Wellbeing
Current Awareness Bulletin
January 2020

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

**Human resource management training of supervisors for improving health and well-being of employees**
Andreas Kuehnl, Christian Seubert, Eva Rehfuess, Erik von Elm, Dennis Nowak, Jürgen Glaser
Intervention Review
27 September 2019

**Interventions to improve psychosocial well-being in female BRCA-mutation carriers following risk-reducing surgery**
Lisa Jeffers, Joanne Reid, Donna Fitzsimons, Patrick J Morrison, Martin Dempster
Intervention Review
9 October 2019

**Wellbeing and mental health: applying All Our Health**
Evidence and guidance to enable healthcare professionals make improvements against wider factors that affect health and wellbeing.
2019 Public Health England

**Mental health and wellbeing: JSNA toolkit**
Links mental health data, policy and knowledge to help planners understand needs within the local population and assess local services. Published 30 August 2017 Last updated 25 October 2019
2019 Public Health England
1. Using technology to support the emotional and social well-being of nurses: A scoping review

**Author(s):** Webster, Natalie L; Oyebode, Jan R; Jenkins, Catharine; Bicknell, Sarah; Smythe, Analisa

**Source:** Journal of Advanced Nursing; Jan 2020; vol. 76 (no. 1); p. 109

**Publication Date:** Jan 2020

**Publication Type(s):** Literature Review Journal Article

Technology may offer a sustainable and accessible means of providing support for nurses who find it difficult to communicate in person due to time pressures at work. It is important that the psychological well-being of nurses is seriously addressed as more nurses are now leaving than joining the profession. Online interventions may offer a sustainable and accessible means of providing support for busy nursing staff who have difficulty finding time to communicate with one another face-to-face.

**Database:** BNI

2. The caring experience in multiple sclerosis: Caregiving tasks, coping strategies and psychological well-being

**Author(s):** Bassi, Marta; Cilia, Sabina; Falautano, Monica; Groberro, Monica; Negri, Luca; Niccolai, Claudia

**Source:** Health & Social Care in the Community; Jan 2020; vol. 28 (no. 1); p. 236

**Publication Date:** Jan 2020

**Publication Type(s):** Journal Article

Findings suggest that caregiving tasks are not solely detrimental to well-being, but they may also provide a positive contribution through the adaptive coping strategies supportive engagement and positive reframing. Findings also highlighted task-specific areas that could be targeted in intervention in order to effectively lighten burden and promote well-being among caregivers.

**Database:** BNI

3. Assessing the value for money of an integrated health and wellbeing service in the UK.

**Author(s):** Visram, Shelina; Walton, Nick; Akhter, Nasima; Lewis, Sue; Lister, Graham

**Source:** Social Science & Medicine; Jan 2020; vol. 245

**Publication Date:** Jan 2020

**Publication Type(s):** Academic Journal

These results suggest that the Wellbeing for Life service offered good value for money. Further research is needed to systematically and comprehensively determine the societal value of similar holistic, asset-based and lay-led approaches. • Lay health workers are widely used to deliver health and wellbeing-related services. • These services can represent good value for money. • Targeting disadvantaged groups also offers potential to reduce health inequalities.

**Database:** CINAHL
4. Emotional Wellbeing.

**Author(s):** Sayer, June

**Source:** Positive Health; Jan 2020 (no. 259)

**Publication Date:** Jan 2020

**Publication Type(s):** Periodical

The article discusses emotional well-being and how grief affects people throughout their lives. Topics covered include several definitions of grief and its stages, homeopathic remedies that can be associated with grief and explanations on why they are chosen, and a variety of ways and how people deal with grief.

