

Occupational Therapy Update



20 May 2021

Welcome to the latest copy of the Occupational Therapy Update. The aim of this publication is to bring together a range of recently-published research and guidance that will help you make evidence based decisions.

Accessing Articles

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Please contact Holly if you would like more information, or further evidence searches: holly.cook3@nhs.net.

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1. Stressors for emergency department nurses: Insights from a cross-sectional survey.

Author(s): Alomari ; Collison, James; Hunt, Leanne; Wilson, Nathan J.

Source: Journal of Clinical Nursing (John Wiley & Sons, Inc.); Apr 2021; vol. 30 (no. 7/8); p. 975-985

Publication Date: Apr 2021

Publication Type(s): Academic Journal

Available at [Journal of Clinical Nursing](#) - from Wiley Online Library

Abstract:

Aims and Objectives: This study aimed to profile stress, exploring whether demographics and/or other factors uniquely contribute to stress for emergency departments nurses.

Background: Nursing has been identified as a stressful profession with the potential to have negative impacts on nurses' physical and mental health. Nurses working in emergency departments face unique daily stressors.

Design: Cross-sectional survey using a correlational design.

Methods: The survey was distributed in May 2019 to ED nurses working in New South Wales (NSW), Australia. A total of 242 nurses completed the survey, of which 190 cases were analysed. A standardised scale was used in the survey, the Expanded Nursing Stress Scale (ENSS). The sampling method for this research was non-probability purposive sampling. STROBE checklist was used for this manuscript.

Results: The results of this study indicated that emergency department nurses experience stress in their work settings. Stress is experienced predominantly because of problems in dealing with patients and their families, high workloads, and uncertainty concerning treatment.

Conclusions: The results of this study provide valuable insights into the work-related stress experienced by emergency department nurses. This information can be used to inform the development of strategies to minimise stress for emergency nurses.

Relevance to clinical practice: This study builds on existing, and contributes to new, knowledge about the current stressors for emergency department nurses. The results provide insights into how policies and procedures may need to be adjusted and interventions developed, that can help in reducing stress.

Database: CINAHL

2. Staff wellbeing: a matter for quality indicators or a concern in its own right?

Author(s): Lipman ; Gilkes, Gary; Hanson, Ashley

Source: Journal of Paramedic Practice; Apr 2021; vol. 13 (no. 4); p. 152-164

Publication Date: Apr 2021

Publication Type(s): Academic Journal

Abstract:

Despite assurance measures being developed alongside expanding scopes of practice, poor NHS ambulance staff wellbeing means high-quality job performance and patient care are not guaranteed. The UK's service is struggling to cope with growing demand and is not fully adapting from its historical emergency response role to meet modern-day urgent care needs. This puts unnecessary pressures and risks of stress from exhausting, intense work on to its most valuable resource: staff. Detrimental workplace cultures exacerbate this, along with added target-driven strain from non-evidence-based ambulance quality indicators. With poor support, communication, leadership and mental wellbeing provision, staff are increasingly dissatisfied, demoralised and experiencing a myriad of health problems. Consequences include excessive staff sickness absences and turnover as well as an up to 75% higher suicide risk. Trusts should collaborate to identify and address the causes of demand that cannot be met, and chief executives and boards should work with staff to prioritise structured wellbeing assessment and improvement. Further research is also needed.

Database: CINAHL



3. AVOIDING BURNOUT OF THE CARE HOME WORKFORCE DURING THE COVID-19 PANDEMIC AND BEYOND: SHARING NATIONAL LEARNING AND LOCAL INITIATIVES...British Geriatrics Society Autumn Meeting, November 25-27 2020 (Virtual).

Author(s): Johnston ; Malcolm, C.; Rambabu, L.; Hockley, J.; Shenkin, S. D.

Source: Age & Ageing; Mar 2021; vol. 50

Publication Date: Mar 2021

Publication Type(s): Academic Journal

Available at [Age and Ageing](#) - from Unpaywall

Abstract:

Introduction: COVID-19 in care homes has heightened the risk of staff burnout, undermining already problematic staff retention and low morale. There has been an associated proliferation of resources and online initiatives to support frontline workers, however, few of these are directly targeted at the care home workforce. Care home workers are highly skilled in caring for people with complex needs, but have very variable levels of formal training, and just over half of care homes in Scotland include registered nurses. This project will rapidly collate existing resources and identify, direct from care home workers, their best practice, initiatives, and resources used to support resilience and retention during this pandemic and moving forward.

Methods: 1) Rapid review of care home specific evidence and resources (including published research and social media); 2) Online survey of Enabling Research in CareHomes (ENRICH) members across Scotland (n=55); 3) Case studies within six care homes to identify what is working well and what is not in terms of promoting resilience and emotional support.

Results: The rapid review has identified a wide range of resources directed at supporting staff working in care homes; the survey and case studies will provide data on the key learning and resources that have supported staff, and outline the challenges identified. There are many resources available but staff do not access these. The role of the care home manager is key.

Key conclusions: This comprehensive review of resources and initiatives will make a valuable contribution to policy and practice designed to reduce burnout and foster retention not just in care homes but more widely across health and social care.

Database: CINAHL

4. What Do Occupational Hygienists Really Know About Skin Exposure?

Author(s): Gaskin ; Currie, Naomi; Cherrie, John W

Source: Annals of Work Exposures & Health; Mar 2021; vol. 65 (no. 2); p. 219-224

Publication Date: Mar 2021

Publication Type(s): Academic Journal

Abstract: This article describes responses to a questionnaire on current work practices and understanding of the management of dermal exposure issues in the workplace from members of the British Occupational Hygiene Society (BOHS) and the Australian Institute of Occupational Hygienists (AIOH). The survey comprised questions in four key areas: employment demographics, experience managing dermal exposure, knowledge of dermal exposure management, and opinions on professional knowledge gaps and preferred training methods. The survey was disseminated in 2016 in the UK and 2018 in Australia, with 116 and 114 responses from each jurisdiction, respectively. The majority of respondents had personally evaluated the risks of dermal exposure to chemicals (BOHS 92%; AIOH 86%), albeit infrequently (less than a few times per year). Occupational Hygienists reportedly adopted a range of strategies to control dermal exposure problems, including chemical elimination/substitution (BOHS 68%; AIOH 68%), changing work practices (BOHS 79%; AIOH 75%), and education (BOHS 77%; AIOH 83%). The use of gloves or other personal protective equipment remained the most commonly cited exposure control measure (BOHS



99%; AIOH 97%). While there appeared to be a good understanding of common dermal exposure workplace scenarios (e.g. isocyanate exposure in motor vehicle repair, solvent exposure during spray painting), the overwhelming majority of respondents wished to find out more about assessing the risks from dermal exposure to chemicals (BOHS 89%; AIOH 88%). The outcomes suggest ways to increase the competence of professionals in dealing with dermal exposure matters in the workplace, through mechanisms such as web-based guidance, interactive educational materials and webinars, as well as workshops and seminars.

Database: CINAHL

5. Working in the Field of Complex Psychological Trauma: A Framework for Personal and Professional Growth, Training, and Supervision.

Author(s): Coleman ; Chouliara, Zoë; Currie, Kay

Source: Journal of Interpersonal Violence; Mar 2021; vol. 36 (no. 5/6); p. 2791-2815

Publication Date: Mar 2021

Publication Type(s): Academic Journal

Available at [Journal of interpersonal violence](#) - from Unpaywall

Abstract: The aim of this article is to explore the positive and negative impacts of working therapeutically in complex psychological trauma (CPT), particularly the field of gender-based violence (GBV) and childhood sexual abuse (CSA), from the clinicians' perspective. The focus was on the prospect of positive gains and growth for therapists. Twenty-one clinicians (n = 21; counselors/psychotherapists and psychologists) from National Health Service (NHS) specialist trauma services, a community mental health team, and specialist sexual assault counseling organization participated. Interpretative phenomenological analysis (IPA) was utilized to conduct single one-off interviews and analysis. Six themes were identified: Called to the work; Connection, Separation, and Oneness; Into and out of the darkness; Chaos into meaning; Reparation not repetition; and Expansion and growth. The first "Therapist Led Framework of Growth in Trauma Work" is presented. Vicarious posttraumatic growth (VPTG) was a key finding, with CPT therapists experiencing a "challenge/benefit/change" growth process. Adoption of actively relational strategies to enhance clinicians' growth process through trauma work is being proposed. The benefits of conceptualizing both the positive and negative impacts of such work for supervision, training, shaping the formal curricula, service management, and continuing professional development (CPD) are being discussed. The need for good practice guidelines on self-care internationally is highlighted.

Database: CINAHL

6. Compassion fatigue and the effectiveness of support structures for diagnostic radiographers in oncology.

Author(s): Robertson ; England, Andrew; Khodabakhshi, Delara

Source: Journal of Medical Imaging & Radiation Sciences; Mar 2021; vol. 52 (no. 1); p. 22-28

Publication Date: Mar 2021

Publication Type(s): Academic Journal

Available at [Journal of Medical Imaging and Radiation Sciences](#) - from Unpaywall

Abstract: Diagnostic radiographers working in oncology will have frequent contact with the same patients over a prolonged period. This can be mentally exhausting for the radiographer. Compassion fatigue (CF) occurs after repeated exposure to stressful situations and it can become overwhelming, leading to irritability and decreased empathy. CF has been known to affect many healthcare professions, however few studies have examined diagnostic radiographers, nor if the current support systems are suitable. An exploratory study was conducted as part of a local quality improvement project. An anonymised questionnaire was sent to all radiographers in a single oncology hospital within the UK to assess if the support provided met their needs. Sixty percent of those questioned responded. Almost half found their work affected their mental wellbeing, but they felt they could manage this stress at work. Almost all felt that some sort of support should be offered to the radiographers. The most popular options



were already provided by the hospital, however many felt they were not accessible for a variety of reasons. When discussed further, it was found that the timings were prohibitive as most were held when they could not attend. Diagnostic radiographers working in oncology settings are at risk of CF. Although support structures are in place, they may not currently meet the needs of this staff group and at times are inaccessible. Providing specific, accessible support for diagnostic radiographers will help reduce the potential effects of CF, reduce stress-related sickness and ultimately improve the service for patients.

