

Health & Wellbeing

Current Awareness Bulletin

September 2020

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



In order to get the most from this bulletin, you will need an OpenAthens username and password. This will grant full text access to many of the listed resources. To register for an OpenAthens account go to: openathens.nice.org.uk.

Evidence, Research and Reviews



[Probiotic treatment for women with gestational diabetes to improve maternal and infant health and well-being](#)

Karaponi AM Okesene-Gafa, Abigail E Moore, Vanessa Jordan, Lesley McCowan, Caroline A Crowther
Intervention

Review

24 June 2020

Gestational diabetes mellitus (GDM) is carbohydrate intolerance first recognised during pregnancy and associated with complications for mothers and babies. Probiotics are naturally occurring micro-organisms, which when ingested in adequate amounts, may confer health benefits.



1. [Mental health and wellbeing during the transition to fatherhood: a systematic review of first time fathers' experiences. \(Full text\)](#)

The aim of this systematic review was to identify and synthesize the best available evidence on first time fathers' experiences and needs in relation to their mental health and wellbeing during their transition to fatherhood. Men's mental health and wellbeing during their transition to fatherhood is an important public health issue that is currently under-researched from (...) a qualitative perspective and poorly understood.

[Full text: YDH](#)

2020 [JBI database of systematic reviews and implementation reports](#) [PubMed abstract](#)

2. [Impact of Crisis Line Volunteering on Mental Wellbeing and the Associated Factors: A Systematic Review. \(Full text\)](#)

Crisis line services, operated by volunteers, have been proven to be effective in decreasing psychological pain and preventing suicidality. Although working at the crisis line may be rewarding, for some the confrontation with highly complex topics (i.e., suicidality, abuse, and loneliness) in combination with inappropriate calls (i.e., sexually abusive calls), may lead to distress or vicarious trauma. The aim of this paper is to systematically review the studies that have examined mental wellbeing of crisis line volunteers and the factors associated with it. Thirteen published empirical studies on the topic were found.

3. [Evidence for Environmental Noise Effects on Health for the United Kingdom Policy Context: A Systematic Review of the Effects of Environmental Noise on Mental Health, Wellbeing, Quality of Life, Cancer, Dementia, Birth, Reproductive Outcomes, and Cognition \(Full text\)](#)

This systematic review commissioned by the UK Department for the Environment, Food and Rural Affairs (Defra), considers how the evidence base for noise effects on health has changed following the recent reviews undertaken for the WHO Environmental Noise Guidelines. This systematic review assesses the quality of the evidence for environmental noise effects on mental health, wellbeing, and quality of life; birth and reproductive outcomes; and cognition for papers published since the WHO reviews (mid-2015 to March 2019), as well as for cancer and dementia (January 2014 to March 2019).

[Full text: YDH](#)

2020 [International journal of environmental research and public health PubMed abstract](#)

4. [Characteristics of successful programmes targeting gender inequality and restrictive gender norms for the health and wellbeing of children, adolescents, and young adults: a systematic review. \(Full text\)](#)

In the context of the Sustainable Development Goals and the shifting global burden of disease, this systematic review analyses the evidence from rigorously evaluated programmes that seek to transform the gendered social norms undermining the health and wellbeing of children, adolescents, and young adults (...) and wellbeing of 0-24 year olds.

[Full text: YDH](#)

2020 [The Lancet. Global health PubMed abstract](#)

5. [A systematic review and meta-analysis of the effectiveness of interventions to improve psychological wellbeing in the parents of children with cerebral palsy. \(Abstract\)](#)

Caregivers of children with cerebral palsy (CP) face unique demands and challenges, with potential negative impact on psychological wellbeing and consequences for both caregiver and child. Timely support could improve parental wellbeing. To evaluate the effectiveness of interventions aimed at improving the psychological wellbeing (...) studies (1293 participants, 1/3 with CP). Six studies investigated a positive parenting intervention; the other seven studies covered a range of other interventions.

