



Nursing bulletin

April 2026

The aim of this current awareness bulletin is to provide a digest of recent guidelines, and best practice on Nursing

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Published Research

Finding the Sweet Spot: Exploring Nurse Practitioner Job Satisfaction, Burnout and Resilience

Canadian Journal of Nursing Leadership, Apr;38(4):92-109

Nurse practitioners (NPs) report concerning levels of burnout that can negatively impact patient outcomes and job turnover. Promoting a healthy work environment requires a targeted plan that involves colleagues, educators and leaders who together address NPs' workplace tensions.

Clinical Skills/Knowledge

[Community staff's role in detecting and preventing infection among older adults](#)

British Journal of Community Nursing, April 2026

Community staff are central to preventing the spread of infection among older adults in community settings, such as care homes, domiciliary care, supported living and primary care. Early detection of infection in older adults is challenging because of atypical presentations and high vulnerability. Community nurses and adult social care workers are often the first to notice subtle changes in health status that can signal infection.

Deterioration and CPR course will help guide conversations

Learning Disability Practice, 29, 2, 9-10

When caring for people who are at risk of deterioration, it is essential that nurses and healthcare professionals have meaningful conversations with them and those close to them about what treatments, including cardiopulmonary resuscitation (CPR), may be appropriate in an emergency. The ReSPECT framework supports nursing staff to discuss emergency treatments with patients and families.

[Diet and dementia: what nurses need to know](#)

British Journal of Nursing, April 2026

Although increasing evidence suggests that diet could be key to reducing the risk of dementia, practical compromises are also crucial to patients' quality of life as dementia progresses. Therefore, links between diet and dementia should be considered when advising people at all stages of life and their carers.

Evidence-based strategy for pain management in palliative care

British Journal of Community Nursing, Volume 31, Number 4

It has been well documented that pain is among the most prevalent and distressing symptoms experienced by people in the palliative care phase of dying. The diversity in



types of pain makes it challenging to alleviate and manage, and yet effective pain management is the cornerstone for enhancing quality of life for those who are dying. Any strategy to manage pain requires current evidence, a multidimensional, yet individualised, approach to ensure its uniqueness and tailored to that person.

Falls prevention in hospitalised older adults with cognitive impairment: strategies and ethical implications

Nursing Standard, April 2026

This article explores strategies for reducing the risk of falls in older adults with cognitive impairment in acute settings. The authors discuss patient safety interventions, including the use of enhanced observation and technological devices such as pressure-sensitive mats, and consider the ethical implications of using such interventions. The authors also discuss the importance of multidisciplinary assessment and rehabilitation, as well as education for staff, patients and families, in effective falls prevention practice.

Heart failure: an overview of the causes, symptoms, diagnosis and treatment

Nursing Standard, March 2026

Patients with heart failure are commonly encountered in all healthcare settings, so it is likely that most nurses will care for them at some point. Therefore, it is important that all nurses are aware of the latest developments in the management of heart failure and the terminology used. This article outlines the epidemiology, diagnosis and treatment of heart failure to update nurses' knowledge, thereby supporting them to identify the signs and symptoms, provide patient education and enhance outcomes.

How to deliver an authentic style of nurse leadership: Find out how to support staff, build team cohesion and ensure you remain true to your values in your practice.

Nursing Management, 33, 2, 9-11

'When I think about leadership in my nursing career, my mind does not go to job titles or organisational charts. I think about people; the mentors who shaped me early in my career, those who genuinely saw me, invested in me and helped me understand who I could become as a nurse.'

How to perform a thorough and legal mental capacity assessment

Nursing Standard, April 2026

This 'How to' article explains how to perform a thorough and legal mental capacity assessment for adults in a safe, effective and supportive manner. Nurses undertaking this assessment must ensure they have the appropriate knowledge and skills, and must work within the limits of their competence.

Management of diabetes when comorbid with dementia

British Journal of Community Nursing, Volume 31, Number 4

The ongoing management of diabetes as a person's dementia progresses can often raise significant anxiety in both health and care professionals and family carers alike. This article discusses some of the issues to consider in the management of diabetes in a person with dementia.

Non-verbal communication and hearing what isn't said

Nursing Standard, 41, 4, 35-36

Listening to what patients tell you about their symptoms and concerns is an important nursing skill – but are you sure you're hearing everything they want to say? Advice to help



you understand and act on what a patient or service user is telling you, but not in so many words.

Performative empathy in dementia care: ethics and practice

Nursing Older People, April 2026

Empathy is widely recognised as a cornerstone of high-quality dementia care. However, the emotional demands of caring for people with dementia placed on nurses and other professional caregivers may lead to situations where their empathic responses are performed rather than genuinely felt. This article examines the ethics and practice of 'performative empathy' when supporting people with dementia, particularly those who present with complex distressed behaviours.

Strengthening nurses' recognition of, and response to, domestic violence and abuse

Nursing Management, April 2026

Recognising and responding to domestic violence and abuse (DVA) in healthcare services is a professional duty and a public health priority. Evidence-based guidance and frameworks outline how healthcare professionals should act when working with people affected by DVA. In this article, the authors present an approach for strengthening nurses' recognition of DVA and their response. The authors describe frameworks, tools and resources that nurse managers and leaders can implement to support nurses.

News/Blogs/Editorials

Chief nurse's inspirational example of what leadership should look like

Nursing Standard, 41, 4, 5-5

How do you spot a good nurse leader? They are visible, regularly walking the wards, speaking to and listening to staff and, crucially, acting on concerns. But how many lead like Kelly McGovern? The chief nurse could have stayed firefighting from behind her desk and done the occasional walkabout, but instead she – along with the deputy medical director – joined the ED, working alongside all clinicians every day for a month. The trust is now in the top five for its four-hour performance, up from 120th.

Nurse-led leg ulcer project cuts waiting lists and speeds-up healing time

Nursing Standard, 41, 4, 7-7

A tissue viability nurse helped reduce leg ulcer clinic waiting lists and speed up the healing process for hundreds of patients in a trailblazing pilot project.

[Overwhelmed community mental health nurses raise alarm over staffing and caseloads](#)

Royal College of Nursing, April 2026

Half of community mental health nurses say patients are frequently coming to harm because of overwhelming caseloads, as new analysis shows demand for services has grown more than twice as fast as staffing. The findings come from an RCN survey of community mental health nurses across the UK.

Why cultivating self-awareness is vital for strong nursing leadership

Nursing Management, 33, 2, 5-5

'I have been visiting a friend who is ill in intensive care and on each visit I have been struck by the clinical expertise of my nursing colleagues as well as their caring attention towards my friend and to us, his family and friends. It is the simple acts of kindness that have meant so much to us; they are compassionate leadership in action.'