**Database:** CINAHL

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5. Expert by Experience Involvement in Mental Health Research: Developing a Wellbeing Brochure for People with Lived Experiences of Mental Illness

**Author(s):** Tapsell A.; Martin K.M.; Moxham L.; Patterson C.; Burns S.; Perlman D.

**Source:** Issues in mental health nursing; Jan 2020 ; p. 1-7

**Publication Date:** Jan 2020

**Publication Type(s):** Article

**PubMedID:** 31916868

The purpose of this brochure was to provide strategies for maintaining wellbeing for EBES, after attending a psychosocial intervention. Brochure development was guided by a mixed-methods research design, using a survey and focus group. The findings illustrate five key themes in EBES strategies for maintaining wellbeing: good sleep hygiene, regular physical activity, maintaining a healthy lifestyle, relaxation techniques and social support. This process paper demonstrates how collaborating with experts by experience represents a valuable approach for developing mental health research and resources.

**Database:** EMBASE

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6. An exploration of how community-dwelling older adults enhance their well-being

**Author(s):** Waterworth, Susan; Raphael, Deborah; Gott, Merryn; Arroll, Bruce; Benipal, Jagpal; Jarden, Aaron

**Source:** International Journal of Older People Nursing; Dec 2019; vol. 14 (no. 4)

**Publication Date:** Dec 2019

**Publication Type(s):** Journal Article

**Available** at [International journal of older people nursing](#) - from Wiley Online Library Medicine and Nursing Collection 2019 - NHS

Nurses can play a central role in supporting older adults who may be at risk of lower well-being. Nurses can do this by developing interventions to enhance well-being and ensuring better person-activity fit of strategies and practices. Our findings support the need for nurses to be involved in providing opportunities for older people to discuss well-being to support the development of individual, as well as community, models of well-being.

**Database:** BNI
7. No straight lines - young women's perceptions of their mental health and wellbeing during and after pregnancy: a systematic review and meta-ethnography.

**Author(s):** Lucas, Grace; Olander, Ellinor K.; Ayers, Susan; Salmon, Debra

**Source:** BMC Women's Health; Dec 2019; vol. 19 (no. 1)

**Publication Date:** Dec 2019

**Publication Type(s):** Academic Journal

**PubMedID:** NLM31806005

Available at [BMC women's health](http://www.biomedcentral.com) - from BioMed Central

Available at [BMC women's health](http://www.europepmc.org) - from Europe PubMed Central - Open Access

Available at [BMC women's health](http://www.proquest.com) - from ProQuest (Health Research Premium) - NHS Version

Available at [BMC women's health](http://www.unpaywall.org) - from Unpaywall

The synthesis concludes that health and social care professionals need to reflect on the operation of power and stigma in young women's lives and its impact on wellbeing. It adds to understanding of young women's mental health and wellbeing during and after pregnancy as located in physical and structural factors rather than individual capacities alone.

**Database:** CINAHL

8. Mental health and wellbeing: Let's get moving.

**Author(s):** Wilson, Laura

**Source:** British Journal of School Nursing; Dec 2019; vol. 14 (no. 10); p. 507-508

**Publication Date:** Dec 2019

**Publication Type(s):** Academic Journal

Available at [British Journal of School Nursing](http://www.magonline.co.uk) - from MAG Online Library

Pupils around the country will soon be getting active, having fun and raising money for Sport Relief. Laura Wilson explains why the fundraising event, with its strong focus on mental health, is more relevant for schools than ever.

**Database:** CINAHL


**Author(s):** Rasmussen, Bodil; Nankervis, Alison; Skouteris, Helen; McNamara, Catharine; Nagle, Cate; Steele, Cheryl; Bruce, Lauren; Holton, Sara; Wynter, Karen

**Source:** Sexual & Reproductive Healthcare; Dec 2019; vol. 22

**Publication Date:** Dec 2019

**Publication Type(s):** Academic Journal

Six meaningful subscales emerged, which can help health professionals identify and address areas in which women with diabetes are experiencing psychosocial difficulties. The revised scale provides a feasible instrument to be tested for psychometric properties in a larger sample.

