



# Black, Asian and Minority Ethnic (BAME) Current Awareness Bulletin October 2021

## Guidelines, Policies and Reports

### Kings Fund

[The health of people from ethnic minority groups in England](#)

This long read examines ethnic differences in health outcomes, highlighting the variation across ethnic groups and health conditions, and considers what's needed to reduce health inequalities.

### Public Health England

[Sexually transmitted infections: Promoting the sexual health and wellbeing of people from a Black Caribbean background](#)

From research to public health practice: an evidence-based resource for commissioners, providers and third sector organisations.

## Published research

### Lessons about COVID-19 vaccine hesitancy among minority ethnic people in the UK.

**The Lancet Infectious Diseases, 2021**

Available at: [The Lancet Infectious Diseases](#)

Since the start of the COVID-19 vaccine programme health researchers from the Oxford Vaccine Group have sought to engage with over 200 UK community organisations that provide religious or social support for minority ethnic groups to offer information about available vaccines, answer questions, and encourage dialogue. They met with groups on online meeting platforms during the third national lockdown to answer questions and discuss concerns.

### Interventions to promote dementia knowledge among racial/ethnic minority groups: A systematic review.

**Journal of the American Geriatrics Society; Oct 2021**

Available via [journal article request](#)

Certain racial/ethnic minority groups have a higher risk of developing dementia, yet studies have demonstrated that they often have limited knowledge and understanding of this disease. An increasing number of educational and advocacy programs have been developed to promote dementia knowledge. We aimed at assessing current evidence and quality regarding educational interventions for promoting dementia knowledge. Most studies were conducted in the United States (n = 21), followed by the UK (n = 3). Over half of the studies included Asian/Pacific Islander groups (n = 14), followed by Black groups (n = 12) and Hispanic groups (n = 11). The intervention delivery



mode varied across studies—from workshops hosted in a faith community to talk shows on YouTube. Target populations included middle-aged and older adults, caregivers and family members, health students and professionals, and elementary school students. Common content included symptoms and signs of dementia, protective and risk factors, and local resources. The assessment of study outcomes varied across studies. Improvement in dementia knowledge and attitudes towards dementia was reported in many studies. Among the included studies, intervention satisfaction was high. The overall quality of the interventions was low. Formally evaluated educational interventions promoting dementia knowledge are at an early stage. Existing published interventions showed adequate acceptability and promise in promoting better understanding and awareness of dementia in minority groups. More well-designed randomized controlled trials are needed.

**Stress Reduction to Decrease Hypertension for Black Women: A Scoping Review of Trials and Interventions.**

**Journal of racial and ethnic health disparities; Oct 2021**

**Available via [journal article request](#)**

Chronic stress is a potential root cause of racial/ethnic disparities in cardiovascular disease. This review assesses literature surrounding effective stressreduction interventions to reduce hypertension (HTN)-a cardiovascular disease (CVD) risk factor-among an understudied population, non-Hispanic black (NHB) women. We identified 109 articles in total. Of those, six articles met inclusion criteria. Stronger evidence presented by a randomized control trial supported the efficacy of transcendental meditation with reductions in systolic and diastolic blood pressure up to 7 mmHg. Relaxation exercises, support groups, and therapeutic massage emerged as potentially beneficial in non-randomized pilot trials with reductions in systolic BP up to 9 mmHg and diastolic BP up to 5 mmHg varying by type and duration of the intervention. This scoping review found that faith-based strategies and meditation can be effective stress reduction techniques to reduce BP among NHB women. However, much remains to be known about how these strategies may be leveraged to reduce blood pressure within this highly vulnerable population.

**New horizons in understanding the experience of Chinese people living with dementia: a positive psychology approach.**

**Age & Ageing; Sep 2021; vol. 50 (no. 5); p. 1493-1498**

**Available via [journal article request](#)**

This review contains discussion of research on positive constructs in Chinese older adults, and parallels between traditional Chinese cultural values and positive psychology. On this basis, we propose the applicability of a positive psychology framework to Chinese people with dementia, and that 'harmony' is an important culturally specific concept to consider in this area of research. A positive psychology approach acknowledges that strengths and positive experiences can endure after dementia diagnosis. This not only adds to the under-researched area of lived experience of dementia in Chinese people, but highlights areas that could be the focus of interventions or measured as outcomes. By improving understanding, this approach also has potential to reduce carer burden and stigma around dementia.



**Diagnostic and Medication Treatment Disparities in African American Children with ADHD: a Literature Review.**

**Journal of racial and ethnic health disparities; Sep 2021**

Available via [journal article request](#)

The purpose of this literature review is to provide a synthesis of existing research on ADHD diagnostic and treatment disparities between African American and White children. Forty-one studies were included in this review. The majority of studies identified significant disparities in ADHD diagnosis and medication treatment between African American and White children. While diagnostic disparities show a trend toward reduction over time, a similar trend was not observed in medication treatment disparities. This synthesis provides a critique of the existing literature and recommendations for practice and future research.

