



Nursing bulletin

February 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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Guidelines/Reports

[NMC Professionals Survey Full Report](#) and the [Spotlight Report](#)

Nursing and Midwifery Council

The NMC's annual insight report, with responses from almost 38,000 nurses, midwives and nursing associates. Over half of respondents are satisfied with their day-to-day work, yet only a small minority are likely to recommend a career in nursing and midwifery. A concerning number of professionals are struggling with their workload and at a high risk of burnout.

[Unsettled: How the proposed change to indefinite leave to remain could affect the retention of internationally educated nursing staff](#)

Royal College of Nursing, January 2026

Internationally educated nursing staff make a vital contribution to the health of our nation with one in five nursing staff in the UK having studied overseas. However, UK government proposals to reform the settlement system pose a significant threat to the retention of brilliant and dedicated staff.

Published Research

Are interventions in adult inpatient mental health settings influenced by trauma-informed care? A scoping review of the literature

Mental Health Practice, February 2026

This scoping review explored whether interventions in inpatient mental health settings are influenced by trauma-informed care. The findings show that the implementation of trauma-informed care is linked to reductions in restrictive practices, aggression, self-harm, distress and unplanned discharges, and enhanced staff knowledge, confidence and communication. Trauma-informed care in adult inpatient mental health settings demonstrably improves outcomes for patients and staff but is implemented inconsistently.

Preparing nursing students for elder abuse response: bridging the gap between awareness and clinical action

Evidence-Based Nursing, 89: 104592

Elder abuse is a global public health and human rights concern associated with increased morbidity, mortality and healthcare utilisation. Despite recognition of nurses' responsibility to safeguard older adults, detection and reporting remain inconsistent across care settings. Nursing students represent an important leverage point for prevention, yet their preparation is often fragmented and focused primarily on knowledge acquisition.

Clinical Skills/Knowledge



Can you give medications without patient consent?

Learning Disability Practice, 29, 1, 13-15

For patients who lack capacity, it may be necessary to administer medications covertly if it is in their best interests – but it is not a decision to be taken lightly. We look at when administering medicines covertly to a patient might be justified as in their best interests.

[Compulsory treatment of physical disorders under the Mental Health Act](#)

British Journal of Nursing, January 2026

The Mental Health Act 1983 makes clear that the principle purpose of its provisions is the care and treatment of mentally disordered patients. Those provisions allow for the detention of that person and compulsory treatment of the mental disorder. Although care and treatment of mental disorder is the purpose of the act, judicial interpretation sets out circumstances where the compulsory treatment of physical conditions can be authorised. Understanding these provisions is essential for nurses to ensure they are acting lawfully.

Ensuring adequate nutrition for adults in acute care settings

Nursing Standard, February 2026

This article outlines principles of optimal nutrition relevant to nurses working with adults in acute care settings. It provides an overview of metabolism, energy expenditure, nutrients and malnutrition, discusses nutritional screening and explores nutrition impact symptoms commonly experienced by acute patients. The article also outlines the responsibilities of nurses in preventing or managing malnutrition in patients.

Ethical decisions: where the theory meets practice

Nursing Standard, 41, 1, 34-35

Nurses at all stages of their careers will be involved in making difficult decisions – but for those with less experience, this can be particularly challenging.

Immunotherapy-induced diarrhoea and colitis: a case study of its management in a nurse-led cancer treatment unit

Cancer Nursing Practice, February 2026

While immune checkpoint inhibitors (ICIs) have revolutionised the treatment of several cancers, they can also cause immune-related adverse events (IRAEs), including diarrhoea and colitis. Prompt recognition and treatment of IRAEs is crucial for managing symptoms and preventing life-threatening complications.

Providing acute care at home to older adults with frailty: nurses' experiences of working with a hospital at home service

Nursing Older People, February 2026

Providing acute care at home for older people, who often have complex health needs and frailty, can prevent hospital-associated harms. This requires an appropriately skilled and experienced multi-professional workforce. This article describes how a newly established consultant practitioner-led (nurse and physiotherapist) hospital at home model in Wiltshire provides acute care for older adults with frailty.

Rapid discharge checklists for people at the end of life who present to the emergency department

Emergency Nurse, February 2026

In emergency departments (EDs), system pressures and the complexity of organising discharges mean that people who are approaching the end of life may be admitted to and die in hospital, even when discharging them to their preferred place may have been



indicated and feasible. This article discusses rapid ED discharge checklists for patients at the end of life, outlining the positive outcomes of their implementation.

What do I do if a patient declines nursing care?

Nursing Standard, 41, 2, 29-30

What can you do if your patient says no to an aspect of care – such as a meal, being washed or having their dressing changed? For nursing students, while a refusal of care can be a difficult situation to manage, it also offers a great opportunity for learning. Lecturers and a student explore the value of empathetic communication, and of fostering collaboration and rapport.

What preceptorship is for – and what good looks like

Nursing Standard, 41, 2, 22-23

The move from studying to starting your first nursing job is a huge one. Those first few months are a steep learning curve and having access to a good preceptorship programme is vital. Here we look at what help you should be getting and what you should do if you need more support.

When seconds count: managing haemorrhage in the emergency department

Emergency Nurse, January 2026

Prompt recognition and control of haemorrhage are fundamental responsibilities for the emergency nurse. Nurses are often the first to identify subtle indicators of bleeding and have a central role in activating major haemorrhage protocols, initiating life-saving interventions and communicating with the wider multidisciplinary team. This article explores the pathophysiology of haemorrhage and details assessment methods and evidence-based management strategies.

News/Blogs/Editorials

Continence team's innovation cuts bed days and dermatitis

Nursing Standard, 41, 2, 7-7

Hospital nurses saved 132 bed days and around £70,000 with an external catheter trial for female patients, that achieved a 93% reduction in dermatitis. The nurse-led trial of female external catheters shows impact on maintaining skin integrity and improving patients' quality of life.

Frailty project unites care home and hospital nurses

Nursing Older People, 38, 1, 6-6

A nurse-led project allowing nurses from care homes to shadow frailty specialists at a hospital in the south of England, and vice versa, has been hailed a success by the project lead and participants.

[Nurses to benefit from boost to graduate pay and job progression](#)

Department of Health and Social Care, February 2026

NHS nurses are set to receive a career boost, as the government and the Royal College of Nursing (RCN) have agreed a major package to properly recognise the vital work they do.