[Full text: YDH](#)

2020 [Research in developmental disabilities](#)

6. [The Effects of Green Exercise on Physical and Mental Wellbeing: A Systematic Review. \(Full text\)](#)

We aimed to examine the evidence for the proposed additive effect of exercise in the presence of nature (green exercise) by systematically reviewing studies that investigated the effects of outdoor or virtual green exercise compared with indoor exercise. Our review updates an earlier review, whose searches were conducted in April 2010.

[Full text: YDH](#)

2020 [International journal of environmental research and public health PubMed abstract](#)

7. [A systematic review protocol examining workplace interventions that aim to improve employee health and wellbeing in male-dominated industries. \(Full text\)](#)

The workplace environment potentially provides access to a large population who are employed, and it is an employer's responsibility to provide appropriate conditions for its employees. Whilst the aetiology of cardiovascular disease is multifactorial, it is generally acknowledged that working conditions, gender and age are involved in its development (...). Male-dominated industries (comprising > 70% male workers, e.g., agriculture, construction, manufacturing, mining, transport and technology) have a higher prevalence of health risk behaviours than other population subgroups. Working in a gender-dominated industry can impact an employee's health and wellbeing, particularly for the opposite sex.

[Full text: YDH](#)

2020 [Systematic reviews PubMed abstract](#)

8. [The relationship between organisational stressors and mental wellbeing within police officers: a systematic review. \(Full text\)](#)

Occupational stressors in police work increase the risk for officer mental health morbidities. Officers' poor mental wellbeing is harmful to the individual, can affect professionalism, organisational effectiveness, and public safety. While the impact of operational stressors on officers' mental wellbeing is well documented, no review has systematically investigated organisational (...) accomplishment. The organisational stressors most often demonstrating consistently significant associations with mental health outcomes included lack of support, demand, job pressure, administrative/organisational pressure and long working-hours.

[Full text: YDH](#)

2020 [BMC public health PubMed abstract](#)

9. [No straight lines - young women's perceptions of their mental health and wellbeing during and after pregnancy: a systematic review and meta-ethnography. \(Full text\)](#)

Young mothers face mental health challenges during and after pregnancy including increased rates of depression compared to older mothers. While the prevention of teenage pregnancy in countries such as the United States and the United Kingdom has been a focus for policy and research in recent decades, the need to understand young women's own (...) experiences has been highlighted. The aim of this meta-ethnography was to examine young women's perceptions of their mental health and wellbeing during and after pregnancy to provide new understandings of those experiences. A systematic review and meta-ethnographic synthesis of qualitative research was conducted.

[Full text: YDH](#)

2020 [BMC women's health PubMed abstract](#)

10. [The Benefits of emotion Regulation Interventions in Virtual Reality for the Improvement of Wellbeing in Adults and Older Adults: A Systematic Review. \(Full text\)](#)

The impact of emotion regulation interventions on wellbeing has been extensively documented in literature, although only in recent years virtual reality (VR) technologies have been incorporated in the design of such interventions, in both clinical and non-clinical settings. A systematic search, following the Preferred Reporting Items (...) for Systematic Reviews and Meta-Analysis (PRISMA) guidelines, was therefore carried out to explore the state of the art in emotion regulation interventions for wellbeing using virtual reality.

[Full text: YDH](#)

2020 [Journal of clinical medicine PubMed abstract](#)

11. [Systematic Review of Self-Report Measures of General Mental Health and Wellbeing in Adolescent Mental Health. \(Full text\)](#)

Systematic Review of Self-Report Measures of General Mental Health and Wellbeing in Adolescent Mental Health. The assessment of general mental health and wellbeing is important within child and adolescent mental health services (CAMHS) for both clinicians and policy makers. Measurement tools are routinely relied upon to aid assessment and to monitor and evaluate treatment and service effectiveness. We conducted a systematic review using the COSMIN checklist to identify measures of general (...) mental health and wellbeing for an adolescent mental health population. A systematic database search was performed using PsychINFO, MEDLINE, EMBASE, and CINAHL in accordance with PRISMA guidelines.