**Database:** CINAHL
10. Personality and wellbeing in people living with a chronic wounds.

**Author(s):** Dudfield, Leith; Upton, Penney; Upton, Dominic  
**Source:** Wounds International; Dec 2019; vol. 10 (no. 4); p. 12-16  
**Publication Date:** Dec 2019  
**Publication Type(s):** Academic Journal

People living with chronic wounds face substantial challenges to their wellbeing, including stigma, psychological stress, malodour, treatment regimens and social isolation. Considerable research has highlighted the impact of personality on general health and there is emerging evidence that personality (particularly the trait 'neuroticism') can have considerable influence on the wellbeing of someone living with a chronic wound. Consequently, the authors recommend that treatment plans consider personality, since this has the potential to facilitate new interventions to improve wellbeing that are more tailored to an individual's needs.  
**Database:** CINAHL


**Author(s):** Benedetto V; Whittaker K; Wilson N; Storey H; Daune D  
**Source:** Nurse education today; Dec 2019; vol. 86 ; p. 104317  
**Publication Date:** Dec 2019  
**Publication Type(s):** Journal Article  
**PubMedID:** 31927492

Our evaluation measures the effectiveness of two novel accelerated education programmes in tackling the nurses' shortage. Concurrently, it contributes to developing a standardised approach for future economic evaluations in nursing education.  
**Database:** PubMed

12. Health, wellbeing, and care should be top of everyone’s political agenda

**Author(s):** Rae, Maggie; Middleton, John  
**Source:** BMJ : British Medical Journal (Online); Nov 2019; vol. 367  
**Publication Date:** Nov 2019  
**Publication Type(s):** Editorial  
**Available at BMJ - from BMJ Journals - NHS**  
**Available at BMJ - from Academy Library - Yeovil (lib303095) Local Print Collection starts volume 360 (8135)**  
Past failures in policy making have caused serious avoidable harm  
**Database:** BNI

13. Relationships among Climate of Care, Nursing Family Care and Family Well-being in ICUs

**Author(s):** McAndrew, Natalie S; Schiffman, Rachel; Leske, Jane  
**Source:** Nursing Ethics; Nov 2019; vol. 26 (no. 7-8); p. 2494  
**Publication Date:** Nov 2019  
**Publication Type(s):** Journal Article

Further research to explicate the relationships among organizational resources, ethical conflict, burnout, and family-centered care is needed to guide the development of effective interventions that enhance the quality of nursing family care in the intensive care unit.  
**Database:** BNI
14. MINDFULNESS AND WELLBEING

Author(s): Anonymous

Source: Midwives; Nov 2019; vol. 22 ; p. 38

Publication Date: Nov 2019

Publication Type(s): Journal Article

When several members of the maternity team sat down in a busy open-plan office one morning to focus on breathing calmly, the rest of the office watched curiously. Gemma Nealon is a practising midwife in NHS Lothian. Georgia McGuinness is a practising midwife in Edinburgh. Both noticed increasing levels of stress, low morale and burn-out among colleagues and decided to help out.

Database: BNI

15. Effects of disability or medical condition on physical activity and mental wellbeing: a community-based motivational interviewing physical activity intervention

Author(s): Wade, Matthew; Brown, Nicola; Winter, Stacy; Dancy, Bernadette; Majumdar, Anne

Source: The Lancet; Nov 2019; vol. 394 ; p. S95

Publication Date: Nov 2019

Publication Type(s): Conference Proceedings

Available at The Lancet - from Unpaywall

Neither the presence of other disabilities nor number of disabilities showed significant differences in PA or mental wellbeing. Interpretation Regardless of the presence and number of disabilities, positive outcomes were still identified, specifically participants with hypertension and mental health conditions in whom some favourable outcomes were identified. However, the lack of a control group is a limitation. Participant characteristic analysis should be considered in future initiatives to promote improvements among participants with disabilities or medical conditions. Funding None.