Database: CINAHL

7. Call for NHS workers to be better supported to curb risk.

Author(s):

Source: Occupational Health & Wellbeing; Mar 2021; vol. 73 (no. 3); p. 4-4

Publication Date: Mar 2021

Publication Type(s): Periodical

Available at [Occupational Health & Wellbeing](#) - from ProQuest (Health Research Premium) - NHS Version

Database: CINAHL

8. Understanding the psychological and social influences on office workers taking breaks; a thematic analysis.

Author(s): Oliver ; Rodham, Karen; Taylor, Jennifer; McIver, Claire

Source: Psychology & Health; Mar 2021; vol. 36 (no. 3); p. 351-366

Publication Date: Mar 2021

Publication Type(s): Academic Journal

Available at [Psychology & Health](#) - from Unpaywall

Abstract:

Objective: There is a growing trend whereby office workers refrain from taking breaks at work. Previous research has not explored how employees understand the enablers and barriers to taking breaks. This study explored how office-based workers describe their behaviour in relation to, and perceive the notion of, taking breaks.

Design: Five focus groups were held with 27 employees of differing levels of seniority at a local authority in the UK. Inductive thematic analysis was employed with the researchers maintaining a deliberate stance of curiosity towards the data, allowing for reflexivity and awareness of preconceptions towards the research.

Results: The analysis identified 5 key themes: the non-binary nature of taking breaks at work, the influence of social and work relationships, the superordination of work over breaks and health, contradictory feelings of guilt and anxiety and being 'fair game' for work related matters if you remain at your desk at break times.

Conclusion: This paper suggests that the complex relationships that people have with taking breaks, with others and with their physical environment should be taken into account when trying to understand break-taking behaviour. Based on these findings, suggestions for further research and potential health-related policy and organisational changes are made.

Database: CINAHL

9. A systematic review into the effectiveness of occupational therapy for improving function and participation in activities of everyday life in adults with a diagnosis of depression.

Author(s): Christie ; Inman, Joanne; Davys, Deborah; Cook, Penny A.

Source: Journal of Affective Disorders; Mar 2021; vol. 282 ; p. 962-973

Publication Date: Mar 2021



Publication Type(s): Academic Journal

PubMedID: NLM33601741

Available at [Journal of affective disorders](#) - from Unpaywall

Abstract:

Background: Depression is a common mental health disorder, the symptoms of which can disrupt functioning and lead to reduced participation in everyday activities. Occupational therapy is routinely provided for people with such difficulties; however, the evidence underpinning this intervention for depression has yet to be systematically assessed.

Method: A systematic review of the effectiveness of occupational therapy for people with a diagnosis of depression, using the Preferred Reporting Items for Systematic Reviews and Meta-analysis (PRISMA) was undertaken. Seven databases were searched using terms for depression combined with terms associated with occupational therapy. Due to heterogeneity in study design and outcome measures, a best evidence synthesis was undertaken as an alternative to meta-analysis.

Results: Of 1962 articles identified, 63 full texts were assessed and six met the inclusion criteria. Studies were carried out in Canada, Germany, the Netherlands, Taiwan and the United Kingdom. There was strong evidence for the effectiveness of occupational therapy return-to-work interventions for improving depression symptomology, limited evidence for occupational therapy lifestyle interventions for reducing anxiety and suicidal ideation, and limited evidence for improving work participation. No studies evaluated individualised client-centred occupational therapy, highlighting a gap in research. **Limitations:** Incomplete reporting within studies and heterogeneity prevented meta-analysis. English language restrictions were applied.

Conclusions: Whilst overall the evidence base for occupational therapy for depression is limited, strong evidence was found for the effectiveness of occupational therapy return-to-work interventions, which is important given the costs associated with mental ill-health and work absence. Further research is needed to strengthen the evidence base.

Database: CINAHL

10. The beliefs of healthcare students about the harmfulness of daily activities for their back: a cross-sectional study.

Author(s): Leahy ; O'Keefe, Mary; Robinson, Katie; O'Sullivan, Kieran

Source: European Journal of Physiotherapy; Feb 2021; vol. 23 (no. 1); p. 34-40

Publication Date: Feb 2021

Publication Type(s): Academic Journal

Available at [European Journal of Physiotherapy](#) - from Unpaywall

Abstract: To investigate the beliefs of healthcare students about how harmful common daily activities are perceived to be for their lower back. A cross-sectional survey of Physiotherapy, Occupational Therapy and General Nursing pre-registration students in Ireland. Two hundred and forty two students completed the modified Photograph Series of Daily Activities survey to ascertain their low back pain beliefs. Beliefs were compared between those in different programmes using one-way ANCOVA (post hoc Bonferroni). Physiotherapy students (n = 115) had significantly more positive beliefs (lower scores) than Occupational Therapy (n = 48) and General Nursing (n = 79) students (p < .001). No significant difference was found between Occupational Therapy and General Nursing students (p = .054). Males had significantly more positive beliefs than females (p = .043), while there were no differences according to low back pain status (p = .383). Physiotherapy students considered common daily activities less harmful for their lower back than Occupational Therapy and General Nursing students. Considering the relationship between low back pain beliefs and disability, negative beliefs among healthcare students need to be addressed. Healthcare students from different disciplines have different beliefs about the harmfulness of common daily activities for their own back. This has the potential to affect their practice and the outcomes of low back pain patients they encounter.

Database: CINAHL



11. Seroprevalence of SARS-CoV-2 antibodies in healthcare workers at a London NHS Trust.

Author(s): Grant ; Wilmore, Stephanie M.S.; McCann, Naina S.; Donnelly, Owain; Lai, Rebecca W.L.; Kinsella, Matthew J.; Rochford, Helena L.; Patel, Trupti; Kelsey, Michael C.; Andrews, Julie A.

Source: Infection Control & Hospital Epidemiology; Feb 2021; vol. 42 (no. 2); p. 212-214

Publication Date: Feb 2021

Publication Type(s): Academic Journal

Available at [Infection Control & Hospital Epidemiology](#) - from Unpaywall

Abstract: Healthcare workers (HCWs) have a theoretically increased risk of contracting severe acute respiratory coronavirus virus 2 (SARS-CoV-2) given their occupational exposure. We tested 2,167 HCWs in a London Acute Integrated Care Organisation for antibodies to SARS-CoV-2 in May and June 2020 to evaluate seroprevalence. We found a seropositivity rate of 31.6% among HCWs.

Database: CINAHL

12. The effects of a cognitive-behavioral stress intervention on the motivation and psychological well-being of senior U.K. police personnel.

Author(s): Jones, Jennifer K.; Turner, Martin J.; Barker, Jamie B.

Source: International Journal of Stress Management; Feb 2021; vol. 28 (no. 1); p. 46-60

Publication Date: Feb 2021

Publication Type(s): Academic Journal

Available at [International Journal of Stress Management](#) - from ProQuest PsycARTICLES - NHS

Available at [International Journal of Stress Management](#) - from Unpaywall

Abstract: Police employees in the United Kingdom face increased work demands, against a backdrop of increasing crime rates and continued underfunding, due to the ongoing impact of austerity. Stress and mental illness in policing populations is a major concern for the police themselves, and for the communities they serve. The use of cognitive-behavioral one-to-one coaching (CBC) in critical performance contexts has received scant research attention. But CBC could be particularly useful as a stress-management intervention in highly demanding occupational contexts such as policing. The current study applies a pre-post experimental field design to examine the effect of one-to-one CBC with a sample of 50 senior police personnel in the United Kingdom. Participants received 8 bespoke one-to-one CBC sessions each, and data were collected at preintervention, postintervention, and follow-up phases. Data showed that CBC decreased maladaptive cognitions (irrational beliefs) and increased self-determined motivation and the satisfaction of basic psychological needs (well-being) in senior police personnel. Hair cortisol levels were used to determine changes in stress, but data did not suggest that CBC had a meaningful effect on pre-post cortisol levels. Social validation data indicated that CBC facilitated stress coping and corroborated statistical analyses. The applied issues surrounding the use of CBC in critical performance contexts are discussed, along with guidance for the future use of CBC in applied psychology research.

Database: CINAHL

13. Burnout and attitudes toward deliberate self harm amongst UK junior doctors.

Author(s): Wilson ; Langan-Martin, J.

Source: Psychology, Health & Medicine; Feb 2021; vol. 26 (no. 2); p. 162-176

Publication Date: Feb 2021

Publication Type(s): Academic Journal

Abstract: Deliberate self-harm (DSH) is a major global health problem and a significant risk factor for death by suicide. Despite this, those who suffer are often confronted with negative attitudes from healthcare professionals whilst seeking help, with detrimental consequences for treatment outcomes. While several factors may affect



attitudes to DSH amongst healthcare professionals, there is now growing evidence to suggest an association with burnout. As current levels of burnout amongst junior doctors are estimated to be high, understanding the nature of this association is crucial. The over-arching aim of this project is therefore to explore junior doctors' attitudes toward DSH in comparison with other presenting conditions and to explore any possible relationship these may have with features of burnout. We conducted an online cross-sectional survey of junior doctors working within NHS Greater Glasgow and Clyde. After collecting sociodemographic information, participants were presented with both the abbreviated Maslach Burnout Inventory and the Medical Condition Regard Scale for patients presenting with; Chronic Obstructive Pulmonary Disease (COPD), Type I Diabetes Mellitus (T1DM), Schizophrenia and DSH. Significant differences in attitudes according to presenting complaints/conditions were identified. Participants reported the highest regard for T1DM and lowest regard for DSH, varying as a function of speciality and years of NHS service. 21% of participants were experiencing 'burnout' to a high degree, and scores also varied as a function of speciality and years of NHS service. No association between burnout and attitudes were observed for any of the investigated diagnoses. Our findings highlight the desperate need for evidence-based interventions to address burnout and negative attitudes toward DSH amongst junior doctors. Moreover, they may suggest that these attitudes worsen through the course of junior doctor training. We would therefore advocate for further research to assess the efficacy of interventions designed to address this.

