



# Nursing & Midwifery Bulletin

September 2021

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### Nursing

#### The endocrine system: regulator of body activities

*This article offers the healthcare assistant (HCA) and assistant practitioner (AP) an overview of the anatomy and physiology of the endocrine system and its functions; key glands are discussed.*

British Journal of Healthcare Assistants, Vol. 15, No. 8 pp. 376-382

#### Handling difficult conversations

*The aim of this article is twofold. First, to consider conversations, and the role these play in communications. Second, to help you to recognise a difficult, or ultra-sensitive conversation, and to discuss ways of effectively managing the conversation so that the needs of the people involved are not ignored, but met in the most appropriate manner.*

British Journal of Healthcare Assistants, Vol. 15, No. 8 pp. 392-397

#### The global elements of vital signs' assessment: a guide for clinical practice

*The assessment of vital signs is critical for safe, high-quality care. Vital signs' data provide valuable insight into the patient's condition, including how they are responding to medical treatment and, importantly, whether the patient is deteriorating.*

British Journal of Nursing, Vol. 30, No. 16 pp. 956-962

#### Special cases of hypertension: what nurses need to know

*Beverly Bostock explains how variations in this common cardiovascular condition can be managed*

Independent Nurse, Vol. 2021, No. 9 pp. 22-24



### [Understanding the physiology of bowel obstruction and its implications for patient assessment and management](#)

*Assessment techniques include history taking, physical examination, imaging, biochemistry and endoscopic assessment. Intervention options include symptomatic, endoscopic and conservative management, as well as surgical treatment and palliative care. Clinical nurse specialists in colorectal, stoma and palliative care play essential roles in meeting the holistic needs of these patients.*

Gastrointestinal Nursing Vol. 19, No. 7 pp. 18-24

## **Midwifery**

### [Breastfeeding a baby with Down syndrome](#)

*Nicola Enoch, Founder and Trustee of Positive about Down syndrome, highlights the reality versus perception of breastfeeding a baby with Down syndrome*

British Journal of Midwifery, Vol. 29, No. 9 pp. 490-491

### [Effect of obstacles/tips card on breastfeeding drop-off](#)

*Many mothers report having stopped breastfeeding sooner than they would have liked. We test whether a planning card reduces breastfeeding drop-off.*

British Journal of Midwifery, Vol. 29, No. 9 pp. 510-515

### [A clinical update on hypermobile Ehlers-Danlos syndrome during pregnancy, birth and beyond](#)

*This article updates and builds upon a previous international review of maternity care considerations for those childbearing with hEDS/HSD. Findings point to a need for individualised care planning in partnership with parents as part of a multidisciplinary approach.*

British Journal of Midwifery Vol. 29. No. 9 pp. 492-500

### [Part 1: COVID-19 and knowledge for midwifery practice—impact and care of pregnant women](#)

British Journal of Midwifery Vol. 29, No. 4 pp. 224-231

### [Part 2: COVID-19 and knowledge for midwifery practice—impact and care of the baby](#)

British Journal of Midwifery Vol. 29. No. 5 pp. 286-293

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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/>