treat social anxiety disorder, and antidepressants; and the information on the recommending cognitive behavioural therapy.

Database: CINAHL

New Study finds 'Social Mindfulness' for Hospital Staff Improves Wellbeing and Intrinsic motivation.

Author(s): Leonard, Mark

Source: Operating Theatre Journal; Apr 2019 (no. 343); p. 11-11

Publication Date: Apr 2019

Publication Type(s): Academic Journal

Database: CINAHL

Implementation and evaluation of a driving cessation intervention to improve community mobility and wellbeing outcomes for people living with dementia: study protocol of the 'CarFreeMe' for people with dementia program.

Author(s): Scott, Theresa; Liddle, Jacki; Mitchell, Geoffrey; Beattie, Elizabeth; Pachana, Nancy

Source: BMC Geriatrics; Mar 2019; vol. 19 (no. 1)

Publication Date: Mar 2019

Publication Type(s): Academic Journal

PubMedID: 30832581

Available at BMC Geriatrics - from BioMed Central
Available at BMC Geriatrics - from Europe PubMed Central - Open Access
Available at BMC Geriatrics - from ProQuest (Health Research Premium) - NHS Version
Available at BMC Geriatrics - from Unpaywall

There is an urgent need for therapeutic approaches to supporting people living with dementia and their families to negotiate the complex decision making involved in deciding to change their approach to driving. The driving cessation intervention may fill an important gap in service delivery to people living with dementia who are adjusting to life without driving. Trial 15 March 2018.

Database: CINAHL
Health and wellbeing in adolescence and early adulthood.

**Author(s):**
**Source:** Lancet; Mar 2019; vol. 393 (no. 10174); p. 847-847
**Publication Date:** Mar 2019
**Publication Type(s):** Academic Journal
Available at [Lancet](https://www.lancet.com) - from ProQuest (Health Research Premium) - NHS Version
Available at [Lancet](https://www.lancet.com) - from Unpaywall
**Database:** CINAHL

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Behavioural intervention to improve sleep for children: aiming to improve physical, mental and emotional wellbeing.

**Author(s):** Dawson, Vicki; Elphick, Heather
**Source:** Perspectives in Public Health; Mar 2019; vol. 139 (no. 2); p. 66-67
**Publication Date:** Mar 2019
**Publication Type(s):** Academic Journal
**PubMedID:** 30880601
**Database:** CINAHL

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The impact of a primary care stress management and wellbeing programme (RENEW) on occupational participation: A pilot study.

**Author(s):** Connolly, Deirdre; Anderson, Melanie; Colgan, Mary; Montgomery, Jennifer; Clarke, Jennifer; Kinsella, Marie
**Source:** British Journal of Occupational Therapy; Feb 2019; vol. 82 (no. 2); p. 112-121
**Publication Date:** Feb 2019
**Publication Type(s):** Academic Journal

The positive findings from this pilot study suggest that the RENEW programme has potential as a health promotion intervention in primary care that warrants further investigation.
**Database:** CINAHL

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The psychological wellbeing outcomes of nonpharmacological interventions for older persons with insomnia symptoms: A systematic review and meta-analysis.

**Author(s):** Perach, Rotem; Allen, Courtney K.; Kapantai, Ioanna; Madrid-Valero, Juan J.; Miles, Eleanor.
**Source:** Sleep Medicine Reviews; Feb 2019; vol. 43 ; p. 1-13
**Publication Date:** Feb 2019
**Publication Type(s):** Academic Journal

Meta-analyses of studies that included psychological wellbeing outcomes showed small-medium weighted mean effects indicating reductions in symptoms of depression, anxiety, and fatigue. The results suggest that nonpharmacological interventions for older persons with insomnia symptoms can potentially reduce depression and fatigue symptoms and highlight interventions that may be particularly valuable for this purpose.
**Database:** CINAHL
That health and wellbeing were not identified explicitly as a priority by key informants suggests that these should not be presented as the primary focus of a community-wide initiative. Instead themes with a higher priority should be addressed in ways that can lead to better health and wellbeing as a secondary goal.

Database: CINAHL

Art participation for psychosocial wellbeing during stroke rehabilitation: a feasibility randomised controlled trial.

Art participation as part of rehabilitation may improve some aspects of post-stroke wellbeing, including positive affect and self-efficacy for art. A future definitive cluster RCT would facilitate full evaluation of the value art participation can add to rehabilitation.

Database: CINAHL

Ethnic inequalities in doctor-patient communication regarding personal care plans: the mediating effects of positive mental wellbeing.

Ethnic disparities in doctor-patient interaction, including PCP-related communication, are partly explained by positive mental wellbeing. Gauging positive psychological moods in patients are relevant to addressing ethnic inequalities in doctor-patient communication. As PCPs may have direct implications for patient health it is important for health professionals to address deficits in psychological functioning that may precipitate ethnic inequalities in setting up PCPs.

Database: CINAHL
Positive mental health and wellbeing in adults with cystic fibrosis: A cross sectional study.