Database: BNI

16. Supporting farmers’ mental health and wellbeing though periods of uncertainty: a mixed-methods study

Author(s): Davies, Alisha R; Grey, Charlotte N B; Homolova, Lucia

Source: The Lancet; Nov 2019; vol. 394 ; p. S46

Publication Date: Nov 2019

Publication Type(s): Conference Proceedings

Available at The Lancet - from Unpaywall

The evidence from the review and engagement are brought together to create an action framework for supporting farmers that is particularly relevant during times of increased uncertainty. Support should be two-fold: to prevent the effects of uncertainty to farming business; and to protect farmers’ mental health and wellbeing with early prevention, awareness-raising, and normalisation of mental health in agriculture. Interventions could build upon existing initiatives, using an outreach-based model and peer-to-peer delivery, widening access to farming family members and including Welsh language provision. Funding Welsh Government European Transition Fund.

Database: BNI
17. Employment status and impact on mental wellbeing in the UK working age population: a cross-sectional analysis

Author(s): Gray, Benjamin J; Grey, Charlotte N B; Homolova, Lucia; Jiao, Song; Davies, Alisha R
Source: The Lancet; Nov 2019; vol. 394 ; p. S44
Publication Date: Nov 2019
Publication Type(s): Conference Proceedings
Available at The Lancet - from Unpaywall

Interpretation: Precarious employment is associated with components of poorer mental wellbeing. However, the strongest associations for low mental wellbeing are observed in currently unemployed people. To understand and explore these complex relationships in greater detail, longitudinal research is required.

Database: BNI

18. Exploring the effect of the hospital gown on wellbeing: a mixed methods study

Author(s): Cogan, Nicola; Morton, Liza; Georgiadis, Emmanouil
Source: The Lancet; Nov 2019; vol. 394 ; p. S32
Publication Date: Nov 2019
Publication Type(s): Conference Proceedings
Available at The Lancet - from Unpaywall

These findings suggest that hospital gowns might contribute towards patients experiencing an increased sense of exposure, discomfort, disempowerment, and embarrassment at a time of potential vulnerability while undergoing medical intervention, emphasising the importance of challenging cultural norms in health care. Dehumanising aspects of care, as symbolically represented by the hospital gown, might adversely affect patient wellbeing and increase distress.

Database: BNI

19. The effectiveness of a strengths-oriented therapeutic conversation intervention on perceived support, wellbeing and burden among family caregivers in palliative home-care

Author(s): Petursdottir, Asta B; Erla Kolbrun Svavarsdottir
Source: Journal of Advanced Nursing; Nov 2019; vol. 75 (no. 11); p. 3018
Publication Date: Nov 2019
Publication Type(s): Journal Article
Available at Journal of advanced nursing - from Wiley Online Library Medicine and Nursing Collection 2019 - NHS

The provision of the intervention contributed to extending knowledge about the usefulness of family conversations in the context of advanced/final stage cancer care.

Impact: There is a lack of knowledge about the benefit of therapeutic conversation interventions for family caregivers. The therapeutic conversation intervention offered, resulted in perceived support, decreased stress, and decreased caregiving demands among caregivers in palliative home-care.

Trial registration number: ISRCTN

Database: BNI
20. From Burnout to Well-Being: A Focus on Resilience.

Author(s): Mahmoud, Najjia N; Rothenberger, David

Source: Clinics in colon and rectal surgery; Nov 2019; vol. 32 (no. 6); p. 415-423

Publication Date: Nov 2019

Publication Type(s): Journal Article Review

PubMedID: 31686993

Prevention of burnout should start early in training with appropriate modeling and input from mentors and should incorporate stress management strategies. The most compelling data for building resilience requires institutions, physicians, and their support staff to align their values to create a mutual culture of wellness and engagement. It is imperative that institutional and national reform allows us as physicians to preserve our relationships with patients and colleagues, while also prioritizing time to reflect and pursue outside interests that recharge and restore.