Database: CINAHL

14. Associations between occupation and heavy alcohol consumption in UK adults aged 40-69 years: a cross-sectional study using the UK Biobank.

Author(s): Thompson ; Pirmohamed, Munir

Source: BMC Public Health; Feb 2021; vol. 21 (no. 1); p. 1-12

Publication Date: Feb 2021

Publication Type(s): Academic Journal

PubMedID: NLM33622282

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 EBSCO (MEDLINE Complete)

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

Abstract: Background: Understanding the relationship between occupation and alcohol use offers opportunities to provide health promotion programmes based on evidence of need. We aimed to determine associations between occupation and heavy alcohol consumption in working individuals aged 40-69 years.

Methods: A cross-sectional study was conducted using 100,817 people from the UK Biobank: 17,907 participants categorised as heavy drinkers, defined as > 35 units/week for women and > 50 units/week for men, and 82,910 drinking controls. Prevalence ratios (PRs) and 95% CIs were calculated for gender-specific heavy drinking in 353 occupations using Standard Occupational Classification, V.2000.

Results: Seventy-seven occupations were associated with level of alcohol consumption in drinkers. The largest ratios for heavy drinkers were observed for publicans and managers of licenced premises (PR = 2.81, 95%CI 2.52-3.14); industrial cleaning process occupations (PR = 2.09, 1.33-3.28); and plasterers (PR = 2.07, 1.66-2.59). Clergy (PR = 0.20, 0.13-0.32); physicists, geologists and meteorologists (PR = 0.40, 0.25-0.65); and medical practitioners (PR = 0.40, 0.32-0.50) were least likely to be heavy drinkers. There was evidence of gender-specific outcomes with the proportion of jobs associated with heavy drinking accounted for by skilled trade occupations being 0.44 for males and 0.05 for females, and 0.10 for males and 0.40 for females when considering managers and senior officials.

Conclusions: In the largest study of its kind, we found evidence for associations between a wider variety of occupations and the risk of heavy alcohol consumption than identified previously, particularly in females, although



causality cannot be assumed. These results help determine which jobs and broader employment sectors may benefit most from prevention programmes.

Database: CINAHL

15. Occupational therapists need to be involved in developing and evaluating technological solutions to support remote working.

Author(s): Field ; Read, Jennifer; Jones, Natalie; Fegan, Colette; Lanfranchi, Vita

Source: British Journal of Occupational Therapy; Feb 2021; vol. 84 (no. 2); p. 69-71

Publication Date: Feb 2021

Publication Type(s): Academic Journal

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

Abstract: An editorial is presented on the occupational therapists who need to be involved in developing and evaluating technological solutions to support remote working. The article discusses that the National Health Service (NHS) long-term plan pledged to make digitally enabled care mainstream within the next decade; and technological innovation has the potential to improve care quality and cost savings across health and social care.

Database: CINAHL

16. Occupational Therapy for South Asian Older Adults in the United Kingdom: Cross-Cultural Issues.

Author(s): Yam ; Murphy, Angela; Thew, Miranda

Source: British Journal of Occupational Therapy; Feb 2021; vol. 84 (no. 2); p. 92-100

Publication Date: Feb 2021

Publication Type(s): Academic Journal

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

Abstract: Introduction: There is limited understanding of the cultural needs of diverse Black and Minority Ethnic populations such as South Asian older adults, which may be perpetuating occupational injustices and health inequalities faced by these groups. Although cultural considerations are intrinsic to person-centred occupational therapy and increasingly relevant to the changing landscape of health and social care, the profession is criticised for its western-centric focus. This study aimed to gain understanding of the current cross-cultural issues in supporting South Asian older adults in the UK, as perceived by occupational therapists. Method: A constructivist qualitative design supported by thematic analysis was used, involving seven occupational therapists in the United Kingdom who participated in semi-structured interviews via Skype/telephone. Findings: Cross-cultural issues were illustrated through the following themes: 'when the barriers go down' – cultural mismatch in individualist vs. collectivist worldviews; 'invasion of the family home' – cultural inappropriateness of standard interventions; and 'I go into every assessment assuming nothing' – recognition of and response to challenges. Conclusion: This study provides insight into cross-cultural issues in occupational therapy for South Asian older adults, revealing a gap between theory and practice in integrating cultural humility. It highlights the need for a more inclusive, person-centred approach to support culturally diverse populations.

Database: CINAHL

17. 'Trying to keep our colleagues going is incredibly difficult' -- trust chief nurse.

Author(s):

Source: Nursing Standard; Jan 2021 ; p. 6-6

Publication Date: Jan 2021

Publication Type(s): Trade Publication



Available at [Nursing Standard](#) - from RCN Publishing Company Access is limited to previous 3 years

Abstract: The article mentions a trust chief nurse's view of the increasing challenges in health service in Great Britain as coronavirus disease 2019 (COVID-19) infection rates continue to rise as of January 13, 2021.

Database: CINAHL

18. Insights into nurses' precarious emotional labour in the emergency department.

Author(s): Kirk ; Edgley, Alison

Source: Emergency Nurse; Jan 2021 ; p. 22-26

Publication Date: Jan 2021

Publication Type(s): Academic Journal

Abstract: Background: Nurses in the emergency department (ED) work in emotionally charged situations and undertake extensive emotional labour. However, that labour is not visible to others, often overlooked and therefore undervalued. Furthermore, there is a lack of literature on the topic.

Aim: To explore ED nurses' experiences of emotional labour.

Methods: In-depth semi-structured interviews were conducted with two staff nurses working in the ED of a large UK teaching hospital. Rigorous methods of data collection and analysis, including a strong reflexive stance, were adopted.

Findings: Among three overarching themes that emerged from the data, two related more specifically to the ED: 'precarious emotional labour' and 'grieving etiquette'. Participants were found to perform sophisticated forms of emotional labour to manage the precariousness of their role, and to conceal or suppress their own feelings in order to maintain the grieving etiquette.

Conclusion: The ED is an environment that requires sophisticated but precarious forms of emotional labour. Recognising, valuing and supporting the emotional aspect of an ED nurse's role is essential if emergency services are to remain functional, efficient and humane.

Database: CINAHL

19. A preliminary comparison of the efficacy of online Acceptance and Commitment Therapy (ACT) and Cognitive Behavioural Therapy (CBT) stress management interventions for social and healthcare workers.

Author(s): Barrett ; Stewart, Ian

Source: Health & Social Care in the Community; Jan 2021; vol. 29 (no. 1); p. 113-126

Publication Date: Jan 2021

Publication Type(s): Academic Journal

Available at [Health & Social Care in the Community](#) - from Wiley Online Library

Abstract:

Social and healthcare workers have been shown to experience greater levels of illness, depression and burnout as a result of chronic workplace stress. The purpose of this study was to examine whether brief online ACT and CBT interventions could reduce the experience of stress and burnout in employees, while also improving mental health and psychological flexibility. A total of 42 individuals working within the social and healthcare professions were randomly assigned to either a 2-week online ACT or CBT intervention. Recruitment was undertaken internationally, although the majority of participants were based in Ireland at the time of their participation (79%). Participants' perceived stress, burnout, mental health and work-related psychological flexibility were assessed at baseline and post-treatment. Intent-to-treat analyses were conducted on all data. Outcomes indicated that both interventions resulted in significant improvements in stress, burnout and mental health scores from baseline to post-treatment. No significant differences were observed between ACT and CBT conditions, or in psychological flexibility scores from baseline to post-treatment. Reliable Change Index (RCI) scores indicated that clinically significant improvements in



stress and mental health were seen in 42% and 19% of programme-completers, respectively. These results provide preliminary evidence for the usefulness of brief internet-delivered ACT and CBT interventions for the treatment of occupational stress and its comorbid symptoms. Online programmes with a longer duration and additional therapist support should be evaluated, as these may improve the outcomes of future interventions.

Database: CINAHL

20. "I'm smiling back at you": Exploring the impact of mask wearing on communication in healthcare.

Author(s): Marler ; Ditton, Annabel

Source: International Journal of Language & Communication Disorders; Jan 2021; vol. 56 (no. 1); p. 205-214

Publication Date: Jan 2021

Publication Type(s): Academic Journal

Available at [International journal of language & communication disorders](#) - from Wiley Online Library

Available at [International journal of language & communication disorders](#) - from Unpaywall

Abstract:

Background: Surgical and respirator masks are worn to reduce the risk of droplet and airborne transmission of viral respiratory disease. As a result of the novel coronavirus (COVID-19) pandemic, mask wearing has been designated mandatory for healthcare professionals working in UK hospitals for the foreseeable future. It is thus timely to consider the long-term implications of mask wearing on communication within healthcare settings, from both a patient and a clinician perspective.

Aims: The primary objective is to identify research evidence that corresponds to the mask-wearing experiences of healthcare professionals working on the ground. By drawing together a summary of the literature illustrating the potential challenges associated with mask wearing, it is possible to make an application to various clinical cohorts and to formulate a set of preliminary, evidence-based support strategies. The paper additionally explores the role for the Speech and Language Therapist (SLT) in supporting communication in the context of mask wearing.