Author(s): Cronly, Jennifer; Duff, Alistair; Riekert, Kristin; Horgan, Aine; Lehane, Elaine; Perry, Ivan; Fitzgerald, Anthony; Howe, Barbara; Chroinin, Muireann Ni; Savage, Eileen

Source: Journal of Psychosomatic Research; Jan 2019; vol. 116 ; p. 125-130

Publication Date: Jan 2019

Publication Type(s): Academic Journal

PubMedID: 30579560

Assessing and promoting positive mental health and wellbeing may contribute to improving or maintaining physical and mental health, and HRQoL in patients with cystic fibrosis. It provides valuable clinical information to complement depression and anxiety screening and has potential to track the effectiveness of mental health promotion strategies by assessing and monitoring positive mental health and wellbeing over time. Individuals with CF may benefit from interventions that promote positive mental health and wellbeing by enhancing coping and problem-solving skills and fostering hope and optimism. Future research should focus on the development and testing of positive mental health and wellbeing promotion interventions in people with CF.

Database: CINAHL

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Library Resources

The books listed below are a selection of those that can be found at the library. To search the library catalogue in full, visit swims.nhs.uk.

50 top tools for employee wellbeing : a complete toolkit for developing happy, healthy, productive and engaged employees 2018
Mitchell, Debbie

Living life to the full : key life skills to change your life 2018
Williams, Chris

Managing health and wellbeing in the public sector : a guide to best practice 2018
Hesketh, Ian; Cooper, Cary L.

Wellbeing at work : how to design, implement and evaluate an effective strategy 2019
Cooper, Cary L.; Hesketh, Ian
Nurses encourage people with learning disabilities to 'get active'
17 June 2019 Megan Ford
Nurses and other healthcare professionals are taking part in different activities and initiatives across the country to mark Learning Disability Awareness Week 2019, which also comes as staff are celebrating 100 years of the specialty.

Hancock pledges to overhaul mental health support for NHS staff
20 February 2019 Megan Ford
Matt Hancock has pledged to overhaul mental health support for nurses and other care staff, after a report laid bare the “emotional labour” of working in the NHS.

NICE urges employers to support wellbeing of nursing staff
30 May 2019 Megan Ford
The health and wellbeing of nurses and other staff should be a “core priority” in the workplace, the National Institute for Health and Care Excellence has said, as part of new draft guidance on long-term sickness absence that earmark early interventions and mental health support plans as means of prevention.

Occupational health nurses celebrate staff wellbeing award win
9 April 2019 Jo Stephenson
Occupational health nurses at Scotland’s national hospital are celebrating after the organisation yet again achieved top recognition for efforts to boost staff wellbeing.

Good nurse working conditions linked with better outcomes
30 March 2019 Jo Stephenson
Providing good working environments for nurses helps improve the quality and safety of care, and boosts patient satisfaction, suggests a new analysis of research evidence.

Trusts called on to do more to support stressed nursing staff
5 April 2019 Gemma Mitchell
NHS organisations must take more responsibility for protecting the mental health of their employees rather than relying on the personal resilience of stressed staff, workforce experts have warned.
Nurse donates furniture to create relaxation zone for older patients
6 February 2019 Jo Stephenson
A dementia nurse has donated his office furniture to help create an informal area on a hospital ward where older patients can socialise.

Study to investigate giving night shift staff ‘breaks and powernaps’
30 January 2019 Megan Ford
Midwives, nurses and other members of hospital staff look set to benefit from a new study that will pilot giving “breaks and powernaps” to those who experience fatigue and tiredness during night shifts.

Nearly third of nurses often think of quitting, reveals NHS survey
26 February 2019 Jo Stephenson
Many nurses and midwives say they often think about leaving their job, with a significant proportion considering quitting healthcare altogether, shows the latest staff survey results.

New 'fidget' toolkit launched to help those living with dementia
25 January 2019 Megan Ford
A new “fidget” toolkit is improving the wellbeing of people living with dementia by helping them to tap into the psychological need to feel occupied and engaged, according to a leading research charity.

Exclusive: Community nurses in Dorset trying out 'e-bikes'
5 February 2019 Megan Ford
A team of community nurses in Dorset is using electric bikes to visit their patients as part of an initiative to improve staff wellbeing, patient engagement and the environment, one of the nurses leading the project has revealed to Nursing Times

Trust scheme to help people 'live better with and beyond cancer'
1 February 2019 Megan Ford
A West Yorkshire trust is piloting a new way to help people to live better with and beyond cancer by offering two support co-ordinator posts, funded by the charity Macmillan.

Trust pilots GPS devices to improve safety of community nurses
14 January 2019 Megan Ford
A trust in the West Country is exploring whether new technology will help to keep members of its community nursing team who are working in rural, isolated areas safer.

NICE calls for NHS staff to become active to cut obesity
6 June 2019 Megan Ford
Nurses and other healthcare staff must be encouraged to become active to fight against the “obesity crisis”, the National Institute for Health and Care Excellence has said, as part of new guidance that suggests employers should subsidise gym memberships and offer yoga during lunch breaks.

Student nurses need strategies to cope with stress, study finds
9 May 2019 Gemma Mitchell
Student nurses should be equipped with tools to deal with stress as a routine part of their training, researchers have urged.
This current awareness bulletin contains an inexhaustive selection of information that has not been critically appraised by library staff. It is therefore the responsibility of the reader to appraise this information for accuracy and relevance.

For further information or support please contact Tom Welham, Yeovil Academy Library, Level 4, Yeovil District Hospital, Higher Kingston, Yeovil, BA21 4AT; tel 01935 38(4495) or 01935 38(4697), library@ydh.nhs.uk or visit the library blog at yeovildh.wordpress.com.