[Full text: YDH](#)

2020 [Clinical child and family psychology review PubMed abstract](#)

12. [Indoor Nature Interventions for Health and Wellbeing of Older Adults in Residential Settings: A Systematic Review. \(Full text\)](#)

Having contact with nature can be beneficial for health and wellbeing, but many older adults face barriers with getting outdoors. We conducted a systematic review of quantitative studies on health and wellbeing impacts of indoor forms of nature (both real and simulated/artificial), for older adults in residential settings. Search terms relating to older adults and indoor nature were (...). The participants were 930 adults aged over 60. Nature interventions and health/wellbeing outcomes were heterogeneous, which necessitated a narrative synthesis.

[Full text: YDH](#)

2020 [The Gerontologist PubMed abstract](#)

13. [Blue care: a systematic review of blue space interventions for health and wellbeing. \(Full text\)](#)

There is increasing interest in the potential use of outdoor water environments, or blue space, in the promotion of human health and wellbeing. However, therapeutic nature-based practices are currently outpacing policy and the evidence base for health or wellbeing benefits of therapeutic interventions within blue space has not been systematically assessed. This systematic review aims to address the gap (...) assessed. Overall, the studies suggest that blue care can have direct benefit for health, especially mental health and psycho-social wellbeing.

[Full text: YDH](#)

2020 [Health promotion international PubMed abstract](#)

14. [Promoting wellbeing and health through active participation in music and dance: a systematic review. \(Full text\)](#)

Purpose: This review aims to reveal how music and dance participation relates to key social determinants of health, and acts as population wellbeing and health promotion and preventive tools for people without pre-existing health issues in diverse social groups.

[Full text: YDH](#)

2020 [International journal of qualitative studies on health and well-being PubMed abstract](#)

15. [Health, wellbeing and lived experiences of adults with SMA: a scoping systematic review. \(Full text\)](#)

Health, wellbeing and lived experiences of adults with SMA: a scoping systematic review. Spinal muscular atrophy (SMA) is a neurodegenerative disease that has a substantial and multifaceted burden on affected adults. While advances in supportive care and therapies are rapidly reshaping the therapeutic environment, these efforts have largely centered on pediatric populations.

[Full text: YDH](#)

2020 [Orphanet journal of rare diseases PubMed abstract](#)

16. [Mental health and wellbeing of medical students in Nigeria: a systematic review. \(Full text\)](#)

Mental health and wellbeing of medical students in Nigeria: a systematic review. In addition to the stresses common to medical school training, medical students in Nigeria face additional peculiar contemporary social problems due to income inequality, poverty, insecurity and political instability. These have a direct impact on their mental health and wellbeing.

[Full text: YDH](#)

2020 [International review of psychiatry \(Abingdon, England\) PubMed abstract](#)

17. [Trans* Community Connection, Health, and Wellbeing: A Systematic Review. \(Abstract\)](#)

Purpose: Transgender and nonbinary (trans*) people are affected disproportionately by discrimination and violence, contributing to gender minority stress and negative health effects. Transgender community connection (TCC), defined as (i) emotional connectedness (internal sense of belonging) to the trans* community and/or (ii) behavioral participation in the trans* community (observable interaction with other trans* people (...), in person, online, or through media) may moderate these negative effects on health. This systematic review synthesizes research on links between TCC and health and wellbeing for trans* people.

[Full text: YDH](#)

2020 [LGBT health](#)

Journal Articles

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

NICE [Healthcare Databases](#)

1. Wellbeing and mental health during the COVID-19 outbreak.

Author(s): Eaton

Source: Community Eye Health Journal; Apr 2020; vol. 33 (no. 109); p. 5-6

Publication Date: Apr 2020

Publication Type(s): Academic Journal

Database: CINAHL

2. The men's wellbeing project: promoting the well-being and mental health of men.

Author(s): Abotsie ; Kingerlee, Roger; Fisk, Andrew; Watts, Sam; Cooke, Rachel; Woodley, Luke; Collins, Dawn; Teague, Bonnie

Source: Journal of Public Mental Health; Apr 2020; vol. 19 (no. 2); p. 179-189

Publication Date: Apr 2020

Publication Type(s): Academic Journal

This paper describes a new multi-disciplined approach to supporting health-seeking challenges among men, in particular, how partnership working across NHS and non-NHS sectors can successfully support an identified public health need pragmatically using existing services and organisations.

