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A library & knowledge service for all NHS staff in Rotherham

The Rotherham **NHS**
NHS Foundation Trust

Library & Knowledge Service

23/05/14 Bulletin for NHS England Clinical Directorates

Contents

Urgent & Emergency care

Preventing 30-Day Hospital Readmissions: A Systematic Review and Meta-analysis of Randomized Trials
JAMA Internal Medicine
This review of RCTs assessing the effect of interventions on all-cause or unplanned readmissions ≤30 days from discharge found they are effective (pooled RR 0.82; 95% CI 0.73-0.91; p<0.001); the more effective interventions are complex and support patient capacity for self-care.

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Healthcare Leadership

Collective Leadership Strategy
The King's Fund has published Delivering a collective leadership strategy for health care. This paper explains what a collective leadership strategy is and how to develop and implement a leadership strategy for health care organisations. It requires that health care organisations fundamentally change the way they develop leaders and create new leadership capacity with parallel and integrated development of individual and organisational capabilities. The document has been published alongside the King's Fund's second leadership survey Culture and leadership in the NHS 2014 which revealed a mixed picture of leadership, culture and the working environment across the NHS

Meeting the challenge: successful employee engagement in the NHS
This report is based on case studies of employee engagement at eight high performing NHS Trusts. It identifies the approach and interventions associated with high levels of engagement, and provides some recommendations for trusts looking to drive up engagement. It concludes that only through effectively engaging with employees will the NHS be able to meet the challenges it faces in coming years.

Patient Care … Professional Development … Commissioning … Evidence-based Practice … Revalidation … Research … Clinical Pathways … Knowledge Management … Books … Journals … Critical Appraisal …Bulletins … Alerts …DynaMed…Map of Medicine … Health Education Resources … Athens … Laptops … Literature Searching … MEDLINE … Referencing …

Mobilising identities: the shape and reality of middle and junior managers working lives - a qualitative study
Social identities shape how individuals perceive their roles and perform their work. Yet little is known about the identities of various types of NHS managers and even less about how they may influence how they carry out their work to achieve effectiveness. This study aimed to chart the work of middle and junior clinical and non-clinical managers; to describe how their identities are constructed and shape the performance of their roles; to explore how they mobilise their identities to achieve effectiveness.

Innovation and improvement tools and techniques

Spreading improvement ideas
The Health Foundation has published Spreading improvement ideas: tips from empirical research. This document, part of the Health Foundation Evidence Scan series, provides examples from the published empirical literature of techniques for spreading innovation and improvement. The focus is on identifying practical things that teams and organisations can do to publicise and spread new ideas and ways of working

Long Term Conditions

Long-term conditions new pilot scheme
Following the recent publication of the King's Fund report 'Supporting people to manage their own health', which introduced the concept of patient activation, NHS England is to launch a new pilot scheme to help general practitioners assess the care and support needs of people with long-term conditions. The pilot, which will cover 150,000 people, will use patient activation to help GPs measure the knowledge, skills and confidence patients with long-term conditions have to manage their own health, and highlight where they need extra support.

Better care for people with two or more long term conditions
The Department of Health has published Comorbidities - A framework of principles for system-wide action. This framework sets out the challenges for the wider health and care system in addressing comorbidities and proposes a set of interconnected principles to consider in the design of systems and services to prevent and treat comorbidities. Comorbidities are a helpful focus to bring different parts of the system together to address shared health concerns and prevent fragmentation.

Fall Prevention Strategies for Adults in Outpatient Programs: Clinical Evidence and Guidelines
Canadian Agency for Drugs and Technologies in Health
This report discusses three non-randomised studies regarding fall prevention strategies for adults in outpatient programs. Two examined the use of Tai Chi in patients with type 2 diabetes and chronic stroke, and one compared rehab programs for patients with chronic dizziness.

Obesity and Diabetes

Long term maintenance of weight loss with non-surgical interventions in obese adults: systematic review and meta-analyses of randomised controlled trials
British Medical Journal
[Review](#) of 45 trials (n=7788) found behavioural interventions moderately effective, and its combination with orlistat effective in slowing regain of weight in obese adults after initial weight loss. There was evidence of dose-response with orlistat and more GI ADRs vs. placebo.

Association between blood pressure and risk of cardiovascular hospital admissions among people with type 2 diabetes
Heart
A **[2 year UK study](#)** of 4704 patients with type 2 diabetes found that the BP associated with the lowest risk of cardiovascular hospitalisation was 137 (95% CI 133 to 141)/78 (95% CI 76 to 80) mm Hg with higher risk found above and below 137 mm Hg SBP and below 78 mm Hg DBP.