Database: Medline

21. The role of positive goal engagement in increased mental well-being among individuals with chronic non-cancer pain.

Author(s): Iddon, Joanne E; Taylor, Peter J; Unwin, Jen; Dickson, Joanne M

Source: British journal of pain; Nov 2019; vol. 13 (no. 4); p. 230-238

Publication Date: Nov 2019

Publication Type(s): Journal Article

PubMedID: 31656629

Available at [British journal of pain](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6707743/) - from Europe PubMed Central - Open Access

The results provide tentative evidence for the protective role of positive goal engagement in enabling individuals with chronic pain to maintain a sense of mental well-being. The study develops the biopsychosocial model of chronic pain by examining the roles and relationships of relevant yet previously unexplored psychological constructs. The promotion of mental well-being through the enhancement of positive goal engagement is discussed, offering a platform for further research and clinical interventions.

Database: Medline

22. The effectiveness of whole-body cryotherapy and physical exercises on the psychological well-being of patients with multiple sclerosis: A comparative analysis.

Author(s): Pawik, Malwina; Kowalska, Joanna; Rymaszewska, Joanna

Source: Advances in clinical and experimental medicine: official organ Wroclaw Medical University; Nov 2019; vol. 28 (no. 11); p. 1477-1483

Publication Date: Nov 2019

Publication Type(s): Journal Article

PubMedID: 30968613

Available at [Advances in clinical and experimental medicine: official organ Wroclaw Medical University](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6707743/) - from Unpaywall

Whole-body cryotherapy with physical exercise training was an effective therapy for patients with MS. The introduction of WBC into the standard physiotherapy protocol for patients with MS is fully justified.

Database: Medline
23. Pursuing Well-Being Among Rural-Dwelling Adults With Disabilities
Author(s): Thurman, Whitney A; Harrison, Tracie C; Walker, Veronica G; Garcia, Alexandra A
Source: Qualitative Health Research; Oct 2019; vol. 29 (no. 12); p. 1699
Publication Date: Oct 2019
Publication Type(s): Journal Article
This study also provides an understanding of how individuals in this population mobilize resources to overcome functional limitations and environmental barriers to establish group membership and create a sense of well-being. Implications for health care practice and policy are discussed.
Database: BNI

Author(s): Fiske, Elizabeth A
Source: Nursing Science Quarterly; Oct 2019; vol. 32 (no. 4); p. 306
Publication Date: Oct 2019
Publication Type(s): Journal Article
Qualitative data provided rich accounts of the central concepts of Reed’s self-transcendence theory. Reed’s theory of self-transcendence was extended to a new and different population.
Database: BNI

25. A well-being vision: Transcending care
Author(s): Boerger, Judy, MBA, MSN, RN, NEA-BC; Bland, Pamela, MSN, RN, CENP, HN-BC;
Source: Nursing Management; Oct 2019; vol. 50 (no. 10); p. 36
Publication Date: Oct 2019
Publication Type(s): Journal Article
This was more than a hospital, it was an entire campus focused on innovative ideas and technologic breakthroughs to improve the health and well-being of the region.
Database: BNI

26. Influence of Positive Aspects of Dementia Caregiving on Caregivers' Well-Being: A Systematic Review
Author(s): Quinn, Catherine, PhD; Toms, Gill, DClinPsy
Source: The Gerontologist; Oct 2019; vol. 59 (no. 5); p. e584
Publication Date: Oct 2019
Publication Type(s): Evidence Based Healthcare Journal Article
Available at The Gerontologist - from Unpaywall
The findings suggest that identifying PAC is associated with better caregiver well-being, although further longitudinal studies are required to explore how this relationship changes over time. Interventions that enable caregivers to gain a more positive experience of caregiving could be beneficial for their well-being.
Database: BNI

27. Gendered impacts of extended working life on the health and economic wellbeing of older workers.
Author(s): Ní Léime, Áine; Ogg, Jim
Source: Ageing & Society; Oct 2019; vol. 39 (no. 10); p. 2163-2169
Publication Date: Oct 2019
Publication Type(s): Academic Journal
Available at Ageing and Society - from Unpaywall
Database: CINAHL

**Author(s):** Boggero, Ian A.; Segerstrom, Suzanne C.

**Source:** Journal of Behavioral Medicine; Oct 2019; vol. 42 (no. 5); p. 934-946

**Publication Date:** Oct 2019

**Publication Type(s):** Academic Journal

Younger adults demonstrated reduced preference for knowledgeable social partners after experiencing pain. Pain-related affective changes were similar between age groups. Older and younger adults may cope with acute pain similarly, highlighting future directions for exploring age differences in pain coping.