Database: CINAHL

3. Exploring the role of shift work in the self-reported health and wellbeing of long-term and assisted-living professional caregivers in Alberta, Canada.

Author(s): Awosoga ; Steinke, Claudia; Nord, Christina; Doan, Jon; Varsanyi, Stephanie; Meadows, Jeff; Odole, Adesola; Murphy, Sheli

Source: Human Resources for Health; Sep 2020; vol. 18 (no. 1)

Publication Date: Sep 2020

Publication Type(s): Academic Journal

Available at [Human Resources for Health](#) - from BioMed Central

Available at [Human Resources for Health](#) - from Europe PubMed Central - Open Access

Database: CINAHL

4. Exploring the relationship between housing concerns, mental health and wellbeing: a qualitative study of social housing tenants.

Author(s): Holding ; Blank, Lindsay; Crowder, Mary; Ferrari, Edward; Goyder, Elizabeth

Source: Journal of Public Health; Sep 2020; vol. 42 (no. 3)

Publication Date: Sep 2020

Publication Type(s): Academic Journal

Available at [Journal of Public Health](#) - from Unpaywall

Social housing providers who wish to have a positive impact on the mental health of their tenants need to consider how to best support or mitigate the impact of these stresses. Addressing traditional housing officer functions such as reporting or monitoring home repairs alongside holistic support remains an important area where social housing departments can have substantial health impact. Tackling the complex nature of mental health requires a joined up approach between housing and a number of services.

Database: CINAHL

5. Sleep, mental health and wellbeing among fathers of infants up to one year postpartum: A scoping review.

Author(s): Wynter ; Francis, Lauren M.; Fletcher, Richard; McBride, Nyanda; Dowse, Eileen; Wilson, Nathan; Di Manno, Laura; Teague, Samantha; Macdonald, Jacqui A.

Source: Midwifery; Sep 2020; vol. 88

Publication Date: Sep 2020

Sleep constructs and assessment of these varied greatly. While some measures of fathers' sleep improved, fathers' fatigue increased significantly with increasing infant age. In adjusted analyses, fathers' sleep problems were associated with poorer mental health, relationships with partners, and safety compliance at work. Health professionals should consider a brief assessment of fathers' sleep when they consult families with young infants. Psycho-education regarding management of poor infant sleep could help to prevent long-term fatigue and its consequences among fathers.

Database: CINAHL

6. Arts, health and wellbeing across the age span.

Author(s): Stickley

Source: Perspectives in Public Health; Sep 2020; vol. 140 (no. 5); p. 243-244

Publication Date: Sep 2020

Publication Type(s): Academic Journal

PubMedID: NLM32933437

Available at [Perspectives in Public Health](#) - from Unpaywall

Database: CINAHL

7. Community singing, wellbeing and older people: implementing and evaluating an English singing for health intervention in Rome.

Author(s): Corvo ; Skingley, A; Clift, S

Source: Perspectives in Public Health; Sep 2020; vol. 140 (no. 5); p. 263-269

Publication Date: Sep 2020

Publication Type(s): Academic Journal

PubMedID: NLM32613899

Available at [Perspectives in Public Health](#) - from Unpaywall

Policy makers in different national contexts should consider social singing activities to promote the health and wellbeing of older adults as they are inexpensive to run and have been shown to be enjoyable and effective.

Database: CINAHL

8. New Zealand Pet Owners' Demographic Characteristics, Personality, and Health and Wellbeing: More Than Just a Fluff Piece.

Author(s): Fraser ; Huang, Yanshu; Robinson, Kealagh; Wilson, Marc S.; Bulbulia, Joseph; Sibley, Chris G.

Source: Anthrozoos; Aug 2020; vol. 33 (no. 4); p. 561-578

Publication Date: Aug 2020

Publication Type(s): Academic Journal

Although the relationship between pet ownership and depression diagnoses held across the six clusters of pet ownership, results indicated that the higher rates of anxiety were most commonly associated with cat ownership. Future longitudinal research is needed to establish whether pets decrease owners' health and wellbeing or rather that people in need of comfort tend to seek pets.