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Cardiovascular Disorders

Taking a longer term view of cardiovascular risk: the causal exposure paradigm
British Medical Journal

The [authors](#) argue that many people already have advanced arterial damage when they are identified to be at high risk of a cardiovascular event and that a better approach would be to prevent the damage by earlier intervention against the treatable causes of cardiovascular disease.

Case management for blood pressure and lipid level control after minor stroke: PREVENTION randomized controlled trial

Canadian Medical Association Journal

Compared with nurse-led case management, [active case management](#) by pharmacists improved risk factor control at 6 months among 279 patients who had experienced a stroke [43.4% pharmacist group met both sBP and LDL guideline targets vs. 30.9% nurse-led group; NNT 8, p = 0.03).

Different Time Trends of Caloric and Fat Intake Between Statin Users and Nonusers Among US Adults: Gluttony in the Time of Statins?
JAMA Internal Medicine

This [US study](#) (n=27,886; 1999-2010) found calorie and fat intake have increased among statin users over time which was not true for nonusers. Increase in BMI was also faster for statin users. Efforts aimed at dietary control among statin users may be becoming less intensive.

Fixed-dose combination therapy for the prevention of cardiovascular disease
[Cochrane Database of Systematic Reviews](#)
Compared with placebo, single drug active component, or usual care, effects of fixed-dose combination therapy on all-cause mortality or CVD events are uncertain; only few trials report these outcomes and trials were primarily designed to observe changes in CVD risk factor levels

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Cancer Services

Management of women at high risk of breast cancer
British Medical Journal

This review discusses how to identify women who are at high risk of breast cancer as a result of their family history or irradiation and outlines the management options for such women, including surveillance and risk reducing strategies (surgery; chemoprevention).

Older people

Ageing alone: loneliness and the oldest old
This report argues that loneliness should be a public health priority and explores practical steps that can be taken to reduce levels of loneliness among the oldest old. Addressed to politicians and policy makers in both central and local government, leaders and innovators in the voluntary and community sector, and wider society as a whole, the report urges them to give more priority to the services and support that we know can help older people avoid ageing in loneliness and isolation.

Mental health

Recognising the importance of physical health in mental health and intellectual disability: achieving parity of outcomes
This report finds that a person in England and Wales with an intellectual disability will die about 16 years earlier than average, and more than double the number die before the age of 50 and that their experience of NHS healthcare is often poor. It calls for this inequality to be urgently addressed and aims to identify what actions need to be taken to support doctors and the medical profession in changing the status quo in the UK.

Dementia Roadmap
A new online tool to help people with dementia access care in their local area has been launched by the Royal College of General Practitioners. Aimed at doctors and providers of community care, the Dementia Roadmap is a 'one stop shop' designed to reflect a patient's needs as they progress through the disease and signpost them to relevant local resources at the right time, from diagnosis onwards. The Roadmap provides a platform to help CCGs and other local organisations to bring together information for patients in their area so that GPs can refer them to the best care to meet their needs as quickly as possible.

The importance of promoting mental health in children and young people from black and minority ethnic (BME) communities
This briefing looks at the policy framework for mental health service provision and provides examples of existing practice which promote mental health for BME children and young people. It also highlights the impact of poor or incomplete data on commissioning and provision of mental health services for BME children and young people. It looks at specific factors that put children and young people from BME communities at risk of developing mental health problems as well as protective factors that can help build resilience.

Report on women's mental health
A new report builds on existing evidence to highlight women's experiences of poor mental health and wellbeing and their interactions with the mental health system.

Paroxetine versus other anti-depressive agents for depression
Cochrane Database of Systematic Reviews

Review of 115 RCTs (n=26,134) found that some possibly clinically meaningful differences between paroxetine and other antidepressants exist, but no definitive conclusions can be drawn as most of studies were at unclear or high risk of bias, and were industry sponsored.

Support for people with mental health problems
A report from the Centre for Mental Health suggests clinical commissioning groups should ensure they offer coherent and effective support for people with mental health problems who are diverted from police stations and courts. Keys to Diversion identifies the key elements of successful liaison and diversion services in Lewisham, Manchester, Portsmouth and in Plymouth, Bodmin and Truro. It finds that the most successful teams offer support for a person's needs, they build packages of support from a range of local agencies, and they stay in touch with people after they have been referred to other services.

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Other

Supporting people to manage their health
The King's Fund has published Supporting people to manage their health: an introduction to patient activation. This paper introduces 'patient activation', a way of encouraging people to engage more with improving their own health. Research shows that appropriately designed interventions can increase patients' levels of activation, with associated health benefits. The paper describes a patient-reported measure known as the Patient Activation Measure (PAM) which is used to measure an individual's knowledge, skill, and confidence for self-management. The paper offers recommendations for extending early use of the PAM in the United Kingdom.

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