Methods & Procedures: Through a scoping review of the relevant literature, this paper reflects holistically on the prospective challenges associated with mask wearing across a variety of healthcare settings and patient populations. The subsequent conclusions have been used to inform the proposed clinical guidelines for safe and effective practice.

Outcomes & Results: There is a current research gap with regards to mask wearing in non-medical and non-clinical healthcare workers, and the impact this may have on both a professional and a personal basis. In the absence of preliminary data, the development of associated communication support strategies is hindered. This paper draws upon a variety of clinically conceivable issues faced by healthcare professionals, outlines important practical and ethical considerations, and proposes evidence-based solutions to some of the challenges identified. Future research is required to gather evidence with regards to actual clinical experiences of mask wearing to substantiate hypotheses.

Conclusions & Implications: Although undoubtedly essential in protecting the health of staff and patients, there are numerous logistical, physiological, psychological, social and economic complications associated with the wearing of masks. The ability of healthcare staff to successfully communicate with patients and with colleagues is jeopardized, which may adversely affect the efficiency, effectiveness, equitability and, most notably, safety of therapeutic intervention. The SLT has a distinct role in facilitating communication in order to safeguard the provision, accessibility and efficacy of services.

What this paper adds: What is already known on the subject. Existing research explores the impact of mask wearing on medical doctors, surgeons and dentists, and upon the corresponding patient cohorts. Little is known about how mask wearing may affect Allied Health Professionals and their ability to deliver therapeutic interventions safely and effectively. With mandatory face covering potentially a long-term requirement for UK healthcare staff, it is both timely and relevant to consider the consequences of mask wearing on communication across acute and community settings. What this paper adds to existing knowledge. This paper identifies a range of prospective key issues associated with mask wearing across a variety of clinical and non-clinical populations, with application specifically to



vulnerable patient cohorts. Through evidence synthesis, this paper provides a summary of fundamental issues supported by relevant literature, and draws upon these in order to propose a preliminary set of evidence-based clinical guidelines setting out potential solutions to the challenges faced. This review additionally assists in quantifying the role of the SLT within these extraordinary circumstances, with the aim of prompting unified practice, building upon professional guidance and increasing skill recognition. What are the potential or actual clinical implications of this work? In addition to their role in facilitating the development of individualised communication strategies for patients, SLTs should actively seek to provide widely accessible multidisciplinary education opportunities focusing on supporting communication; with specific reference to mask wearing and the associated communicative challenges. At a commissioning and managerial level, leaders within healthcare should acknowledge mask wearing as just one of the complexities associated with frontline working in the context of the COVID-19 pandemic, and aim to support their workforce by delivering resources and protocols which maximize and promote staff safety, efficiency, resilience and well-being in concurrence with positive patient outcomes.

Database: CINAHL

21. Ethical leadership and decision authority effects on nurses' engagement, exhaustion, and turnover intention.

Author(s): McKenna ; Jeske, Debora

Source: Journal of Advanced Nursing (John Wiley & Sons, Inc.); Jan 2021; vol. 77 (no. 1); p. 198-206

Publication Date: Jan 2021

Publication Type(s): Academic Journal

Available at [Journal of Advanced Nursing](#) - from Wiley Online Library

Abstract:

Aim: The aim of the present study was to investigate emotional exhaustion, work engagement, and turnover intention in the nursing profession by exploring the antecedent effects of ethical leadership and job components such as decision authority.

Background: Emotional exhaustion, low work engagement, and high turnover intention are prevalent issues in the nursing profession. The experience of feeling overworked has led to feelings of burnout and low morale among nurses in Ireland, which has prompted the authors to identify potential variables that reduce these outcomes—in this case, ethical leadership and decision authority.

Design: A descriptive, cross-sectional survey design was used across three hospital sites.

Methods: A cross-sectional sample of 89 nurses was recruited from three Irish hospitals to capture the experience of nurses between December 2017 - February 2018. Hypotheses were tested using path model analysis. **Results:** Ethical leadership positively predicted decision authority among nurses. Ethical leadership also had an indirect effect on all three outcome variables (work engagement, exhaustion, and turnover intention). Further effects were noted in relation to the mediators in relation to the three outcome variables. Decision authority had a positive effect on work engagement and related to lower turnover intention.

Conclusions: The present study demonstrated the role of ethical leadership as a mechanism to positively affect job control and work experience outcomes for nurses at work. Ethical leadership style in hospitals and providing nurses with the authority to make decisions can improve their work experience and help to engage, support, and retain nurses. **Impact:** The study found support for the positive role of ethical leadership in relation to decision authority and as a positive predictor of work engagement, negative predictor of emotional exhaustion, and turnover intention among nurses.

Database: CINAHL

22. Why a wellbeing recovery will be needed post pandemic.

Author(s): Walker

Source: Occupational Health & Wellbeing; Jan 2021; vol. 73 (no. 1); p. 11-11



Publication Date: Jan 2021

Publication Type(s): Periodical

Available at [Occupational Health & Wellbeing](#) - from ProQuest (Health Research Premium) - NHS Version

Abstract: The article reports that the financial impact of Covid-19 on the UK economy has been significant. Topics include examines providing reassurance and transparency in uncertain times but also through proactively working to support mental health and wellbeing; and talks about mental health first-aid training, the provision of employee assistance programmes, resilience training.

Database: CINAHL

23. Clinical and cost effectiveness of arthritis gloves in rheumatoid arthritis (A-GLOVES): randomised controlled trial with economic analysis.

Author(s): Hammond ; Prior, Yeliz; Cotterill, Sarah; Sutton, Chris; Camacho, Elizabeth; Heal, Calvin; Adams, Jo; Hough, Yvonne; O'Neill, Terence W.; Firth, Jill

Source: BMC Musculoskeletal Disorders; Jan 2021; vol. 22 (no. 1); p. 1-13

Publication Date: Jan 2021

Publication Type(s): Academic Journal

PubMedID: NLM33419426

Available at [BMC musculoskeletal disorders](#) - from BioMed Central

Available at [BMC musculoskeletal disorders](#) - from Europe PubMed Central - Open Access

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

Available at [BMC musculoskeletal disorders](#) - from EBSCO (MEDLINE Complete)

Available at [BMC musculoskeletal disorders](#) - from Unpaywall

Abstract:

Background: Arthritis (or compression) gloves are widely prescribed to people with rheumatoid arthritis and other forms of hand arthritis. They are prescribed for daytime wear to reduce hand pain and improve hand function, and/or night-time wear to reduce pain, improve sleep and reduce morning stiffness. However, evidence for their effectiveness is limited. The aims of this study were to investigate the clinical and cost effectiveness of arthritis gloves compared to placebo gloves on hand pain, stiffness and function in people with rheumatoid arthritis and persistent hand pain.

Methods: A parallel randomised controlled trial, in adults (≥ 18 years) with rheumatoid or undifferentiated inflammatory arthritis at 16 National Health Service sites in the UK. Patients with persistent hand pain affecting function and/or sleep were eligible. Randomisation (1:1) was stratified by recent change (or not) in medication, using permuted blocks of random sizes. Three-quarter-finger length arthritis gloves (Isotoner[®]: applying 23-32 mmHg pressure) (intervention) were compared to loose-fitting placebo gloves (Jobskin[®] classic: providing no/minimal pressure) (control). Both gloves (considered to have similar thermal qualities) were provided by occupational therapists. Patients and outcome assessors were blinded; clinicians were not. The primary outcome was dominant hand pain on activity (0-10) at 12 weeks, analysed using linear regression and intention to treat principles.

Results: Two hundred six participants were randomly assigned (103 per arm) and 163 (84 intervention: 79 control) completed 12-week follow-up. Hand pain improved by 1.0 (intervention) and 1.2 (control), an adjusted mean difference of 0.10 (95% CI: - 0.47 to 0.67; $p = 0.72$). Adverse events were reported by 51% of intervention and 36% of control group participants; with 6 and 7% respectively, discontinuing glove wear. Provision of arthritis gloves cost £129, with no additional benefit.

Conclusion: The trial provides evidence of no clinically important effect of arthritis gloves on any of the trial outcomes (hand pain, function and stiffness) and arthritis gloves are not cost-effective. The clinical and cost-effectiveness results support ceasing provision of arthritis gloves in routine clinical practice.



Funding: National Institute for Health Research. Trial Registration: ISRCTN, ISRCTN25892131 ; Registered 05/09/2016: retrospectively registered.

Database: CINAHL

24. Mental health of medical professionals during the COVID-19 pandemic in eight European countries - A cross-sectional survey.

Author(s): Hummel ; Oetjen, Neele; Du, Junfeng; Posenato, Elisabetta; Almeida, Rosa Maria Resende de; Losada, Raquel; Ribeiro, Oscar; Frisardi, Vincenza; Hopper, Louise; Rashid, Asarnusch; Nasser, Habib; König, Alexandra; Rudofsky, Gottfried; Weidt, Steffi; Zafar, Ali; Gronewold, Nadine; Mayer, Gwendolyn; Schultz, Jobst-Hendrik; Resende de Almeida, Rosa Maria; Losada Durán, Raquel

Source: Journal of Medical Internet Research; Jan 2021; vol. 23 (no. 1)

Publication Date: Jan 2021

Publication Type(s): Academic Journal

PubMedID: NLM33411670

Available at [Journal of medical Internet research](#) - from Europe PubMed Central - Open Access

Available at [Journal of medical Internet research](#) - from EBSCO (MEDLINE Complete)

Available at [Journal of medical Internet research](#) - from ProQuest (Health Research Premium) - NHS Version

Available at [Journal of medical Internet research](#) - from Unpaywall

Abstract:

Background: The death toll of COVID-19 topped 170,000 in Europe by the end of May 2020. COVID-19 has caused an immense psychological burden on the population, especially doctors and nurses who are faced with high infection risks and increased workload.