Database: CINAHL

9. Medical charity enters partnership with online mental health and wellbeing service to provide its members with support.

Author(s):

Source: Operating Theatre Journal; Aug 2020 ; p. 6-6

Publication Date: Aug 2020

Publication Type(s): Academic Journal

Database: CINAHL

10. Housing as a social determinant of health and wellbeing: developing an empirically-informed realist theoretical framework.

Author(s): Rolfe ; Garnham, Lisa; Godwin, Jon; Anderson, Isobel; Seaman, Pete; Donaldson, Cam

Source: BMC Public Health; Jul 2020; vol. 20 (no. 1); p. 1-19

Publication Date: Jul 2020

Publication Type(s): Academic Journal

PubMedID: NLM32689966

Available at [BMC Public Health](#) - from BioMed Central

Available at [BMC Public Health](#) - from Europe PubMed Central - Open Access

Available at [BMC Public Health](#) - from ProQuest (Health Research Premium) - NHS Version

Available at [BMC Public Health](#) - from Unpaywall

The findings provide an empirically-informed realist theoretical framework for causal pathways connecting less tangible aspects of the housing experience to health and wellbeing. Applying this within housing policy and practice would facilitate a focus on housing as a public health intervention, with potential for significant impacts on the lives of low-income and vulnerable tenants. The framework also offers a basis for further research to refine our understanding of housing as a social determinant of health.

Database: CINAHL

11. Optimizing resilience and wellbeing for healthcare professions trainees and healthcare professionals during public health crises – Practical tips for an 'integrative resilience' approach.

Author(s): Wald

Source: Medical Teacher; Jul 2020; vol. 42 (no. 7); p. 744-755

Publication Date: Jul 2020

Publication Type(s): Academic Journal

Available at [Medical Teacher](#) - from Unpaywall

Within this, coping skills may be challenged and strengths may be elucidated as well. Such crises create an imperative for medical educators to support trainees' wellbeing through adaptive flexibility for curriculum innovation and culturally sensitive resilience and wellbeing interventions. Strategies ('tips') to optimize resilience and wellbeing with an integrative resilience approach of individual, learning environment, and organization/systems factors are presented.

Database: CINAHL

12. Looking after your mental health and wellbeing.

Author(s): Conley, Clare

Source: Osteopath; Jul 2020; vol. 23 (no. 3); p. 16-16

Publication Date: Jul 2020

Publication Type(s): Periodical

Database: CINAHL

13. Social cohesion, mental wellbeing and health-related quality of life among a cohort of social housing residents in Cornwall: a cross sectional study.

Author(s): Williams ; Maguire, Kath; Morrissey, Karyn; Taylor, Tim; Wyatt, Katrina

Source: BMC Public Health; Jun 2020; vol. 20 (no. 1); p. 1-15

Publication Date: Jun 2020

Publication Type(s): Academic Journal

PubMedID: NLM32571296

Available at [BMC Public Health](#) - from BioMed Central

Available at [BMC Public Health](#) - from Europe PubMed Central - Open Access

Available at [BMC Public Health](#) - from ProQuest (Health Research Premium) - NHS Version

Available at [BMC Public Health](#) - from Unpaywall

Among a relatively homogeneous cohort, the reported level of social cohesion was only found to be significantly associated with higher mental wellbeing, not physical or mental health-related quality of life. The efforts made by social housing providers to offer social opportunities to all their residents regardless of individual physical or mental health state may support the development of a certain degree of social cohesion. Sense of control or safety in communities may be more critical to health than social cohesion. Additional observational research is needed before attempts are made to alter social cohesion to improve health.

Database: CINAHL

14. Mental wellbeing and lung health.

Author(s):

Source: Breathe; Jun 2020; vol. 16 (no. 2); p. 1-8

Publication Date: Jun 2020

Publication Type(s): Academic Journal

Available at [Breathe](#) - from Europe PubMed Central - Open Access

Available at [Breathe](#) - from HighWire - Free Full Text

Available at [Breathe](#) - from Unpaywall

Database: CINAHL

15. 'Sitting on a wobbly chair': mental health and wellbeing among newcomer pupils in Northern Irish schools.