**Database:** CINAHL

29. Gender differences in the associations between relationship status, social support, and wellbeing.

**Author(s):** Stronge, Samantha; Overall, Nickola C.; Sibley, Chris G.

**Source:** Journal of Family Psychology; Oct 2019; vol. 33 (no. 7); p. 819-829

**Publication Date:** Oct 2019

**Publication Type(s):** Academic Journal

**PubMedID:** NLM31094543

Available at [Journal of Family Psychology](#) - from ProQuest PsycARTICLES - NHS

These results extend previous research by using large-scale national panel survey data to show that the stronger association between men's relationship status and wellbeing is partially due to men's stronger connection between relationship status and perceived social support.

**Database:** CINAHL

30. A pilot trial to investigate the impact of a personalised self-management lifestyle programme using mobile technology on the health and wellbeing of cancer survivors

**Author(s):** Kelly M.G.; Richmond J.; Singaroyan N.; Kerr T.; O'Donnell A.; Masterson E.; Haughey C.; Harney O.; Walsh J.; Groarke J.

**Source:** Annals of Oncology; Oct 2019; vol. 30

**Publication Date:** Oct 2019

**Publication Type(s):** Conference Abstract

Available at [Annals of Oncology](#) - from Unpaywall

The Moving on Programme designed for this study, demonstrated physical and psychological benefits to participants. The use of behaviour change techniques and mobile technology was used effectively as an acceptable intervention that supports weight loss, promotes healthier behaviours and improves wellbeing in cancer survivors.

**Database:** EMBASE

31. Differences in self-care behaviors by varying levels of care giving intensity, performance, and wellbeing among family caregivers of patients with high-mortality cancer

**Author(s):** Dionne-Odom J.N.; Demark-Wahnefried W.; Taylor R.A.; Rocque G.B.; Azuero A.; Acemgil A.; Martin M.Y.; Astin M.; Ejem D.; Kvale E.A.; Heaton K.; Pis M.; Partridge E.E.; Bakitas M.

**Source:** Journal of Clinical Oncology; Oct 2019; vol. 34 (no. 26); p. 239

**Publication Date:** Oct 2019

**Publication Type(s):** Conference Abstract

Higher caregiving intensity is associated with worse caregiver self-care. Poorer self-care in all domains is associated with worse caregiver well-being. Interventions to optimize caregiver wellbeing should target all self-care behaviors and to optimize caregiver performance should target spiritual growth, interpersonal relation, and stress management self-care behaviors.

**Database:** EMBASE
32. Effects of dignity therapy on dignity, psychological well-being, and quality of life among palliative care cancer patients: A systematic review and meta-analysis

**Author(s):** Xiao, Jinnan; Chow, Ka Ming; Liu, Yunhong; Chan, Carmen WH

**Source:** Psycho-Oncology; Sep 2019; vol. 28 (no. 9); p. 1791

**Publication Date:** Sep 2019

**Publication Type(s):** Journal Article Evidence Based Healthcare

Dignity therapy is a promising approach to improve psychological well-being among patients with cancer under palliative care. However, the effects of dignity therapy on dignity and QoL are inconsistent. Further extensive studies should measure the impact of dignity therapy through qualitative and quantitative approaches to establish outcomes in psychological well-being. Studies with sensitivity to the cultural context within which dignity therapy applied should be conducted to explore its effects on patients with cancer at the early stages of illness trajectory.