Objective: To compare the mental health of medical professionals with non-medical professionals in different European countries during COVID-19, assuming that medical professionals, particularly those exposed to COVID-19 at work, would have higher depression, anxiety and stress. To determine their main stressors and most frequently used coping strategies during the crisis.

Methods: A cross-sectional online survey was conducted during peak COVID-19 months in eight European countries. The questionnaire included demographic data and whether the participants were exposed to COVID-19 at work or not. Mental health was assessed via the Depression-Anxiety-Stress Scales-21 (DASS-21). A 12-item checklist on preferred coping strategies and another 23-item questionnaire on major stressors was filled by the medical professionals.

Results: The sample (N=609) consisted of 189 doctors, 165 nurses and 255 non-medical professionals. Participants from France and the UK were more often assigned to the group with severe/extremely severe depression, anxiety and stress on DASS-21. Non-medical professionals had significantly higher scores for depression and anxiety. Among medical professionals no significant link was reported between direct contact with COVID-19 patients at work and anxiety, depression or stress. 'Uncertainty about when the epidemic will be under control' was the most stressful aspect for healthcare professionals while 'taking protective measures' was the most frequently used coping strategy among all participants.

Conclusions: COVID-19 poses a major challenge to the mental health of working professionals as a considerable proportion of our participants showed high values for depression, anxiety and stress. Even though medical professionals showed less mental stress than non-medical professionals, sufficient help should be offered to all occupational groups with an emphasis on effective coping strategies. Clinical trial:

Database: CINAHL

25. The Accuracy of iPhone Applications to Monitor Environmental Noise Levels.



Author(s): Crossley ; Biggs, Tim; Brown, Phillip; Singh, Tahwinder

Source: Laryngoscope; Jan 2021; vol. 131 (no. 1)

Publication Date: Jan 2021

Publication Type(s): Academic Journal

PubMedID: NLM32108336

Available at [The Laryngoscope](#) - from Wiley Online Library

Abstract:

Objective: The Control of Noise at Work Regulations came into force in Great Britain in 2005, requiring all work environments to be monitored for potentially harmful noise exposure levels. This study evaluated the effectiveness of a number of iPhone phone applications (apps) (Apple, Cupertino, CA) to accurately measure noise exposure, which may prove effective when a specialist-calibrated sound level meter is not readily available.

Methods: Suitable apps were identified using the search terms noise and decibel through the App Store (Apple). Apps that were free to download and had at least one rating were included. Apps were evaluated using a calibrated pure tone sound field and a soundproof testing booth. A 3-frequency audiogram (1000 Hz, 2000 Hz, and 4000 Hz) was used at 25 dB, 40 dB, 55 dB, 70 dB, and 85 dB. Linear regression was carried out to assess accuracy.

Results: Nine apps were tested in total, with four out of nine providing a goodness-of-fit coefficient (R² value) over 0.9. The most effective app was found to be the NIOSH (National Institute for Occupational Safety and Health) Sound Level Meter (EA LAB, Slovenia) with an R² of 0.97. The least effective app was the Decibel Meter With Recorder (Jianhua Ming, China) with an R² of 0.62.

Conclusion: This study has shown significant variation in the ability of iPhone apps (Apple) to accurately predict environmental dB levels. However, if the correct app is used, an iPhone represents a relatively reliable means of measuring noise exposure levels when a specialist calibrated sound level meter is not readily available.

Level Of Evidence: NA Laryngoscope, 131:E59-E62, 2021.

Database: CINAHL

26. Sound leadership is what staff need now: Exhausted and anxious front-line nursing staff require leaders they can trust, whose guidance is evidence-based.

Author(s): McWhirter

Source: Nursing Standard; Dec 2020 ; p. 13-13

Publication Date: Dec 2020

Publication Type(s): Trade Publication

Available at [Nursing Standard](#) - from RCN Publishing Company Access is limited to previous 3 years

Abstract: Since the pandemic hit the UK, front-line nurses have spoken about being frightened and anxious.

Database: CINAHL

27. The impact of moving to a 12h shift pattern on employee wellbeing: A qualitative study in an acute mental health setting.

Author(s): Suter ; Kowalski, Tina; Anaya-Montes, Misael; Chalkley, Martin; Jacobs, Rowena; Rodriguez-Santana, Idaira

Source: International Journal of Nursing Studies; Dec 2020; vol. 112

Publication Date: Dec 2020

Publication Type(s): Academic Journal

Available at [International journal of nursing studies](#) - from Unpaywall



Abstract: Against a backdrop of increasing demand for mental health services, and difficulties in recruitment and retention of mental health staff, employers may consider implementation of 12 h shifts to reduce wage costs. Mixed evidence regarding the impact of 12 h shifts may arise because research is conducted in divergent contexts. Much existing research is cross sectional in design and evaluates impact during the honeymoon phase of implementation. Previous research has not examined the impact of 12 h shifts in mental health service settings. To evaluate how employees in acute mental health settings adapt and respond to a new 12 h shift system from a wellbeing perspective. A qualitative approach was adopted to enable analysis of subjective employee experiences of changes to organisation contextual features arising from the shift pattern change, and to explore how this shapes wellbeing. Six acute mental health wards in the same geographical area of a large mental health care provider within the National Health Service in England. 70 participants including modern matrons, ward managers, clinical leads, staff nurses and healthcare assistants. Semi-structured interviews with 35 participants at 6 months post-implementation of a new 12 h shift pattern, with a further 35 interviewed at 12 months post-implementation. Thematic analysis identified unintended consequences of 12 h shifts as these patterns changed roles and the delivery of care, diminishing perceptions of quality of patient care, opportunities for social support, with reports of pacing work to preserve emotional and physical stamina. These features were moderated by older age, commitment to the public healthcare sector, and fit to individual circumstances in the non-work domain leading to divergent work-life balance outcomes. Findings indicate potential exists for differential wellbeing outcomes of a 12 h shift pattern and negative effects are exacerbated in a stressful and dynamic acute mental health ward context. In a tight labour market with an ageing workforce, employee flexibility and choice are key to retention and wellbeing. Compulsory 12 h shift patterns should be avoided in this setting.

Database: CINAHL

28. Exploring the Impact of Primary Care Physician Burnout and Well-Being on Patient Care: A Focus Group Study.

Author(s): Hall ; Johnson, Judith; Heyhoe, Jane; Watt, Ian; Anderson, Kevin; O'Connor, Daryl B.

Source: Journal of Patient Safety; Dec 2020; vol. 16 (no. 4)

Publication Date: Dec 2020

Publication Type(s): Academic Journal

Available at [Journal of patient safety](#) - from Unpaywall

Abstract: Supplemental digital content is available in the text.

Objectives: The aims of the study were (1) to explore whether primary care physicians (general practitioners [GPs]) perceive burnout and well-being to impact on the quality and safety of patient care and (2) to determine potential mechanisms behind these associations.

Method: Five focus groups with 25 practicing GPs were conducted in England, either in the participants' practice or in a private meeting room outside of their workplace. An interview schedule with prompts was followed with questions asking how participants perceive GP burnout and poor well-being could impact on patient care delivery. Audio recordings were transcribed verbatim and analyzed using thematic analysis.

Results: General practitioners believed that poor well-being and burnout affect the quality of care patients receive through reducing doctors' abilities to empathize, to display positive attitudes and listening skills, and by increasing the number of inappropriate referrals made. Participants also voiced that burnout and poor well-being can have negative consequences for patient safety, through a variety of mechanisms including reduced cognitive functioning and decision-making abilities, a lack of headspace, and fatigue. Furthermore, it was suggested that the relationship between well-being/burnout and mistakes is likely to be circular.

Conclusions: Further research is needed to ascertain the validity of these perceptions. If found, physicians, healthcare organizations, and policy makers should examine how they can improve physician well-being and prevent burnout, because this may be a route to ensure high-quality and safe patient care.

Database: CINAHL



29. Expanded NHS mental health support.

Author(s):

Source: Occupational Health & Wellbeing; Dec 2020; vol. 72 (no. 12); p. 5-5

Publication Date: Dec 2020

Publication Type(s): Periodical

Available at [Occupational Health & Wellbeing](#) - from ProQuest (Health Research Premium) - NHS Version

Abstract:The article reports that employees of National Health Service (NHS) England will be getting rapid access to an expanded range of mental health services, as part of efforts to deal with the second wave of coronavirus in 2020.

Database: CINAHL

30. Employee burnout hits two-year high.

Author(s):

Source: Occupational Health & Wellbeing; Dec 2020; vol. 72 (no. 12); p. 6-6

Publication Date: Dec 2020

Publication Type(s): Periodical

Available at [Occupational Health & Wellbeing](#) - from ProQuest (Health Research Premium) - NHS Version

Abstract:The article reports that employee burnout has reached a two-year high in August 2020 in Great Britain, caused by social isolation, enforced working from home, and job security fears.

Database: CINAHL

31. Burnout and exhaustion stalk NHS response to Covid-19 second wave.

Author(s): Paton, Nic

Source: Occupational Health & Wellbeing; Dec 2020; vol. 72 (no. 12); p. 10-11

Publication Date: Dec 2020

Publication Type(s): Periodical

Available at [Occupational Health & Wellbeing](#) - from ProQuest (Health Research Premium) - NHS Version

Abstract: The article discusses the need to support the psychological and physical health and wellbeing of National Health Service's workers, as England goes into its second wave of Covid-19 in the autumn of 2020. It cites several studies showing that medical practitioners were suffering from burnout and exhaustion from the first wave of the coronavirus. Also discussed are the highlights of the virtual conference on "The health workforce and delivering the ambitions in the NHS People Plan."