Author(s): McMullen ; Jones, Sharon; Campbell, Rachel; McLaughlin, Judith; McDade, Barbara; O'Lynn, Patricia; Glen, Catherine

Source: Emotional & Behavioural Difficulties; Jun 2020; vol. 25 (no. 2); p. 125-138

Publication Date: Jun 2020

Publication Type(s): Academic Journal

Results suggest that, while many newcomer pupils have adapted well and display average levels of emotional well-being, many have experienced a range of adversities that may negatively impact mental health. Recommendations are made that relate to the emergent themes: to consider pre-existing stress and trauma (especially among refugees); respect socio-cultural differences and perspectives; foster relationships and collaboration; and empower and support schools.

Database: CINAHL

16. Psychosocial factors that impact maintaining health and wellbeing in women over 50 years living with HIV: a systematic review.

Author(s): Hughes ; Croston, Michelle

Source: HIV Nursing; Jun 2020; vol. 20 (no. 2); p. 32-42

Publication Date: Jun 2020

Publication Type(s): Academic Journal

Overall eight key themes emerged from the review. The themes were grouped into those influenced by extrinsic factors and those influenced by intrinsic factors. Extrinsic themes: stigma and secrets, support, daily struggles and being a mother/grandmother. Intrinsic themes: loneliness and uncertainty, self-care, religion and spirituality, and self-acceptance and adjustment. Conclusion: This review revealed women living with HIV aged >50 years have eight psychosocial factors that impact on their ability to maintain health and wellbeing and that their HIV condition changed the dimensions to the majority being HIV specific.

Database: CINAHL

17. Impact and Mechanism of Covid-19 on Mental Health and Wellbeing.

Author(s): Lynch ; O'Brien, M.; O'Byrne, L.; Gavin, B.; McNicholas, F.

Source: Irish Medical Journal; Jun 2020; vol. 113 (no. 6); p. 1-4

Publication Date: Jun 2020

Publication Type(s): Academic Journal

Database: CINAHL

18. A systematic review of physical and psychological health and wellbeing of older women in Sub-Saharan Africa.

Author(s): Mangipudi ; Cosco, Theodore; Harper, Sarah

Source: Journal of Public Health; Jun 2020; vol. 42 (no. 2); p. 294-303

Publication Date: Jun 2020

Publication Type(s): Academic Journal

The studies also indicated that older women use healthcare more often, and choose public over private facilities more often. Interpretation The studies in the review had large, diverse samples. This review demonstrates the need for more gender-specific studies to better understand the unique challenges older women face in managing NCDs in particular.

Database: CINAHL

19. Lifestyle, health and wellbeing - COVID-19 and beyond.

Author(s): LAST, RHIAN

Source: Practice Nurse; Jun 2020; vol. 50 (no. 6); p. 22-25

Publication Date: Jun 2020

Publication Type(s): Academic Journal

Abstract:In this article the author talks about a good time to reflect on day-to-day life during the pandemic, and to consider the impact COVID-19 has had on lifestyles, health and wellbeing and how research help with forward planning. Topics discussed lockdown has seen an increase in people with more time and inclination for home cooking and this has perhaps provided an opportunity; and research has demonstrated that smoking has a likely association with negative progression and adverse outcomes.

Database: CINAHL

20. Mental Health and Wellbeing: intercultural perspectives (foundations of mental health practice).

Author(s): Cooper, Jane

Source: Therapy Today; Jun 2020; vol. 31 (no. 5); p. 48-48

Publication Date: Jun 2020

Publication Type(s): Review

Available at [Therapy Today](#) - from EBSCO (Psychology and Behavioral Sciences Collection)

Database: CINAHL

21. The effects of service dogs on psychosocial health and wellbeing for individuals with physical disabilities or chronic conditions.

Author(s): Rodriguez ; Bibbo, Jessica; O'Haire, Marguerite E.

