



# Black, Asian and Minority Ethnic (BAME) Patients and Healthcare Current Awareness Bulletin April 2022

## **News and Features**

**Ethnic health inequalities in the NHS [Editorial]**

*BMJ, March 2022*

Available via [journal article request](#)

Health inequalities are unfair and avoidable differences in health among different groups within society. These differences may be segregated by social class, ethnicity, sex, geography, and literacy, among other things. The covid-19 pandemic starkly exposed ethnic health inequality. The disproportionate effect on black and Asian populations, caused by a complex interplay of social and biological factors, resulted in increased exposure, reduced protection, and increased severity of illness. The recently established NHS Race and Health Observatory commissioned a rapid evidence review on ethnic inequalities in healthcare, hot on the heels of a political agenda seeking to tackle inequitable distribution of power, money, and resources in the UK.

**Reflexivity, Cultural Safety, and improving the health of racially minoritised communities [Comment]**

*Lancet, 399(10335), pp. 1581-1582*

Available via [journal article request](#)

In February, 2022, the NHS Race and Health Observatory published a robust review of the evidence on health-care inequalities among racially minoritised communities in the UK. This review covered mental health care, maternal and neonatal health care, digital inclusion and access to health-care services, genetic testing and genomic services, and inequalities in the UK National Health Service (NHS) workforce. It identified recurring themes, including inadequate ethnicity reporting and data on the experiences of minority ethnic groups and discrimination, and resultant delays in seeking care from health-care institutions due to fear of racism, as well as inadequate service provision and interpreter services. One recommendation for mental health services was systemic changes in psychiatric care beyond the testing of culturally appropriate or adapted interventions to address distrust of health-care services and the impact of racist experiences on mental health. Some of the studies included in the NHS Race and Health Observatory's review highlight the need for health-care staff to be trained in cultural competency, but this was not a report recommendation. To add to the report recommendations, cultural competency should be challenged by respectfully drawing from decolonising innovations, as we outline below.



## **Guidelines, Policies and Reports**

### **Centre for Ageing Better**

#### [Ethnic Inequality in Ageing](#)

This set of downloadable 'evidence cards' highlights the contributions of and shocking inequalities experienced by Black, Asian and Minority Ethnic groups approaching retirement age.

### **Centre for Mental Health**

#### [Shifting the Dial: evaluating a community programme to promote young Black men's mental health](#)

Young Black men are overrepresented in restrictive mental health settings, but are less likely to get early community-based mental health support. This report shares learning from a three-year project to promote the mental health and wellbeing of young Black men in Birmingham. The project built upon the findings from CMH's evaluation of an earlier pilot, Up My Street. Shifting the Dial has worked with more than 500 young Black men.

### **NHS Race Health Observatory**

#### [Ethnic Inequalities in Healthcare: a Rapid Evidence Review](#)

This report presents the findings and recommendations of a rapid review of ethnic inequalities in healthcare and within the NHS workforce, conducted by academics at The University of Manchester, The University of Sheffield and The University of Sussex.

## **Research briefings**

### **The Mental Elf (2022)**

#### [Unique multiracial identities may serve as a protective or risk factor for eating disorders](#)

Andie Ashdown blogs about a US survey study which finds that some multiracial identities may serve as a protective factor against eating disorder psychopathology, whereas other multiracial identities may point to an increased risk.

## **Published research**

#### [Addressing health inequity in the UK: people who are homeless, from ethnic minority groups or LGBTQ+ communities.](#)

***Practice Nursing, 2022, 33(3), pp. 112-116.***

This is the second article in a series on addressing health inequity in the UK. Practice nurses who work in GP practices as part of the multidisciplinary team have a key role in the assessment, screening and treatment of people throughout their lives. This article, the second in the series of two, will build on the practice nurse's understanding of health inequity in three particular communities: people who are homeless, individuals from LGBTQ+ groups and ethnic minority communities.



## Library and Knowledge Services

**Characteristics and outcomes of pregnant Black and minority ethnic women admitted to hospital with confirmed SARS-CoV-2 infection in the UK.**

*Evidence-Based Nursing, 2022; 25(1): p. 36*

Available via [journal article request](#)

Providers managing obstetric patients will need to identify prevalent risk factors in minorities with SARS-CoV-2 and the outcomes. This study can be used to launch a correlational study to investigate the relationship between health disparities and the spread of SARS-CoV-2 in the Black minority obstetric patients.

**Quality of care in the delivery hospital contributes to racial disparities in outcomes for low-risk newborns [Commentary]**

*Evidence-Based Nursing, March 2022*

Available via [journal article request](#)

Black and Hispanic infants suffer unexpected neonatal complications more than Asian and white children, in part because of the quality of care in the hospital of delivery. Improving quality of care at the delivering hospital for women and infants can improve outcomes and reduce racial and ethnic disparities in otherwise healthy term infants.

### **Podcasts**

**Association for Child and Adolescent Mental Health**

[Destigmatizing Perceptions About Black Adolescent Depression](#)

### **Library Services**

Would you like to keep up to date with the latest evidence on topics of your choice? Sign up for a current awareness alert: <https://www.nhslinclslibrary.uk/knowledgeshare-request/>

Can't find the information you need? We can do literature searches for you: <https://www.nhslinclslibrary.uk/search-request/>

We can provide training on how to search healthcare databases and resources as well as showing you how to appraise the information that you find: <https://www.nhslinclslibrary.uk/training/>

### **Online Resources**

**BMJ Best Practice** is a clinical decision support tool that provides step-by-step guidance on diagnosis, prognosis, treatment and prevention of a wide variety of conditions: <https://bestpractice.bmj.com/oafed>

**ClinicalKey** is a database which supports healthcare professionals by providing access to the latest evidence across specialties: <https://www.clinicalkey.com/>