Database: CINAHL

32. 'Covid-19 has dramatically set new dimensions and challenges'...Catrona Lowey

Author(s): Lowey, Catrona

Source: Occupational Health & Wellbeing; Dec 2020; vol. 72 (no. 12); p. 23-25

Publication Date: Dec 2020

Publication Type(s): Periodical

Available at [Occupational Health & Wellbeing](#) - from ProQuest (Health Research Premium) - NHS Version

Abstract: An interview with Catrona Lowey, occupational health (OH) adviser at port operator Forth Ports Limited in England, is presented. She talks about her duties as an occupational health adviser, the most common challenges



facing OH practitioners, and her advice for people pursuing this profession. She discusses how things have changed during the Covid-19 pandemic.

Database: CINAHL

33. An individually randomised controlled multi-centre pragmatic trial with embedded economic and process evaluations of early vocational rehabilitation compared with usual care for stroke survivors: study protocol for the RETurn to work After stroke (RETAKE) trial.

Author(s): Radford ; Craven, Kristelle; McLellan, Vicki; Sach, Tracey H.; Brindle, Richard; Holloway, Ivana; Hartley, Suzanne; Bowen, Audrey; O'Connor, Rory; Stevens, Judith; Philips, Julie; Walker, Marion; Holmes, Jain; McKeivitt, Christopher; Murray, John; Watkins, Caroline; Powers, Katie; Shone, Angela; Farrin, Amanda

Source: Trials; Dec 2020; vol. 21 (no. 1); p. 1-17

Publication Date: Dec 2020

Publication Type(s): Academic Journal

PubMedID: NLM33298162

Available at [Trials](#) - from BioMed Central

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

Available at [Trials](#) - from EBSCO (MEDLINE Complete)

Available at [Trials](#) - from Unpaywall

Abstract:

Background: Return to work (RTW) is achieved by less than 50% of stroke survivors. The rising incidence of stroke among younger people, the UK economic forecast, and clinical drivers highlight the need for stroke survivors to receive support with RTW. However, evidence for this type of support is lacking. This randomised controlled trial (RCT) will investigate whether Early Stroke Specialist Vocational Rehabilitation (ESSVR) plus usual care (UC) (i.e. usual NHS rehabilitation) is more clinically and cost-effective for supporting post-stroke RTW, than UC alone.

Methods: Seven hundred sixty stroke survivors and their carers will be recruited from approximately 20 NHS stroke services. A 5:4 allocation ratio will be employed to randomise participants to receive ESSVR plus UC, or UC alone. The individually tailored ESSVR intervention will commence within 12 weeks of stroke onset and be delivered for up to 12 months as necessary by trained RETAKE occupational therapists in the community, participants' homes or workplaces, and outpatient/inpatient therapy settings, via telephone, email, or SMS text message. Outcome data will be collected via self-report questionnaires administered by post or online at 3, 6, and 12 months follow-up. The primary outcome will be self-reported RTW and job retention at 12 months (minimum 2 h/week). Secondary outcomes will include mood, function, participation, health-related quality of life, confidence, intervention compliance, health and social care resource use, and mortality. An embedded economic evaluation will estimate cost-effectiveness and cost-utility analyses from National Health Service (NHS) and Personal Social Services (PSS) perspectives. An embedded process evaluation will employ a mixed methods approach to explore ESSVR implementation, contextual factors linked to outcome variation, and factors affecting NHS roll-out.

Discussion: This article describes the protocol for a multi-centre RCT evaluating the clinical- and cost-effectiveness of an early vocational rehabilitation intervention aimed at supporting adults to return to work following a stroke. Evidence favouring the ESSVR intervention would support its roll-out in NHS settings. Trial Registration: ISRCTN, ISRCTN12464275 . Registered on 26 February 2018.

Database: CINAHL

34. The implementation of resilience based clinical supervision to support transition to practice in newly qualified healthcare professionals.

Author(s): Stacey ; Cook, Grace; Aubeeluck, Aimee; Stranks, Beth; Long, Louisa; Krepa, Miriam; Lucre, Kate



Source: Nurse Education Today; Nov 2020; vol. 94

Publication Date: Nov 2020

Publication Type(s): Academic Journal

Available at [Nurse education today](#) - from Unpaywall

Abstract: Healthcare workforce shortages are an international issue. This service development targets the contributory element of poor retention amongst newly qualified nurses. Resilience Based Clinical Supervision is underpinned by the principles of Compassion Focused Therapy. It aims to alleviate work related stress and support individuals to reframe their experiences through structured and reflective discussion. It incorporates skills which develop proficiency in mindfulness, distress tolerance and positive reframing. To explore the acceptability, feasibility, and experience of Resilience Based Clinical Supervision to support transition to practice in newly qualified nurses. An extensive program of champion (N = 40) and cascade (N = 78) training for facilitators was implemented as a development of their standard transition to practice package. Six pilot sites within the UK. Newly qualified nurses (266) received a minimum of six Resilience Based Clinical Supervision sessions over a one-year period. Data were gathered via eleven focus groups (n = 48). A deductive and collaborative approach to content analysis was utilised to consider the perceived outcomes, challenges, experience and best practice amongst both facilitators and nurses' transitioning from student to registered practitioner. Analysis showed the new registrants were extending and accepting compassion to and from their peers, signifying the compassionate flow within the group setting. This was continued through the development of self-care strategies utilised in practice, which allowed compassion to flow into patient care and towards colleagues. The main perceived outcome of RBCS was recognised as restorative. However, the growth of skills for self-care, emotional intelligence, and confidence to challenge poor working conditions also indicated a developmental function. These perceived outcomes have the potential to result in positive implications for workforce retention. Importantly, findings draw attention to the importance of wider organisational commitment and structures which support and respond to RBCS facilitator and participant concerns.

Database: CINAHL

35. OH education: facing a challenging future post Covid.

Author(s): Paton, Nic

Source: Occupational Health & Wellbeing; Nov 2020; vol. 72 (no. 11); p. 22-25

Publication Date: Nov 2020

Publication Type(s): Periodical

Available at [Occupational Health & Wellbeing](#) - from ProQuest (Health Research Premium) - NHS Version

Abstract: The article focuses on concerns of occupational health training before the covid-19 pandemic that through education system in the air and mentions role of degree-level Occupational Health (OH) nurse apprenticeships. Topics discussed include education and training to be delivered during academic year, Health Education England (HEE) that has funded health visiting and school nursing training and launch of occupational health nursing apprenticeship.

Database: CINAHL

36. "Overwhelmed and out of my depth": Responses from early career midwives in the United Kingdom to the Work, Health and Emotional Lives of Midwives study.

Author(s): Cull ; Hunter, Billie; Henley, Josie; Fenwick, Jennifer; Sidebotham, Mary

Source: Women & Birth; Nov 2020; vol. 33 (no. 6)

Publication Date: Nov 2020

Publication Type(s): Academic Journal

Available at [Women and birth : journal of the Australian College of Midwives](#) - from Unpaywall



Abstract: Efforts to resolve the longstanding and growing staffing crisis in midwifery in the United Kingdom have been hampered by very poor retention rates, with early career midwives the most likely to report burnout and intention to leave the profession. To establish the key, self-described factors of satisfaction and dissatisfaction at work for early career midwives in the United Kingdom, and suggest appropriate and effective retention strategies. Thematic analysis was undertaken on a subset of free text responses from midwives who had been qualified for five years or less, collected as part of the United Kingdom arm of the Work, Health and Emotional Lives of Midwives project. Midwives described feeling immense pressure caused by an unremittingly heavy workload and poor staffing. Where relationships with colleagues were strong, they were described as a protective factor against stress; conversely, negative working relationships compounded pressures. Despite the challenges, many of the midwives reported taking great pleasure in their work, describing it as a source of pride and self-esteem. Midwives valued being treated as individuals and having some control over their shift pattern and area of work. These results, which reveal the strain on early career midwives, are consistent with the findings of other large studies on midwives' wellbeing. All available levers should be used to retain and motivate existing staff, and recruit new staff; in the meantime, considerable creativity and effort should be exercised to improve working conditions. This analysis provides a 'roadmap' for improving staff wellbeing and potentially retention.

Database: CINAHL

37. Post Covid-19 in Occupational Therapy.

Author(s): Royal College of Occupational Therapists, London, UK

Source: British Journal of Occupational Therapy; Oct 2020; vol. 83 (no. 10); p. 607-608

Publication Date: Oct 2020

Publication Type(s): Academic Journal

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

Abstract: An editorial is presented regarding Post Covid-19 in Occupational Therapy. It mentions enhanced infection control and the provision of personal protective equipment (PPE) is vital for all those on the front line during a pandemic, and also know that there is strong evidence of disproportionate mortality and morbidity amongst black, Asian and minority ethnic (BAME) NHS staff who have contracted COVID-19.

Database: CINAHL

38. NHS loses 3.5 million work days as staff take time off for mental health reasons.

Author(s):

Source: Healthcare Counselling & Psychotherapy Journal; Oct 2020; vol. 20 (no. 4); p. 29-29

Publication Date: Oct 2020

Publication Type(s): Periodical

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

Abstract: The article announces the National Health Service has losing 3.5 million days a year of work because of staff sickness linked to mental health problems.

Database: CINAHL

39. Occupational risk prevention, education and support in black, Asian and ethnic minority health worker in the COVID-19 pandemic.

