



Nursing bulletin

March 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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Published Research

[Beyond alarm fatigue: nurses' experiences of behavioral nudge fatigue in digital clinical environments](#)

BMC Nursing, Volume 25, article number 286

Digital health technologies such as electronic health records, clinical decision support systems, and reminder mechanisms are increasingly integrated into nursing practice to enhance patient safety and support clinical decision making. While these systems function as behavioral nudges intended to guide clinical actions, sustained exposure to frequent alerts and reminders may generate unintended cognitive and emotional consequences for nurses.

Experiences of parents of autistic children and young people in accessing healthcare: a literature review

Nursing Children & Young People, March 2026

Autistic children and young people may be more likely than their peers to access healthcare services, but little is known about their experiences of healthcare as the literature tends to focus on the experiences of autistic adults and the views of healthcare professionals. The literature review detailed in this article aimed to gather evidence on the experiences of autistic children or young people and their parents in accessing healthcare.

[Exploring safe practice when handling cytotoxic drugs: findings from survey of UK cancer nurses](#)

Cancer Nursing Practice, March 2026

This study indicates that most cancer nurses have a high level of knowledge of the hazards of cytotoxic drugs, and that plastic aprons and gloves are the primary protection used against occupational exposure. However, there appear to be variation in their use of CSTDs. Many cancer nurses perceive their health to be compromised due to the handling of cytotoxic drugs. It is recommended that all cancer treatment settings across the UK should implement CSTDs.

Clinical Skills/Knowledge

Best practice in end of life care and the use of anticipatory medicines

Nursing Standard, February 2026

Anticipatory prescribing is a vital aspect of end of life care and involves prescribing medicines in advance of a patient's clinical need. However, many nurses are not confident in identifying when a patient has entered the final stages of life or in prescribing and administering anticipatory medicines. The author outlines some of the symptoms



experienced at the end of life, some common medicines used in anticipatory prescribing, and how nurses can use anticipatory prescribing to provide timely symptom relief.

Chronic wounds and emerging innovations in wound care: an overview

Nursing Standard, March 2026

This article provides an overview of chronic wounds, including the effects on patients and healthcare systems, definitions, risk factors and common types of chronic wounds, and some of the challenges of wound management for nurses. The article also describes some emerging innovations in wound care, including digital wound technologies and regenerative treatments, and outlines their benefits for nursing practice and patients.

CPD focus: using the Model for Improvement to enhance the quality of patient care

Nursing Management, March 2026

The Model for Improvement is a quality improvement (QI) method widely used in health and social care. Sufficient understanding of this methodology is essential for nurses, particularly nurse leaders and managers, whose roles include fostering QI. This article describes the Model for Improvement and how it can be applied in practice settings.

How to assess patients in the six key domains of a comprehensive geriatric assessment

Nursing Older People, March 2026

Comprehensive geriatric assessments (CGAs) are considered the cornerstone of modern geriatric medicine. A CGA is a holistic and person-centred process involving the assessment of an older person's health and care needs, formulation of a care plan to address those needs, implementation of the care plan, and regular review of the person's progress. It is designed to help manage complex care needs and improve overall health and well-being. Older people's nurses will inevitably be involved in conducting or coordinating CGAs as part of the multidisciplinary team (MDT).

How to undertake oral medicine dosage calculations

Nursing Standard, February 2026

Safe and effective medicine administration and dosage calculation are fundamental nursing proficiencies. Medicine dosage calculations must be undertaken with utmost care to ensure patients' safety and that they gain maximum benefit from the prescribed medicine. It is essential, therefore, that nurses can undertake medicine dosage calculations accurately.

Iatrogenic harm from restrictive interventions in mental healthcare: a human rights perspective

Mental Health Practice, February 2026

The use of restrictive interventions and practice by nurses in mental healthcare has the potential to cause harm to patients. Restrictive interventions include physical restraint, seclusion and enforced administration of medicines, while restrictive practice includes coercion, deprivation of liberty and reduced autonomy. This article explores the factors involved in restrictive interventions and practice such as culture, leadership, staffing levels, training, organisational policy and quality of care provision.

