



Nursing bulletin

January 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

Nursing shortages and patient outcomes

Journal of Health Economics, Volume 105, January 2026

This paper examines the effect of nurse shortages on healthcare production. We examine what effect the absence of nursing staff has on inpatient mortality and other outcomes associated with nursing care. The findings show that for the average ward, the absence of a nurse with university degree-equivalent level training increases the odds of a patient death by approximately 10%.

Quality of life in patients with monoclonal B-cell lymphocytosis or chronic lymphocytic leukaemia managed by active monitoring

Cancer Nursing Practice, December 2025

Several aspects of quality of life may be particularly affected among many patients with MBL and CLL managed by active monitoring. Therefore, cancer nurses and other healthcare professionals should aim to identify and address the needs of patients with MBL and CLL to ensure they receive holistic care.

Clinical Skills/Knowledge

Assessing frailty in older adults with cancer to optimise care provision and outcomes

Cancer Nursing Practice, January 2026

The presence of frailty in older adults with cancer significantly affects treatment tolerance, recovery from treatment, complications and overall survival. This article discusses the importance of early identification of frailty in older adults followed by referral for a comprehensive geriatric assessment (CGA). The article also describes how CGA supports a multidisciplinary and personalised care approach to identifying and managing an individual's needs to optimise their ability to manage their cancer and cancer treatments.

Clinical management of acute post-operative bladder spasm in children and young people

Nursing Children & Young People, January 2026

Acute post-operative bladder spasm (APBS) is a painful and distressing condition that commonly occurs in children and young people following urological surgery. This article outlines the incidence, symptoms and pathophysiology of APBS and highlights the importance of a multimodal management strategy. By enhancing their understanding of APBS and its clinical management, children's nurses can alleviate pain and support post-operative recovery for children and young people.

How mental health nurses can lead change away from restrictive practice



Mental Health Practice, January 2026

There is a compelling rationale that inpatient services must be a place of healing, safety and hope, rather than one of restriction and trauma. European research on institutional violence and coercion details an evaluation and assessment of the moral cost and personal harm caused by restrictive interventions.

Intravenous fluid resuscitation: learning from a case study with complex presentation

British Journal of Nursing, January 2026

Intravenous fluid resuscitation (IFR) is one of the most common interventions administered to patients with complex presentations of acute health deterioration. However, a growing body of evidence details variations in practice surrounding IFR due to differences in clinical guidelines. This article aims to extrapolate clinical learning from a case study from a physiological, evidence-based and role perspective on the administration of IFR.

Is your team making the most of electronic patient records?

Cancer Nursing Practice, 25, 1, 8-9

Nearly all parts of the NHS have electronic patient record (EPR) systems. But having a digital system in place does not necessarily mean it is being used to its full potential. Here we look at what nurses need to know and how they can maximise the potential of the system.

Providing tailored support to neurodivergent nursing students during their placements

Nursing Standard, January 2026

In recent years, there has been an increase in the reported numbers of neurodivergent nursing students. However, there are several barriers to making reasonable adjustments for neurodivergent students in placement settings. This article explores how to provide personalised support to neurodivergent students that is tailored to their needs and enables them to thrive during placements.

Recognising and managing acute asthma attacks in adults in the emergency department

Emergency Nurse, January 2026

Emergency nurses frequently encounter adults experiencing an acute asthma attack in the emergency department, making a sound understanding of asthma essential for safe and effective care. This article outlines key pharmacological and non-pharmacological interventions used during acute asthma attacks and highlights the role of emergency nurses in patient education to support self-management.

Recognising, managing and reducing the risk of hypoglycaemia in adults with diabetes

Nursing Standard, January 2026

This article discusses blood glucose regulation and the causes, symptoms and complications of hypoglycaemia. It explains how nurses can support people to self-manage their diabetes to reduce the risk of further episodes. Education, individualised management and effective communication are essential for the provision of optimal care and prevention of adverse outcomes.

Role of enhanced therapeutic observations and care in maintaining the well-being and safety of mental health inpatients

Mental Health Practice, January 2026

Enhanced therapeutic observations and care (ETOC) enable mental health professionals to observe patients receiving inpatient care. However, while enhanced observations have



an important role in risk assessment and management, patients may experience them as isolating, restrictive, lacking privacy and distressing. This article promotes best practice by considering the legal, ethical and professional duties of mental health nurses carrying out ETOC so that they can perform this clinical skill in a way that supports patient safety.

Supporting people with hoarding behaviour: a health promotion perspective

Nursing Standard, January 2026

Hoarding disorder is a complex mental health condition that is increasingly recognised as both a health concern for the individual and a wider public health issue. This article examines hoarding behaviour through a health promotion lens, with a focus on the role of the nurse. The author also provides guidance for nurses on starting conversations about hoarding behaviour with individuals, assessing the severity of the issue and initiating and supporting behaviour change.

Should I specialise early or gain ward experience first?

Nursing Standard, 41, 1, 24-25

Experienced nurses weigh the advantages of taking a ward role or a specialist path as a newly registered nurse. Ward work is central to many nurses' early careers and the experience gained often helps inform their future choices. However, the advantages of specialising early include being able to develop a deeper expertise more quickly in your chosen area and apply for higher-band jobs earlier in your career.

Supporting the development of professional identity in nursing students

Nursing Standard, December 2025

Professional identity is a defining aspect of nursing. The development of professional identity in nursing students is shaped by their educational preparation, clinical experiences and relationships with the wider multidisciplinary team and patients. The authors consider how nurses and educators can foster a sense of belonging in nursing students.

[The role of the community nurse in improving quality of life for people with faecal incontinence](#)

British Journal of Community Nursing, January 2026

Faecal incontinence, the involuntary loss of faeces, is a symptom with multifactorial causes and major effects on quality of life. Community nurses, with their skills and unique position at the frontline of patient care, are pivotal in the assessment and management of faecal incontinence and its associated conditions.

What to expect at work when you return after maternity leave

Nursing Standard. 41, 1, 16-17

Returning to work as a nurse after becoming a parent is a major transition and, as with any change, it can be tricky to navigate. This article details your rights post-maternity, parental or adoption leave, 'keeping in touch' days and what happens when you have a childcare emergency.

News/Blogs/Editorials

[New forum to support diaspora nursing and midwifery professionals](#)

Nursing and Midwifery Council, January 2026

The Nursing and Midwifery Council (NMC) has relaunched a key strategic forum to strengthen its support for diaspora nursing and midwifery professionals – those who have joined the UK workforce from around the world.