Author(s): Morris ; Eneil, Sohier; Morris, David; Ellis, Peter; Arulkumaran, Sabaratnam

Source: Journal of Patient Safety & Risk Management; Oct 2020; vol. 25 (no. 5); p. 205-209



Publication Date: Oct 2020

Publication Type(s): Academic Journal

Available at [Journal of Patient Safety and Risk Management](#) - from Unpaywall

Abstract: The onset of the COVID-19 in the UK has resulted in an inordinate amount of deaths affecting Black, Asian and Ethnic Minority (BAME) healthcare workers. The occupational risk to this group is thought to be a contributory factor, but other factors include race, genetics, medical co-morbidities, socio-economic status, and access to personal protection equipment. Why COVID-19 appears to be more deadly in BAME members remains unknown, but the UK government is investigating this now. It does appear that certain factors may worsen the disease process in BAME members, but which ones are pertinent to prevention remain to be determined, until a vaccine is available. Thus, the onus should rest on risk prevention, education, and support for all. Some of the safety strategies that may be instituted to help guide those in the workplace include education, treating potential therapeutic targets and ensuring protection in the working environment. The consideration of a compensation scheme, for families of healthcare workers that have suffered because of COVID-19, would go some way to support the recovery process.

Database: CINAHL

40. A systematic integrative review of the literature on midwives and student midwives engaged in problematic substance use.

Author(s): Pezaro ; Patterson, Jenny; Moncrieff, Gill; Ghai, Ishan

Source: Midwifery; Oct 2020; vol. 89

Publication Date: Oct 2020

Publication Type(s): Academic Journal

Abstract:

- There are human and financial costs associated with problematic substance use (PSU) among the healthcare workforce, which also has a significant role in medical negligence.
- This systematic integrative review presents an international summary of the evidence in relation to PSU in midwifery populations.
- There is limited evidence available in relation to PSU in midwifery populations in comparison to that available for other healthcare populations.
- As midwives form a part of the general healthcare workforce and are exposed to similar workplace stressors, it is likely that they would be similarly affected by PSU in the healthcare workplace.
- Future research could usefully capture contemporary data in relation to PSU in distinct midwifery populations. The objective of this systematic integrative review was to review the literature in relation to problematic substance use (PSU) in midwifery populations. Associated aims were to aggregate existing knowledge about midwives and student midwives' personal engagement in PSU, to generate a holistic conceptualisation and synthesis of the existing literature regarding midwives and student midwives personally engaged in PSU and to present new understandings and perspectives to inform the development of future research questions. This review is the first of its kind. Systematic searches were conducted in CINAHL, Academic Search Complete, MEDLINE, PSYCInfo, Scopus and the Cochrane Library. Findings were grouped into themes and subthemes relating to both midwives and student midwives and then analysed critically in relation to the wider literature. A quality assessment was conducted using the Mixed Methods Appraisal Tool (MMAT). The PRISMA statement was used to guide reporting. Included studies were conducted in Scotland, Ireland, Australia and New Zealand. Studies included a total of 6,182 participants. A total of 3 studies were included. All included study types comprised quantitative survey designs, yet one also included a mixed methods design with the use of semi structured interviews. Two overarching themes emerged relating to both midwives and student midwives engaged in problematic substance use. For midwives, three subthemes are described: harmful daily alcohol consumption, working hours and harmful daily alcohol consumption and features associated with harmful daily alcohol consumption. For student midwives, two subthemes are presented: escape avoidance and alcohol, tobacco and cannabis use. There is limited evidence available in relation to problematic substance use in midwifery populations in comparison to that available for other healthcare



populations. Further research is required, and could usefully focus upon midwives and student midwives as distinct professions to be separated out from the wider healthcare workforce. Problematic substance use among the healthcare workforce is associated with an increase in medical errors and inadequate care. Those affected can be reluctant to seek help, experience psychological distress and even contemplate suicide. Whilst evidence remains lacking for midwifery populations, they form a part of the general healthcare workforce and are exposed to similar workplace stressors. As such, it is likely that they too would be affected in similar ways.

Database: CINAHL

41. Strategies to promote nurses' health: A qualitative study with student nurses.

Author(s): Bak ; Hoyle, Louise P.; Mahoney, Catherine; Kyle, Richard G.

Source: Nurse Education in Practice; Oct 2020; vol. 48

Publication Date: Oct 2020

Publication Type(s): Academic Journal

Available at [Nurse education in practice](#) - from Unpaywall

Abstract: Developing strategies to support student nurses' health is a global priority for healthcare organisations and governments. This is because emerging international evidence indicates that improvements in student nurses' health are required to increase the longevity of careers and reduce the loss of time, skill and financial cost of sickness absence and workforce exit. However, we do not know what intervention strategies student nurses think would support their health. The study aim was to explore student nurses' views on factors that influence health-related behaviours and strategies that could improve health. Data were collected through participatory activities during focus groups with student nurses in Scotland. Analysis was theoretically informed and involved mapping to the Behaviour Change Wheel framework. Students identified several factors that influenced health-related behaviours. Four were ranked most important: knowledge, culture, time constraints, and stress. Strategies student nurses thought should be prioritised to improve nurses' health-related behaviours were: stimulating a health-promoting environment by reviewing shift work, improving workplace support, increasing staffing levels, subsidising and role-modelling of healthy food and exercise; and creating applied health-promoting curricula by integrating time and stress management training and lifestyle advice into nursing education. Educational and environmental interventions are needed to support student nurses' health. • Using participatory focus groups, we explored students' views of nurses' health behaviour. • Analysis was informed by a validated theoretical model of behavioural change. • Students ranked knowledge, culture, time constraints, and stress as key nursing-associated factors for health behaviour. • Proposed educational intervention strategies were related to stress management and practical (e.g. dietary) knowledge. • Other proposed strategies revolved around workplace culture, shift management and break times.

Database: CINAHL

42. Staff fear health and safety will be 'taken to the extreme'.

Author(s):

Source: Occupational Health & Wellbeing; Oct 2020; vol. 72 (no. 10); p. 4-4

Publication Date: Oct 2020

Publication Type(s): Periodical

Available at [Occupational Health & Wellbeing](#) - from ProQuest (Health Research Premium) - NHS Version

Abstract: The article focuses on a 2020 survey of more than 1,000 workers in Great Britain which found that employees fear workplace health and safety will be taken to the extreme because of COVID-19 pandemic.

Database: CINAHL



43. Workers 'at risk of burnout'.

Author(s):

Source: Occupational Health & Wellbeing; Oct 2020; vol. 72 (no. 10); p. 6-6

Publication Date: Oct 2020

Publication Type(s): Periodical

Available at [Occupational Health & Wellbeing](#) - from ProQuest (Health Research Premium) - NHS Version

Abstract: The article focuses on a survey by recruitment firm Robert Walters which found that nearly half of managers in Great Britain think that their employees are at risk of burnout following changes to their work patterns because of COVID-19 pandemic.

Database: CINAHL

44. Lower earners more likely to become ill or injured at work, warns think-tank.

Author(s):

Source: Occupational Health & Wellbeing; Oct 2020; vol. 72 (no. 10); p. 7-7

Publication Date: Oct 2020

Publication Type(s): Periodical

Available at [Occupational Health & Wellbeing](#) - from ProQuest (Health Research Premium) - NHS Version

Abstract: The article focuses on a study which found that lower earners in Great Britain are more likely to become ill or injured at work compared to higher earners.

Database: CINAHL

45. An audit of the well-being of staff working in intellectual disability settings in Ireland during the COVID-19 pandemic.

Author(s): McMahon ; Hatton, Chris; Stansfield, Julie; Cockayne, Gaynor

Source: Tizard Learning Disability Review; Oct 2020; vol. 25 (no. 4); p. 237-246

Publication Date: Oct 2020

Publication Type(s): Academic Journal

Available at [Tizard Learning Disability Review](#) - from Unpaywall

Abstract:

Purpose: The severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2) has infected millions of people worldwide. Individuals with intellectual disability are at a disproportionate risk of mortality, given the health inequalities they experience. This puts a significant burden of responsibility on staff who support these individuals. Consequently, this study aims to establish a baseline of the well-being of staff working in intellectual disability services in Ireland during the COVID-19 pandemic.

Design/methodology/approach: An online survey was carried out using the Copenhagen Burnout Inventory, a brief measure of depression (Patient Health Questionnaire-9) and a brief measure of anxiety (General Anxiety Disorder-7).

Findings: In total, 285 staff in the Republic of Ireland completed the survey. These staff reported moderate levels of personal and work-related burnout and mild levels of anxiety and depression. Higher mean scores were recorded across scales from staff who worked in independent living settings and from staff who supported individuals with challenging behaviour.

Originality/value: This study, an audit, provides initial data on the well-being of staff working with individuals with intellectual disability in Ireland during the COVID-19 pandemic. It highlights that employers need to consider staff well-being, given the levels of personal and work-related burnout, and anxiety and depression that were found. This is particularly true for staff who work in independent living settings and with adults with challenging behaviour.



Future research should focus on proactive strategies for improving staff well-being in the short term, given the current resurgence of COVID-19 in Ireland.

Database: CINAHL

46. Health-Related Quality of Life and Cost–Utility Analysis of Employees With Musculoskeletal Disorders Receiving Vocational Physiotherapy.

Author(s): Chetty

Source: Workplace Health & Safety; Oct 2020; vol. 68 (no. 10); p. 476-479

Publication Date: Oct 2020

Publication Type(s): Academic Journal

Abstract:

Background : The purpose of this project was to evaluate both health-related quality of life (HRQoL) and cost-utility associated with care for employees with musculoskeletal disorders who received vocational physiotherapy at a North London National Health Service (NHS) Foundation Trust in the United Kingdom.

Methods: A pre- and post-physiotherapy EuroQol 5 Dimension (EQ-5D) questionnaire was administered to employees presenting to the vocational physiotherapy service (VPS) with musculoskeletal disorders. The cost-utility analysis of the physiotherapy service was calculated using cost data provided by VPS billing information and benefits measured using Quality-Adjusted Life Years (QALYs).