Improving door-to-needle time for antibiotic treatment of neutropenic sepsis: a quality improvement project

Emergency Nurse, March 2026

Neutropenic sepsis is a serious complication of systemic anticancer therapy. Patients with suspected neutropenic sepsis require treatment with IV antibiotics within one hour of



presentation to hospital. However, audits suggest that this door-to-needle time target is not always met. This article details a quality improvement project undertaken in a medical assessment unit that aimed to increase the percentage of patients with suspected neutropenic sepsis receiving antibiotics within the one hour time target.

Preoperative fasting practice: optimising surgical patients' food and fluid intake
Nursing Standard, March 2026

In healthcare, the terms 'fasting' or 'nil by mouth' usually refer to a patient who is not allowed to have any form of food, drink or medicines orally for a specific time. Fasting is a contentious issue in perioperative care, and differing guidelines in this practice can cause confusion and pose unnecessary risks to patients. This article explores and promotes evidence-based fasting protocols that could improve perioperative care and enhance the patient experience.

Resuscitation guidelines update: five changes you need to know
Nursing Standard. 41, 3, 12-13

The Resuscitation Council UK (RCUK) has published an update of its resuscitation guidelines, which describe how to care for patients who need cardiopulmonary resuscitation (CPR), or who are at risk of sudden deterioration and cardiac arrest. The changes reflect best practice in resuscitation and emergency care, and some will affect how nurses should provide such support.

Starting your research, innovation and quality improvement journey in the nursing care of older people

Nursing Older People, February 2026

This article describes the practical applications of research, innovation and QIP activities in the care of older people using a worked example. The authors aim to provide readers with a platform to start their research, innovation and quality improvement journey by identifying a clinical challenge that is relevant to their practice setting.

The experience you need to become a bed manager

Nursing Standard, 41, 3, 20-21

Coordinating the inflow of patients to hospitals, as well as their safe discharge or onward referral, while ensuring that capacity is optimised safely is a demanding, unpredictable, but also rewarding job. Bed managers – also known as site manager or patient flow coordinators – are typically responsible for liaising with departments across an organisation to ensure space is found for patients most in need of beds.

News/Blogs/Editorials

Are pressure ulcer rates and mortality purely a nursing issue?

Nursing Older People, 38, 2, 7-9

In the first three weeks of 2026, there were three separate reports by coroners in England relating to patients for whom pressure ulcers had played a part in their death. Skin failure can be linked to end of life or comorbidities, so a more holistic approach is needed.

How will the new Mental Health Act affect the care we provide?

Mental Health Practice, March 2026

The Mental Health Act 2025 is the most significant overhaul of mental health legislation in England and Wales for more than 40 years. Designed to modernise the delivery of mental health and learning disability care, it replaces the 1983 act.



Books

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Demystifying and Preparing for Advanced Practice: A Guide for Healthcare Professionals

By Jonathan Thomas

With advanced practice set to transform health service delivery, *Demystifying and Preparing for Advanced Practice* is the first comprehensive resource that covers all the requirements of the advanced practice qualification, across all health professions and in all settings.

Leadership and nursing care management

By M. Lindell Joseph

Leadership and Nursing Care Management focuses on best practices for effectively managing interdisciplinary teams, client needs, and systems of care. A research-based approach includes realistic cases studies showing the application of management principles to nursing practice.

Nursing care plans: diagnosis, interventions and outcomes

By Meg Gulanick

Covering the most common medical-surgical nursing diagnoses and clinical problems, *Nursing Care Plans: Diagnoses, Interventions, and Outcomes, 11th Edition* features 232 care plans, each reflecting the latest evidence-based guidelines and national and international treatment protocols.

Nursing Research: Methods and Critical Appraisal for Evidence-Based Practice

By Geri LoBiondo-Wood

Written by an all-star team of educators and research experts, this book features well-balanced coverage of both qualitative and quantitative research methods, as well as the evidenced-based practice (EBP) process.