Source: Disability & Rehabilitation; May 2020; vol. 42 (no. 10); p. 1350-1358

Publication Date: May 2020

Publication Type(s): Academic Journal

Findings suggest that service dogs may have measurable effects on specific aspects of psychosocial health for individuals with physical disabilities or chronic conditions. Health care providers should recognize that in addition to the functional benefits service dogs are trained to provide, they can also provide their handlers with psychosocial benefits from their assistance and companionship. Results indicate that having a service dog was related to better emotional functioning, social functioning, and work/school functioning. Areas with no significant relationship with having a service dog included social companionship, sleep, and anger. Although findings are from a large and representative sample of mobility and medical service dogs, there may be individual differences in how service dogs affect the psychosocial health of their handlers.

Database: CINAHL

22. New horizons in supporting older people's health and wellbeing: is social prescribing a way forward?

Author(s): Hamilton-West ; Milne, Alisoun; Hotham, Sarah

Source: Age & Ageing; May 2020; vol. 49 (no. 3); p. 319-326

Publication Date: May 2020

Publication Type(s): Academic Journal

We also call on policymakers to recognise the need for investment in allied initiatives to address barriers to engagement in social prescribing programmes, provide targeted support for carers and improve access to older adult mental health services. We conclude that social prescribing has potential to support older people's health and wellbeing, but this potential will only be realised through strategic alignment of research, local level implementation and national policy and investment.

Database: CINAHL

23. Nurse devises course to aid health professionals' wellbeing.

Author(s):

Source: Nursing Times; May 2020; vol. 116 (no. 5); p. 8-8

Publication Date: May 2020

Publication Type(s): Periodical

Database: CINAHL

24. Intertek Launches Protek - The World's First Health, Safety and Wellbeing Assurance Programme for People, Workplaces and Public Spaces.

Author(s):

Source: Operating Theatre Journal; May 2020 (no. 356); p. 24-24

Publication Date: May 2020

Publication Type(s): Academic Journal

Database: CINAHL

25. Co-production of "nature walks for wellbeing" public health intervention for people with severe mental illness: use of theory and practical know-how.

Author(s): Hubbard ; Thompson, Catharine Ward; Locke, Robert; Jenkins, Dan; Munoz, Sarah-Anne; Van Woerden, Hugo; Maxwell, Margaret; Yang, Yaling; Gorely, Trish

Source: BMC Public Health; Apr 2020; vol. 20 (no. 1); p. 1-12

Publication Date: Apr 2020

Publication Type(s): Academic Journal

PubMedID: NLM32238165

Available at [BMC public health](#) - from BioMed Central

Available at [BMC public health](#) - from Europe PubMed Central - Open Access

Available at [BMC public health](#) - from ProQuest (Health Research Premium) - NHS Version

Available at [BMC public health](#) - from Unpaywall

We developed a theoretically-informed, evidence-based nature walks programme in a timely and relatively low-cost manner relevant in an era of growing mental illness and funding austerity. Further research is required to test if the intervention is effective and if this approach to intervention development works.

Database: CINAHL

26. Wellbeing and the lingo of mental 'health'.

Author(s): Manning

Source: British Journal of General Practice; Apr 2020; vol. 70 (no. 693); p. 166-166

Publication Date: Apr 2020

Publication Type(s): Academic Journal

PubMedID: NLM32217574

Available at [The British journal of general practice : the journal of the Royal College of General Practitioners](#) - from Unpaywall

Abstract:I've had depression on and off since 1986 and I certainly don't regard it as a "common mental health problem"; I reserve that description for my overall state when my luggage goes missing at the airport. It gets worse too; the other day I was reading a CCG mental "health" document and it referred to a "mental health illness". It's high time for those of us who've got the "mental illness" T-shirt to wear it with pride; after all, we don't call diabetes a "common pancreatic health illness" or a beta-cell wellbeing problem?.

Database: CINAHL

27. Special issue: Optimizing children's participation for health and wellbeing II: Barriers and facilitators.

Author(s): McBryde ; Ziviani, Jenny

Source: British Journal of Occupational Therapy; Apr 2020; vol. 83 (no. 4); p. 201-203

Publication Date: Apr 2020

Publication Type(s): Academic Journal

Available at [British Journal of Occupational Therapy](#) - from Unpaywall

Abstract:An introduction is presented in which the editor discusses articles in the issue on the topics including the importance of optimizing children's participation for health and wellbeing; barriers and facilitators to optimal participation with a goal-setting and effectiveness of interventions.

