



# Nursing bulletin

## December 2025

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

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### Guidelines/Reports

[A Competency Framework for Nurses Caring for People with Liver Disease including Liver Transplantation](#)

**Royal College of Nursing, November 2025**

Nurses are key to the prevention of liver disease. This updated framework describes the professional standards expected of practitioners when caring for people with liver disease including liver transplantation.

[Left Behind: a review of evidence on the career progression of NHS nurses](#)

**Royal College of Nursing, December 2025**

There are many important dimensions to career progression, including specialisation, leadership and management, education responsibilities, and policy and advocacy roles. This report on the career progression of nurses specifically focuses on progression within the Agenda for Change banding structures within the NHS, across the UK.

### Published Research

Addressing the use of individual resilience as a form of gaslighting in healthcare organisations

**Nursing Standard, December 2025**

While resilience is often promoted by healthcare organisations as a personal coping strategy, this approach risks overlooking systemic issues and structural inequalities that significantly affect staff wellbeing. This article critically explores the growing emphasis on resilience as a strategy for managing the stresses and demands experienced by nurses. It also examines how an overreliance on resilience can shift responsibility from organisations to individuals.

[Experiences of EU and non-EU internationally educated nurses and midwives in the UK: a scoping review](#)

**BMC Nursing, Volume 24, December**

IENs in the UK face diverse barriers spanning regulation, professional adaptation, social integration, and discrimination. These challenges vary by region of origin, particularly between EU and non-EU IENs. As international recruitment continues, tailored and sustained action is needed to improve IENs' integration, retention, and wellbeing.

The power of nursing triage notes: alcohol and substance use challenges in frequent attenders to rural emergency departments

**Emergency Nurse, December 2025**



Patients who frequently attend emergency departments (EDs) due to alcohol and substance use often have complex healthcare needs, which can place significant demands on services, particularly in rural areas. Nursing triage notes capture critical information about these presentations.

The use of an escape room-based learning strategy to enhance pharmacology knowledge among nursing students

**BMC Nursing, December 2025**

Nursing students may experience difficulties in understanding complex pharmacological concepts and applying this knowledge in clinical decision-making processes during their pharmacology education. Traditional teaching methods do not always support active participation and lasting knowledge acquisition in the learning process. Therefore, there is a growing need for innovative teaching strategies in nursing.

### **Clinical Skills/Knowledge**

[Accountability and responsibility: simple rules for nurses](#)

**British Journal of Nursing, November 2025**

Florence Nightingale laid the foundation stone of nursing accountability with this famous quote: 'I attribute my success to this: I never gave or took any excuse.' For Nightingale, excuses are not taken as a justification of actions discounting any responsibility, but instead she celebrates the capacity to take responsibility for any consequence that occurs from those actions. Fast-forward a century or so, and accountability and responsibility are still central tenets of nursing values.

CPD focus: a critical examination of five common wound care myths

**Nursing Standard, November 2025**

Despite a growing body of evidence on wound healing and wound infection management, misconceptions about wound care remain entrenched in nursing practice. These misconceptions can result in suboptimal patient outcomes. This article critically examines five common wound care myths and provides guidance for nurses to support them to provide evidence-based wound care aligned with principles of best practice.

Designing accessible and usable clinical policies to enhance patient safety

**Nursing Management, December 2025**

Clinical policies in healthcare, such as guidelines, protocols, procedures and care pathways, are essential to guide decision-making and standardise practice. Investigations into patient safety incidents have often found that clinical policies were not followed, attributing this to inadequately designed and inaccessible policies that are detached from the realities of clinical practice. This article discusses clinical policy design, explores the effects of inadequately designed policies and considers why policies may fail.

[Enhancing well-being and resilience in oneself and in the nursing team](#)

**Nursing Management, December 2025**

Nurses' wellbeing and resilience are negatively affected by work pressures and unprecedented demand on the healthcare system, against a backdrop of underfunding and staff shortages. Healthcare organisations, nurse managers and nurse leaders have a fundamental responsibility to support staff and develop a more resilient workplace.

[Identifying and Managing Patients' Allergies](#)

**Cleveland Clinic, November 2025**

Allergic reactions can escalate from mild discomfort to life-threatening emergencies within minutes, making vigilant allergy management a cornerstone of patient safety. For nurses,



often the first to notice subtle warning signs and the last line of defence, accurate documentation, clear communication and proactive allergy prevention are essential components of high-quality care.

Opioids and long-term pain management: nursing considerations

**Nursing Standard, December 2025**

Evidence suggests that opioids are no longer appropriate for long-term use in chronic non-malignant pain, due to lack of efficacy and risks to patients such as increasing tolerance and dependency, multiple physical side effects, mental health issues or even death from accidental overdose. This article considers the evidence on the appropriate use of opioids, and ways to safely implement and manage their long-term use.

Portal hypertension and varices: pathophysiology and clinical management

**Nursing Standard, December 2025**

This article aims to enhance nurses' knowledge of the underlying pathophysiology, clinical manifestations and recommended management of portal hypertension and varices in the context of end-stage liver disease, with specific consideration of the nurse's role.

Signs, assessment and care of upper gastrointestinal bleed

**Nursing Older People, 37, 6, 8-10**

Nurses in all settings need to know how to manage an upper gastrointestinal (GI) bleed, and the nurse's role in supporting patients is critical. Nurse experts share their advice on care of patients with upper GI bleed, deterioration, using the ABCDE approach and timely escalation

The final two steps before applying for revalidation

**Nursing Standard, December 2025**

Towards the end of your revalidation process, there are two important steps to take before you can finally submit your application to the NMC: have a reflective discussion, and then get a confirmer to sign off your application. We look at what these steps entail.

**News/Blogs/Editorials**

Band 2 to 7: how moving to the UK worked for me

**Nursing Standard, December 2025**

An overseas-educated nurse shares his career development tips with others hoping for success.

Breaking the silence: addressing nurse suicide through occupational health

**Mental Health Practice, December 2025**

Nurse suicide is an often under-recognised issue in occupational health. High-intensity work, burnout, fatigue and stigma around mental health issues and seeking help place nurses at heightened risk – particularly in the wake of demanding shifts. This article explores factors that contribute to nurses' vulnerability to suicide, as well as strategies for prevention and intervention.

[Rising racism blamed for collapse in number of foreign nurses coming to UK](#)

**The Guardian, December 2025**

The number of overseas nurses and midwives coming to the UK is collapsing, figures reveal, with rising racism and changes to immigration rules blamed for the fall.