



Nursing & Midwifery Bulletin

October 2021

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Nursing

[How to undertake effective mouth care and oral assessments](#)

How this article might improve your practice when undertaking mouth care. How you could use this information to educate nursing students or your colleagues on the appropriate technique and evidence-base to maintain the patient's oral hygiene.

Nursing Standard, September 20th 2021

[The Sepsis Six tool: steps to save a life](#)

How to use the infection control protocol to identify risk and improve outcomes for patients

Sepsis and severe infection are common reasons for admission to hospital, and perhaps the most common causes of inpatient deterioration, according to the UK Sepsis Trust (UKST).

Nursing Standard, 36, 10, pp. 51-54.

[How to change a suprapubic catheter effectively](#)

This 'How to' article explains how to change a suprapubic catheter in a safe, effective and supportive manner. Nurses undertaking this procedure must ensure they have the knowledge and skills to do so and work within the limits of their competence.

Nursing Standard, 16th August 2021

[Enhancing the care of transgender and non-binary patients through effective communication](#)

This article explores how and why trans and non-binary people experience discrimination, and discusses how healthcare professionals, including nurses, can enhance the care experience for these patients, with a particular emphasis on language and communication.

Nursing Standard, August 2021



Role of the nurse in patient blood management and treating anaemia

This article explores the complex factors that can influence clinical decisions and enhance patient safety in the administration of blood components, particularly red blood cell transfusions in patients with anaemia.

Nursing Standard, October 19th 2021

The skin: largest organ of the body

This article concludes this series in the anatomy and physiology of the body systems. An overview of the skin is provided and the various and functions of this, the largest organ of the body, are described. The three layers of the skin are discussed, along with an overview of skin pigmentation.

British Journal of Healthcare Assistants, Vol. 15, No. 9 pp. 446-451

Midwifery

Feature Article

Bridget “Biddy” Mason: A Black Pioneer Midwife of Nineteenth-century Los Angeles by Jane Beal

Midwifery Today 138 (Summer 2021) pp. 34-42

Group B strep in mothers and babies

Group B strep can be harmful to newborns. Most babies who come into contact with the bacteria during labour or birth experience no problems, but a small number may become seriously ill if they are infected, as Amy Noakes explains

Practice Management vol. 31, (8) pp. 40-42

Steam inhalation: COVID-19 and pregnancy

Editorial

The advent of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), the coronavirus that led to the COVID-19 pandemic, has distressed health systems and caused untold suffering, losses and costs globally. The disease is known to affect both pregnant and non-pregnant individuals alike (Swain et al, 2021). Currently, there are no known safe and effective antivirals with therapeutic benefits for the disease caused by this virus. This means non-pharmaceutical interventions must be used to combat the virus, such as regular hand washing, wearing masks in public and social distancing (la Marca et al, 2021).

African Journal of Midwifery and Women's Health 15, No. 3 pg.1



Quality improvement in action

Kate Nash and Anna Garratt discuss how quality improvement can make an impact on practice and summarise the key approaches to this process

British Journal of Midwifery 29, No. 10 pp. 546-548

Motivational interviewing to increase physical activity in women with gestational diabetes

Regular physical activity improves glycaemic control in pregnant women with gestational diabetes. Motivational interviewing is an effective technique for increasing activity levels. This report evaluates a clinical pathway developed to integrate physical activity motivational interviewing into routine gestational diabetes care.

British Journal of Midwifery 29, No. 10 pp. 550-556

A review of third stage of labour care guidance

In clinical practice, care is managed by two distinct clinical approaches: active management and expectant management, often referred to as physiological management (Begley et al, 2019). This paper reviews evidence on the effectiveness of these approaches and the implications of this research for current practice guidelines for women at low risk of postpartum haemorrhage who choose to birth in a midwife-led unit or home birth setting and want to experience a birth with minimal intervention.

British Journal of Midwifery, Vol. 29, No. 10 pp. 557-563

New Library Book

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Walsh, Danny – The nurse mentors handbook: supporting students in clinical practice 2021 3rd Ed.

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<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/>