**Southeast and East Asian immigrant women's transnational postpartum experiences: A meta-ethnography.**

**Journal of clinical nursing; Sep 2021**

Available via [journal article request](#)

The purpose of this meta-ethnography is to synthesise the qualitative findings from different research studies examining the experiences of SEEA immigrant women during the first 4-6 weeks of the postpartum period and has been written in adherence with enhancing transparency in reporting the synthesis of qualitative research (PRISMA). Four themes emerged: two were facilitators of birth culture (availability and quality of social support and maternity care provider cultural knowledge and response) and two were barriers to birth culture (lack of structural and social support and cultural alienation after childbirth). Due to lack of structural and social support in SEEA immigrant women's adopted countries, they also experienced social and economic hardships after childbirth and made conscious decisions to modify their postpartum cultural practices out of convenience and practicality. SEEA immigrant women also experienced discrimination from maternity care providers, which prevented them from fully engaging in postpartum cultural practices. Maternity care providers can advocate and intervene for SEEA immigrant women by eliciting any postpartum cultural beliefs, assess their social and economic needs early on in prenatal care and make culturally congruent referrals based on those assessments.

**What the Jackson Heart Study Has Taught Us About Diabetes and Cardiovascular Disease in the African American Community: a 20-year Appreciation.**

**Current diabetes reports; Sep 2021; vol. 21 (no. 10); p. 39**

Available via [journal article request](#)

The burden of cardiometabolic diseases such as cardiovascular disease (CVD) and type 2 diabetes (T2D) is pronounced among African Americans. Research has shown that behavioral, social, metabolic, psychosocial, and genetic risk factors of CVD and T2D are closely interwoven. Approximately 20 years ago, the Jackson Heart Study (JHS) was established to investigate this constellation of risk factors. RECENT FINDINGS Findings from neighborhood studies emphasize the importance of social cohesion and physical environment in the context CVD and T2D risk. Socioeconomic status factors such as income and education were significant predictors for CVD and T2D. Behavioral studies indicate that modifiable risk factors such as smoking, physical inactivity, lack of sleep, and poor nutrition are associated with CVD risk and all-cause mortality. Mental health also was found to be associated with CVD and T2D. Genetic influences are associated with disease



etiology. This review summarizes the joint contributions of CVD and cardiometabolic risk factors in an African American population.

**Real-world oral anticoagulants for Asian patients with non-valvular atrial fibrillation: A PRISMA-compliant article.**

**Medicine; Aug 2021; vol. 100 (no. 32); p. 1-11**

**Available at:** [Medicine](#)

This study aimed to evaluate the comparative efficacy and safety of 4 non-vitamin K antagonist oral anticoagulants (NOACs) and warfarin in Asians with non-valvular atrial fibrillation in real-world practice through a network meta-analysis of observational studies. A total of 11, 6, and 8 studies were allocated to the total population, standard-dose group, and low-dose group, respectively. In the total study population, edoxaban ranked the best in terms of IS and ICH prevention and apixaban ranked the best for SSE, major bleeding, and GI bleeding. In the standard-dose regimen, apixaban ranked the best in terms of IS and SSE prevention. For major bleeding, GI bleeding, and ICH, edoxaban ranked the best. In the low-dose regimen, edoxaban ranked the best for IS, SSE, GI bleeding, and ICH prevention. For major bleeding prevention, apixaban ranked best. Conclusions: All 4 NOACs had different efficacy and safety outcomes according to their type and dosage. Apixaban and edoxaban might be relatively better and more well-balanced treatment for Asian patients with non-valvular atrial fibrillation.

## Podcasts

### Kings Fund

[Covid-19, racism and the roots of health inequality](#)

How is Covid-19 repeating patterns of existing health inequalities? What factors are driving the disproportionate impact of the pandemic on the health of ethnic minority populations? And what needs to happen next? Helen McKenna sits down with Natalie Creary, Programme Delivery Director at Black Thrive, and James Nazroo, Professor of Sociology at the University of Manchester.



## Library and Knowledge Services

### Library services

<https://www.nhslincslibrary.uk/>

#### KnowledgeShare

Sign up to KnowledgeShare and we will send out regular emails alerting you to the latest evidence on a particular topic.

<https://www.nhslincslibrary.uk/knowledgeshare-request/>

#### Literature Searching

We can undertake literature searches on your behalf to support your work and CPD – this could be to find the evidence to support patient care; an audit; service improvement; or to keep you up to date with a particular topic.

<https://www.nhslincslibrary.uk/page/search-request/>

#### Information Skills Training

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.nhslincslibrary.uk/page/training/>

### Online resources

**BMJ Best Practice** is available to all NHS staff. This clinical decision support tool 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/>