



Nursing & Midwifery Bulletin

December 2021

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Feature article

[A tribute to all the staff working at Christmas](#)

British Journal of Healthcare Assistants, 15 (11) December 2021

Nursing

[Sarcopenia and malnutrition: commonly occurring conditions in the older population](#)

This article reviews the prevalence of loss of muscle mass and function, (sarcopenia) alongside malnutrition in the older population (>65 years). It outlines what is meant by both sarcopenia and malnutrition and looks at how these conditions can interact to cause detrimental outcomes in both underweight and overweight older adults.

British Journal of Nursing Vol 30 (21) November pp. S4-S10

[The nurse's role in providing strategies and advice on weight management](#)

This article examines ways to identify whether a person needs to lose weight and establishing targets. It then reviews the evidence base for different approaches to weight management currently available and the advice nurses can provide.

British Journal of Nursing, Vol. 30, No. 21 pp. S20-S27

[Understanding constipation in adults](#)

Constipation is a common problem which can affect any age and ethnicity and is a frequent reason for patients to seek advice from health professionals. Margaret Perry looks at the risk factors, patient management and potential complications

Practice Nursing, Vol 32, (12) pp. 480-484



Heel pressure ulcers: understanding why they develop and how to prevent them

This article discusses the causes of, and risk factors for, heel pressure ulcers and describes techniques and devices that nurses can use to prevent them.

Nursing Standard, December 13th 2021

Guidance

Professional nurse advocate A-EQUIP model: A model of clinical supervision for nurses

This document describes the professional nurse advocate (PNA) role in and the A-EQUIP (Advocating and Educating for QUality ImProvement) model of professional nursing leadership and clinical supervision, and provides guidance on their implementation, including key actions for each relevant group.

NHS England & NHS Improvement, December 15th 2021

Midwifery

Breech presentation and moxibustion: should it be offered to improve maternal outcomes?

It is known that moxibustion promotes cephalic version, thereby increasing the likelihood of vaginal birth, reducing the chances of a caesarean section and augmentation in labour. This study aimed to review and critically appraise research articles on the benefits of moxibustion use for low-risk women with breech presentation.

British Journal of Midwifery Vol. 29, No. 12 pp. 692-698

Giant placenta chorioangioma with postpartum bleeding and uterine atony

This article reports the case of postnatal diagnosis and associated complications in a 35-year-old patient with a 6 cm x 4 cm x 4 cm placental chorioangioma.

British Journal of Midwifery Vol. 29, No. 12 pp 670-673

Ankyloglossia management: a collaborative approach to educating healthcare professionals

The University of Wolverhampton are currently the only university in the UK to offer an accredited training course in advanced clinical skills in tongue tie (ankyloglossia) management (including frenulotomy) and attracts applicants from across the UK (and beyond). The 1-year programme, offered in collaboration with The Dudley Group NHS Foundation Trust, prepares healthcare practitioners to practise safely and effectively as a tongue tie practitioner and is suitable for professionals from a variety of settings including midwifery, health visiting, advanced neonatal nursing practice, dentistry and paediatrics.

British Journal of Midwifery Vol. 29, No. 12 pp. 706-711

Measures of anxiety, depression and stress in the antenatal and perinatal period following a stillbirth or neonatal death: a multicentre cohort study

This article aimed to describe quantitative measures of anxiety, depression, stress and quality of life at different timepoints in pregnancies after perinatal death and in the early postnatal period.

BMC Pregnancy and Childbirth volume 21, Article number: 818 (2021)



[The views and experiences of LGBTQ+ people regarding midwifery care: A systematic review of the international evidence](#)

The aim of this systematic review was to critically appraise and synthesise the best available evidence regarding the views and experiences of LGBTQ+ people in relation to midwifery care and supports.

Midwifery, 103 December 2021.

Guidance

[Clinical nurse specialist in early pregnancy care](#)

This updated document outlines the key skills and knowledge required to develop the role of a specialist nurse/midwife in early pregnancy care and should provide clear direction for commissioners and managers when creating roles to support best practice in local service provision for women and their families.

Royal College of Nursing, RCN, November 10th 2021

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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/>