Database: CINAHL

28. Pre-post effectiveness evaluation of Chronic Disease Self-Management Program (CDSMP) participation on health, well-being and health service utilization

Author(s): Hevey, David; Jennifer Wilson O'Raghallaigh; Veronica O'Doherty; Lonergan, Katie

Source: Chronic Illness; Jun 2020; vol. 16 (no. 2); p. 146

Publication Date: Jun 2020

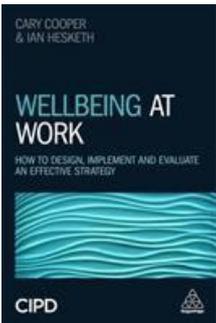
Publication Type(s): Journal Article

This national pre-post study provides preliminary evidence for the potential effectiveness of CDSMP delivered during routine care in improving important health outcomes and reducing health care utilization among a heterogeneous sample of chronic disease patients.

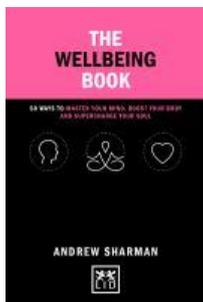
Database: BNI

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.



Wellbeing at work : how to design, implement and evaluate an effective strategy / Ian Hesketh and Cary Cooper 2019.



The wellbeing book : 50 ways to master your mind, boost your body and supercharge your soul / Andrew Sharman 2019.



The wellness puzzle : creating optimal well-being, one piece at a time / Andrew Jobling 2019.

In the News

Nursing Times

[Free Nursing Times webinar on nurse wellbeing in Covid-19 world](#)

03 September, 2020

Nursing staff were already under pressure but Covid-19 has obviously taken this to a new level, with emerging evidence suggesting nurse mental health and wellbeing has been significantly affected.

[A&E nurses offered 'game-changing' rest pods to boost wellbeing](#)

13 August, 2020

A hospital trust has installed specialist "rest pods" and chairs to allow its accident and emergency nurses to take short power naps and "decompress" on their breaks.

[NHS England urged to prioritise nurse wellbeing in virus recovery plans](#)

23 July, 2020

Protecting nurse wellbeing must be kept "at the heart" of plans to restore health and care services in the aftermath of the Covid-19 peak, NHS England boss Sir Simon Stevens has been urged.

[Exclusive: Working conditions contributing to poor nurse wellbeing](#)

15 July, 2020

A new workplace culture is needed that "explicitly recognises" how the very nature of the work carried out by nurses and midwives can strain their mental health, researchers have warned.

[Mental wellbeing webinars launched for London nurses amid Covid-19](#)

01 July, 2020

Nurses in London are being offered access to a series of NHS-led wellbeing webinars, which aim to help health and care staff discuss the impact of Covid-19 on their mental health.

['Supportive culture' needed to protect nurse wellbeing, RCN leader tells peers](#)

18 June, 2020

A much more "supportive culture" is needed within health and care services to prevent nurses from burning out and to address the "structural inequalities" exposed by Covid-19, a nursing leader has warned.

[Charity launches clinically supervised wellbeing service for health staff](#)

27 May, 2020

A mental health charity has upped its support for health workers with a new service offering 10,000 hours of free resources for those working during the Covid-19 pandemic.

[Wellbeing package to help nurses 'decompress and reflect' at London trust](#)

30 April, 2020

A London trust has brought in a package of wellbeing support for its nurses and other staff, including a supermarket, laundry service and "rest and recharge" zones to help relieve pressure during the coronavirus pandemic.

[Staff wellbeing and PPE among key coronavirus concerns for nurse leaders](#)

12 March, 2020

Senior nurse leaders have shared their main concerns around the health and wellbeing of staff on the frontline during the coronavirus outbreak, to inform new guidance for the NHS in England.

[Exclusive: New European study overhauling hospitals for nurse wellbeing](#)

24 February, 2020

Hospitals in the UK will be among 60 across Europe that will be supported to redesign their systems and ways of working to tackle nurse burnout and stress, under a ground-breaking four-year study.

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