



# Nursing bulletin

January 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: [library.lincoln@ulh.nhs.uk](mailto:library.lincoln@ulh.nhs.uk)

For more information on Library and Knowledge Services please go to:  
[www.nhslincslibrary.uk](http://www.nhslincslibrary.uk)

## Guidelines/Reports

[Meningitis \(bacterial\) and meningococcal disease: recognition, diagnosis and management—summary of updated NICE guidance](#)

**BMJ, 387, 27<sup>th</sup> November 2024**

In this article, we summarise selected recommendations related to early recognition of these conditions, timing of investigations, initiating antibiotic therapy, and follow-up.

[On the Frontline of the UK's Corridor Care Crisis](#)

**Royal College of Nursing, January 2025**

Patients dying in corridors, lack of equipment and unsafe practices are the findings of a new RCN report documenting the experiences of more than 5,000 NHS nursing staff. This report includes the raw, unedited and often heart-breaking responses of nursing staff working across the UK.

[Practice learning in nursing and midwifery education: an independent rapid review](#)

**Nuffield Trust and Florence Nightingale Foundation, December 2024**

Students training for nursing, midwifery and nursing associate roles are required to complete hands-on 'practice learning' hours as a part of their qualification. This report examines the current regulations and standards for practice learning in the UK. It explores the factors that contribute to a positive learning environment, including practice supervision and assessment.

[Raising Concerns](#)

**Royal College of Nursing, January 2025**

This document has been developed to help registered nurses identify and communicate concerns about issues which may impact on their ability to deliver safe, effective, and compassionate care to patients, service users and clients in their care and/or within their area of responsibility.

## Published Research

Integrating trauma-informed care in nursing practice and education: A hybrid systematic narrative review

**Nurse Education in Practice, Volume 82**

Nurses generally showed positive attitudes toward trauma informed care; however, significant knowledge gaps and implementation barriers remained. Addressing these challenges by incorporating TIC into nursing education could enhance nursing competencies.



Nursing Interventions to Prevent Posttraumatic Stress Disorders in People in Intensive Care: A Scoping Review

**Dimensions of Critical Care Nursing, Vol 44 Part 1 pp. 36-43**

Identifying nursing interventions that prevent posttraumatic stress in people hospitalized in intensive care allows nurses to develop care plans that include these interventions in the context of intensive care, with a view to improving the quality of nursing care provided.

Nursing Students' Perceptions Regarding Teaching and Learning Practices That Promote Safe Medication Administration

**Nursing Education Perspectives 46(1):p 49-51, 1/2 2025**

This article reports on a study conducted to explore what helps and what complicates learning safe medication administration. In this study, nurse educators explored students' perspectives on effective teaching practices, what influences medication errors and near misses, and strategies for improving students' learning about medication administration.

The challenges and needs of international nurses who are assimilating to healthcare systems in the United Kingdom: Experience from the field

**International Nursing Review, Vol 72 Issue 1**

The paper explores the barriers and enablers for international nurses who are assimilating to new healthcare systems in the United Kingdom and implications for the global healthcare context.

### Clinical Skills/Knowledge

Dermatological assessment: history-taking and examination

**British Journal of Nursing, 2024, Vol 33, No 21 pp. 1026-1036**

This article aims to provide guidance to trainees and qualified ACPs, whether in acute hospital settings or primary care, to perform dermatological assessments and examinations systematically.

Exploring person-centred practice

**Nursing Standard, January 2025**

Person-centred practice offers an approach to healthcare provision that prioritises the personhood of individuals. This means that nurses' ethical and professional values underpin their approaches to care, where each person and their rights, relationships and dignity are respected.

[Homeostasis: understanding the effects of impaired mechanisms](#)

**British Journal of Nursing Vol. 33, No. 22 pp. 1094-1104**

This article focuses on homeostasis and offers a pathophysiological perspective. The dynamic mechanisms responsible for maintaining internal balance and disruptive processes will be analysed through the lens of key systems including the nervous, endocrine and renal systems.

How to assess a patient's chronic pain

**Nursing Standard, January 2025**

Chronic pain is complex and multifactorial, and it can have a significant negative effect on all aspects of a person's daily life such as their physical activity, sleep, mood, ability to work and personal relationships. Given the complex nature of chronic pain, it is essential that nurses are able to undertake a comprehensive pain assessment to fully understand each individual's total pain experience.



How to measure peak expiratory flow rate

**Nursing Standard, 9<sup>th</sup> December 2024**

Measuring peak expiratory flow rate (PEFR) using a peak flow meter is a non-invasive, low-risk test that can be quickly taught to healthcare practitioners and/or patients, although using the correct technique is crucial for an accurate result.

How to take and record a manual blood pressure measurement

**Nursing Standard, 25<sup>th</sup> November 2024**

This article explains how to take and record a manual BP measurement using an aneroid sphygmomanometer and a stethoscope. Nurses and nursing students undertaking this procedure must be equipped with the knowledge and skills to do so proficiently and work within their scope of practice.

Post-sepsis syndrome and the support patients need to recover

**Nursing Standard. 39, 12, pp.16-17**

Sepsis is a medical emergency where every minute counts. But what about after the early, critical hours and days for sepsis patients – what comes next?

Urinary incontinence: implications for nursing practice

**British Journal of Nursing, 2024, Vol 33, No 22 pp. 1070-1080**

The article also addresses the impact of incontinence on quality of life and future directions for research and practice, advocating a multidisciplinary approach to improve patient outcomes.

### News/Blogs/Editorials

Embedding diversity and inclusion in community nursing: insights from a unity in care event

**British Journal of Community Nursing Vol. 30, No. 1**

Community nursing operates at the intersection of health and social care, often serving populations facing significant barriers to health equity. The role of community nurses is pivotal, being uniquely positioned to build trust, deliver personalised care and advocate for systemic change.

How can I overcome fears about making a mistake?

**Nursing Standard. 40, 1, 25-25**

Tips on addressing anxiety over mistakes at work, plus how to handle errors and build back confidence if they do occur.

Preventing back, arm and neck pain – and what to do if you have it

**Nursing Standard. 40, 1, 14-15**

Musculoskeletal issues are common for nurses thanks to the physical demands of the job, but there are ways for you to be better protected. Finishing a shift with pain and discomfort in the lower back or elsewhere is common for nurses – but you should not have to suffer.

[The conundrum of supply and demand in nursing](#)

**British Journal of Nursing, Vol 34 Issue 1**

For the NHS to function well and grow careful future workforce planning is essential to ensure that the right people are there to provide good, safe and quality-assured care. Health care is changing rapidly: user expectations, where and how health care is delivered, pioneering new treatments, development of technology and changes in how professionals work all contribute to the complexities around future workforce planning.