**Database:** BNI

33. How do "robopets" impact the health and well-being of residents in care homes? A systematic review of qualitative and quantitative evidence

**Author(s):** Abbott, Rebecca; Orr, Noreen; McGill, Paige; Whear, Rebecca; Bethel, Alison; Garside, Ruth; Stein, Ken; Jo Thompson-Coon

**Source:** International Journal of Older People Nursing; Sep 2019; vol. 14 (no. 3)

**Publication Date:** Sep 2019

**Publication Type(s):** Evidence Based Healthcare Journal Article

Engagement with robopets appears to have beneficial effects on the health and well-being of older adults living in care homes, but not all chose to engage. Whether the benefits can be sustained are yet to be investigated. Implications for practice: Robopets have the potential to benefit people living in care homes, through increasing engagement and interaction. With the robopet acting as a catalyst, this engagement and interaction may afford comfort and help reduce agitation and loneliness.

**Database:** BNI

34. Men's Sheds: A conceptual exploration of the causal pathways for health and well-being

**Author(s):** Kelly, Danielle; Steiner, Artur; Mason, Helen; Teasdale, Simon

**Source:** Health & Social Care in the Community; Sep 2019; vol. 27 (no. 5); p. 1147

**Publication Date:** Sep 2019

**Publication Type(s):** Journal Article

The study shows that there is a lack of reliable and systematic evidence of the potential causal pathways between Men's Shed activities and health and well-being outcomes. In order to address research gaps, further research is required to test and develop the proposed theory and logic model.

**Database:** BNI
35. The Inner Level: How More Equal Societies Reduce Stress, Restore Sanity and Improve Everyone’s Well-Being

Author(s): Walton, Elizabeth

Source: The British Journal of General Practice : The Journal of the Royal College of General Practitioners; Sep 2019; vol. 69 (no. 686); p. 452

Publication Date: Sep 2019

Publication Type(s): Book Review

Available at The British journal of general practice : the journal of the Royal College of General Practitioners - from Unpaywall

Walton reviews The Inner Level: How More Equal Societies Reduce Stress, Restore Sanity and Improve Everyone’s Well-Being by Richard Wilkinson and Kate Pickett.

Database: BNI

36. Social identity differentiation predicts commitment to sobriety and wellbeing in residents of therapeutic communities.

Author(s): Dingle, Genevieve A.; Haslam, Catherine; Best, David; Chan, Gary; Staiger, Petra K.; Savic, Michael; Beckwith, Melinda; Mackenzie, Jock; Bathish, Ramez; Lubman, Dan I.

Source: Social Science & Medicine; Sep 2019; vol. 237

Publication Date: Sep 2019

Publication Type(s): Academic Journal

These findings highlight the importance of the relative strength of recovery over substance use related identities in supporting recovery indicators and the central role of the TC in supporting this trajectory. • Study examined user and recovery identification in therapeutic community residents. • Identity differentiation at six months predicted commitment to sobriety. • Identity differentiation also predicted wellbeing and lower psychological distress. • User and recovery identity ratings were unrelated to primary substance of concern.

Database: CINAHL

37. A mixed-methods case study exploring the impact of participation in community activity groups for older adults on physical activity, health and wellbeing.

Author(s): Lindsay-Smith, Gabrielle; Eime, Rochelle; O’Sullivan, Grant; Harvey, Jack; van Uffelen, Jannique G. Z.

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

Publication Date: Sep 2019

Publication Type(s): Academic Journal

PubMedID: NLM31477054

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

Community PA programs appear to maintain PA levels and physical HR QoL in older adults, and both social and PA programs may maintain mental HR QoL. Incorporating both types of program into one organisation may also encourage less physically active members to try physical activities.

