



Nursing bulletin

February 2025

The aim of this current awareness bulletin is to provide a digest of recent guidelines, and best practice on Nursing

If you would like to request any of the articles included in this bulletin, or be added to the distribution list, please contact: ulth.library.lincoln@nhs.net

For more information on Library and Knowledge Services please go to:
www.nhslincslibrary.uk

Guidelines/Reports

[An exploration of barriers and enablers to the expansion of healthcare degree apprenticeships](#)

University Alliance & The University of Derby, February 2025

A new report has identified several significant barriers to the expansion of degree apprenticeship routes to deliver the workforce targets as set out in the NHS Long-Term Workforce Plan. The report highlights financial constraints and disincentives, issues with capacity and support, as well as coordination challenges between employers and education providers.

[NICE Update: Tobacco: preventing uptake, promoting quitting and treating dependence](#)

NICE, February 2025

Updated guidance for supporting patients to stop smoking, including a new recommendation on cytisinicline and an update to recommendations on stop-smoking interventions and pharmacological support during pregnancy.

Published Research

Factors associated with burnout among internationally educated nurses: A scoping review

International Nursing Review, Volume 72, Issue 1

The increasing nursing shortage in the healthcare industry has become a concern in many countries. Recruiting certified nurses from outside a country is one strategy to address this shortage. While the hiring of internationally educated nurses (IENs) fills the labor gap, a supportive work environment is necessary to retain IENs in the field.

[Promoting a healthy work environment: Increasing staff confidence to address incivility](#)

Nursing Management, Volume 56, Issue 2

For years, incivility has been an issue in the nursing profession and is a leading cause of nurses' intent to leave the profession.⁴ Incivility negatively impacts patient outcomes, patient satisfaction, nurse satisfaction, and turnover. Evidence supported an educational intervention to increase knowledge of behaviors associated with incivility and mechanisms to address those behaviors.

Understanding burnout in nurses: identification and coping strategies

British Journal of Nursing, Volume 34, Issue 4

Burnout, a psychological syndrome caused by prolonged exposure to chronic workplace stressors, is a prevalent issue in nursing, characterised by emotional exhaustion,



depersonalisation and a diminished sense of accomplishment. This article explores the widespread impact of burnout in nursing, identifying its key indicators and consequences for both nurses and patient care. It evaluates evidence-based management strategies aimed at mitigating burnout and improving outcomes.

Clinical Skills/Knowledge

Be positive and prepared: a revalidation survival guide

Nursing Standard, Volume 40, Issue 2

Revalidating with the Nursing and Midwifery Council (NMC) is something all nurses have to do every three years. Here's what it entails and what you need to do to prepare. We explain what is expected of you, why it helps to view it as an ongoing process, and bust some common myths

Enhancing advanced clinical practitioners' non-clinical skills

British Journal of Nursing, Volume 34, Issue 4

This article examines the setting up, running and content of a study day for advanced clinical practitioners (ACPs) at the Rotherham NHS Foundation Trust, aimed at enhancing non-clinical competencies in leadership, education and research. Despite a structured national framework, ACPs often report limited support in these areas.

How to administer a local anaesthetic infusion for pain management

Nursing Standard, February 2025

A local anaesthetic infusion is a prescribed method of continuous analgesia to manage post-operative pain as part of a multimodal approach, which may also include an analgesic. During the infusion, local anaesthetic is infused into the tissues surrounding the surgical incision or wound via a multi-lumen indwelling wound catheter.

How to assess a wound for signs of infection

Nursing Standard, February 2025

This 'How to' article provides a systematic and evidenced-based step-by-step approach to assessing a patient's wound for signs of infection. Nurses undertaking this assessment must ensure they have the appropriate knowledge and skills and that they work within the limits of their competence.

[Menopause: the essentials for non-specialists](#)

RCN Magazine, February 2025

From symptoms to treatments, here's what nursing staff need to know about menopause. Nurses working in a variety of settings – including general practice, mental health and women's health services – can help those experiencing this important event, including sharing evidence-based information and signposting to expert support. Here's how.

Nurses' knowledge and confidence about cancer patient education

Nursing Times, February 2025, 121 (2)

Nurse-led patient education is essential for safe and successful management of cancer treatment. A study aimed to support this by measuring nurses' knowledge and confidence in providing patient education on intravenous systemic anti-cancer therapy.

Preventing bloodborne pathogen transmission in community nursing practice

British Journal of Community Nursing, Volume 30, Issue 2

Community nurses face challenges while caring for patients with complex conditions, post-hospital recovery needs, or palliative care requirements, which increases their exposure to



bloodborne pathogens. Preventive measures, such as proper use of personal protective equipment, prompt reporting and post-exposure prophylaxis are essential to minimise the risk of transmission.

[Respiratory assessment for registered nurses using a systematic approach: the RIPPAS framework](#)

British Journal of Community Nursing, Volume 30, Issue 2

Systematic assessment of the respiratory system is an important skill for both the identification of pertinent patient symptoms and for the evaluation of care provided. Although this assessment has historically been performed by advanced clinical practitioners in the community setting, since 2019, the Nursing and Midwifery Council made it a required skill for its new registrants and all nursing students in the UK.

[The role of nutrition in wound healing and implications for nursing practice](#)

British Journal of Nursing, Volume 34, Issue 4

Nutrition plays a vital role in wound healing, influencing both the speed and quality of recovery. This article summarises the current literature on the role of nutrition in wound healing, focusing on key nutrients. Nurses are pivotal in assessing nutritional status, implementing dietary interventions, and educating patients and caregivers about the importance of nutrition in wound care.

News/Blogs/Editorials

Abuse at work risk, deterrents and what to do if it happens

Nursing Standard, Volume 40, Issue 2

Nurses face a higher risk of verbal assault or violence at work, yet many don't report it. We look at what to do if you experience abuse, and how perpetrators are punished.

Eat, drink and stay healthy – the challenge of shift work

Nursing Standard, February 2025

It is not always easy to eat well around a long nursing shift. However, making even small changes can help improve your nutrition and so reduce risks to your health.

[NHS nursing apprenticeships – breaking down barriers to nursing careers?](#)

The Health Foundation, February 2025

Looking ahead to the refreshed NHS Long Term Workforce Plan due in the summer, this blog considers how intake to the registered nurse degree apprenticeship programme, which was introduced in 2017, compares with the main undergraduate route.

Nurse-led catheter service reducing patient waiting times

Nursing Times, February 2025

Nurses in Northern Ireland are pioneering a new way of inserting catheters, to improve waiting times and create more comfort for patients.

When managers use FtP referral to punish staff for speaking out

Nursing Standard, Volume 40, Issue 2

Nurse whistleblowers say official channels designed to allow them to raise concerns about bad practice have been used as a 'weapon' against those who speak out. The Nursing and Midwifery Council (NMC) referral process is no longer fit for purpose, they argue, and some nurses claim they have been singled out for disciplinary action.