Findings: Overall, there was a significant improvement in the EQ-5D index from baseline to discharge in all HRQoL domains. The visual analog scale (VAS) improved from a mean of 31.5 (SD = 18.3) at baseline to 73.2 (SD = 18.5) at discharge. A cost-utility analysis indicated that the VPS would continue to be cost-effective until the cost per employee increased by 82.5%.

Conclusion/Application to Practice: The project supports integration of vocational physiotherapy services into an occupational health department.

Database: CINAHL

47. Remote Home Visit: Exploring the feasibility, acceptability and potential benefits of using digital technology to undertake occupational therapy home assessments.

Author(s): Read ; Jones, Natalie; Fegan, Colette; Cudd, Peter; Simpson, Emma; Mazumdar, Suvodeep; Ciravegna, Fabio

Source: British Journal of Occupational Therapy; Oct 2020; vol. 83 (no. 10); p. 648-658

Publication Date: Oct 2020

Publication Type(s): Academic Journal

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

Abstract:

Introduction: Home assessments are integral to the occupational therapy role, providing opportunities to personalise and integrate care. However, they are resource intensive and declining in number. A 3-month service development within one United Kingdom National Health Service acute hospital setting explored the concept of using digital technology to undertake remote home assessments.

Methods: Four work streams explored the concept's feasibility and acceptability: real-world testing; user consultations; narrative case study collection; traditional visit resource use exploration. Project participants were occupational therapists and patient and public representatives recruited via snowball sampling or critical case sampling. Qualitative data were thematically analysed identifying key themes. Analysis of quantitative data provided descriptive statistics.



Findings: The remote home visit concept was feasible within four specific contexts. Qualitative themes suggest acceptability depends on visitor safety, visitor training, visitor induction and standardisation of practice. Consultees perceived the approach to have potential for resource savings, personalisation and integration of care. Barriers to acceptance included data security, data governance, technology failure and threat to occupational therapists' role and skills.

Conclusion: Applying digital technology to occupational therapy home assessment appears feasible and acceptable within a specific context. Further research is recommended to develop the technology, and test and investigate perceived benefits within wider contexts and stakeholder groups.

Database: CINAHL

48. Facing the psychological fall out of COVID-19: The workforce has been overwhelmed, but pressed on – now nurses are experiencing PTSD and insomnia and need more support, say experts.

Author(s): Evans, Nick

Source: Nursing Standard; Sep 2020; vol. 35 (no. 9); p. 8-10

Publication Date: Sep 2020

Publication Type(s): Trade Publication

Available at [Nursing Standard](#) - from RCN Publishing Company Access is limited to previous 3 years

Abstract:The NHS and its staff have been bombarded with love throughout the pandemic.

Database: CINAHL

49. Exploring the challenges faced by frontline workers in health and social care amid the COVID-19 pandemic: experiences of frontline workers in the English Midlands region, UK.

Author(s): Nyashanu ; Pfende, Farai; Ekpenyong, Mandu

Source: Journal of Interprofessional Care; Sep 2020; vol. 34 (no. 5); p. 655-661

Publication Date: Sep 2020

Publication Type(s): Academic Journal

Available at [Journal of Interprofessional Care](#) - from Unpaywall

Abstract: The first cases of Coronavirus (COVID-19) were reported in Wuhan, China in December 2019. Globally millions of people have been diagnosed with the virus whilst thousands have died. As the virus kept spreading health and social care frontline workers (HSCFW) were faced with difficulties when discharging their duties. This paper was set out to explore the challenges faced by different frontline workers in health and social care during the COVID-19 pandemic. The research utilized an explorative qualitative approach. A total of forty (N = 40) in-depth one-to-one semi-structured interviews were undertaken with HSCFW who included support workers (n = 15), nurses (n = 15), and managers (N = 10). Health and social care workers were drawn from domiciliary care and care homes (with and without nursing services). All the interviews were done online. The data were thematically analyzed, and the emergent themes were supported by quotes from the interviews held with participants. Following data analysis the research study found that lack of pandemic preparedness, shortage of Personal Protective Equipment (PPE), anxiety and fear amongst professionals, challenges in enforcing social distancing, challenges in fulfilling social shielding responsibility, anxiety and fear amongst residents and service users, delay in testing, evolving PPE guidance and shortage of staff were challenges faced by frontline health and social care workers during COVID-19 pandemic. The results of the current study point to a need for adequate pandemic preparedness within the health and social care sector to protect both frontline workers and the individuals they look after.

Database: CINAHL

50. NHS to pilot 'improved' occupational health as well as 'resilience hubs'.



Author(s): Paton, Nic

Source: Occupational Health & Wellbeing; Sep 2020; vol. 72 (no. 9); p. 4-4

Publication Date: Sep 2020

Publication Type(s): Periodical

Available at [Occupational Health & Wellbeing](#) - from ProQuest (Health Research Premium) - NHS Version

Abstract: The article presents National Health Service (NHS) to pilot 'improved' occupational health as well as 'resilience hubs which include NHS organisations to complete risk assessments for vulnerable staff, including black and ethnic minority employees, and launches violence reduction standard.

Database: CINAHL

51. The effect on work presenteeism of job retention vocational rehabilitation compared to a written self-help work advice pack for employed people with inflammatory arthritis: protocol for a multi-centre randomised controlled trial (the WORKWELL trial).

Author(s): Hammond ; Sutton, Chris; Cotterill, Sarah; Woodbridge, Sarah; O'Brien, Rachel; Radford, Kate; Forshaw, Denise; Verstappen, Suzanne; Jones, Cheryl; Marsden, Antonia; Eden, Martin; Prior, Yeliz; Culley, June; Holland, Paula; Walker-Bone, Karen; Hough, Yvonne; O'Neill, Terence W.; Ching, Angela; Parker, Jennifer

Source: BMC Musculoskeletal Disorders; Sep 2020; vol. 21 (no. 1)

Publication Date: Sep 2020

Publication Type(s): Academic Journal

PubMedID: NLM32912199

Available at [BMC musculoskeletal disorders](#) - from BioMed Central

Available at [BMC musculoskeletal disorders](#) - from Europe PubMed Central - Open Access

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

Available at [BMC musculoskeletal disorders](#) - from EBSCO (MEDLINE Complete)

Available at [BMC musculoskeletal disorders](#) - from Unpaywall

Abstract:

Background: Work problems are common in people with inflammatory arthritis. Up to 50% stop work within 10 years due to their condition and up to 67% report presenteeism (i.e. reduced work productivity), even amongst those with low disease activity. Job retention vocational rehabilitation (JRVR) may help prevent or postpone job loss and reduce presenteeism through work assessment, work-related rehabilitation and enabling job accommodations. This aims to create a better match between the person's abilities and their job demands. The objectives of the Workwell trial are to test the overall effectiveness and cost-effectiveness of JRVR (WORKWELL) provided by additionally trained National Health Service (NHS) occupational therapists compared to a control group who receive self-help information both in addition to usual care.

Methods: Based on the learning from a feasibility trial (the WORK-IA trial: ISRCTN76777720), the WORKWELL trial is a multi-centre, pragmatic, individually-randomised parallel group superiority trial, including economic evaluation, contextual factors analysis and process evaluation. Two hundred forty employed adults with rheumatoid arthritis, undifferentiated inflammatory arthritis or psoriatic arthritis (in secondary care), aged 18 years or older with work instability will be randomised to one of two groups: a self-help written work advice pack plus usual care (control intervention); or WORKWELL JRVR plus a self-help written work advice pack and usual care. WORKWELL will be delivered by occupational therapists provided with additional JRVR training from the research team. The primary outcome is presenteeism as measured using the Work Limitations Questionnaire-25. A comprehensive range of secondary outcomes of work, health, contextual factors and health resource use are included. Outcomes are measured at 6- and 12- months (with 12-months as the primary end-point). A multi-perspective within-trial cost-effectiveness analyses will also be conducted.



Discussion: This trial will contribute to the evidence base for provision of JRVr to people with inflammatory arthritis. If JRVr is found to be effective in enabling people to keep working, the findings will support decision-making about provision of JRVr by rheumatology teams, therapy services and healthcare commissioners, and providing evidence of the effectiveness of JRVr and the economic impact of its implementation.

Trial Registration: Clinical Trials.Gov: NCT03942783 . Registered 08/05/2019 (<https://clinicaltrials.gov/ct2/show/NCT03942783>); ISRCTN Registry: ISRCTN61762297 . Registered:13/05/2019 (<http://www.isrctn.com/ISRCTN61762297>). Retrospectively registered.

Database: CINAHL

52. Approved mental health professionals: A jack of all trades? Hybrid professional roles within a mental health occupation.

Author(s): Leah

Source: Qualitative Social Work; Sep 2020; vol. 19 (no. 5/6); p. 987-1006

Publication Date: Sep 2020

Publication Type(s): Academic Journal

Available at [Qualitative Social Work](#) - from Unpaywall

Abstract: This article presents findings from the Hybrid Identities Project that investigated the professional role and identities of ten multi-professional Approved Mental Health Professionals (AMHPs) from social work, mental health nursing and occupational therapy backgrounds as hybrid professionals. Hybrid professionals are professionals of a mixed origin who work across several roles and areas of expertise within public services. AMHPs have a legal role within the Mental Health Act 1983 (2007) in England and Wales to plan the assessment of individuals who require care and treatment for a mental disorder. An intrinsic case study approach was undertaken with data generated through semi-structured interviews that examined professional hybridisation, illustrated through AMHPs' enactment of eight hybrid roles. The article contributes to empirical understandings of AMHP professional practice through advancing ideas about role hybridisation within a previously under-researched mental health occupation.

Database: CINAHL