Database: CINAHL
The article discusses the Change4Life campaign by Public Health England (PHE) to encourage children to play 10-minute shake-up games inspired by Disney films. Topics discussed include survey by Change4Life and Disney UK indicating that less than half of parents are aware of the physical and emotional health benefits of exercise. PHE national head for children Eustace de Sousa shares insight on the worryingly low level of physical activities of children.

**Database:** CINAHL
The wellbeing book: 50 ways to master your mind, boost your body and supercharge your soul (2019)
Sharman, Andrew (Author)
Copies: 2

The wellness puzzle: creating optimal well-being, one piece at a time (2019)
Jobling, Andrew (Author)
Copies: 1

In the News

Ban gambling in children’s games, urges top mental health nurse
18 January, 2020
England’s top mental health nurse has today warned gaming companies that they risk “setting kids up for addiction” by building gambling-like tasks into their games.

Theatre nurses asked to share work challenges in ‘safe space’ survey
11 December, 2019
Theatre nurses are being asked to share their experiences of work and the challenges they may face as part of a new nationwide survey. The Association for Perioperative Practice has launched an online survey to gain first-hand knowledge of the issues those working in the theatre environment.

Questions raised over effectiveness of primary care exercise schemes
02 December, 2019
Researchers have called for a re-think of widely used exercise schemes aimed at boosting patients’ health and wellbeing after finding the benefits were unclear.

New badge launched to spark conversations for nurse wellbeing
20 November, 2019
Nurses are being offered a new badge to wear to encourage colleagues and the public to ask how they are, as part of a campaign to improve the "wellbeing landscape" on the frontline.

Exclusive: Nurse who attempted suicide says profession needs ‘more support’
30 October, 2019
A nurse who tried to take her own life after she said she was bullied and harassed at work has called for a review of mental health support for nursing staff to reduce an alarming number of suicides. Louisa Campbell said she wanted to encourage other nurses to speak out.
Trust seeks to keep nurses hydrated by giving them water bottles
29 October, 2019
Hospitals in Yorkshire are helping their staff stay healthy with a new hydration initiative to improve wellbeing at work. Doncaster and Bassetlaw Teaching Hospitals provided more than 3,000 water bottles to colleagues, including nurses, doctors and other health professionals.

School nurses create ‘unique’ health and wellbeing site for pupils
25 October, 2019
School nurses have created a new health and wellbeing website targeted at pupils aged 11 to 14 attending secondary schools across Surrey. The website, described as unique by those behind it, offers physical, emotional and wellbeing health promotion information in an “accessible, fun and interactive way”.

NMC pilots new counselling service for nurses referred to FtP
10 October, 2019
A new emotional support service has been launched for nurses, midwives and nursing associates whose fitness to practise is called into question. The Nursing and Midwifery Council is embarking on a 12-month pilot of Careline as part of ambitions to become a “person-centred professional regulator”.

Watch: Trust seeks to create kinder NHS with emotive staff video
03 October, 2019
A powerful video created by a South East trust featuring real-life stories from the frontline about the importance of kindness to staff wellbeing and patient safety is gaining national traction.

‘Two minutes of conversation can save a life,’ says mental health nurse
03 October, 2019
A nurse who heads up a mental health service for military veterans in Essex is promoting the power of conversation for improving wellbeing.

Other news

‘Nature prescriptions’ would be cheap way to improve country’s mental health, study finds
The Independent-9 Oct 2019
For every £1 invested in projects that connect people to nature there is a £6.88 social return

Night owls: Simple sleep tweaks boost wellbeing
BBC News-9 Jun 2019
Tweaking sleeping habits can shift people's body clocks and improve their wellbeing, say scientists in the UK and Australia.

Groundbreaking new platform launched to support mental health
GOV.UK-6 Oct 2019
PHE and the NHS launch Every Mind Matters to help people take simple steps to look after their mental health, improve their mental wellbeing and support others.

Government prioritises wellbeing and mental health of officers ...
GOV.UK-10 Jul 2019
The government and police watchdog will work together to put the wellbeing and mental health of staff and officers at the heart of policing following a landmark review.
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