Nursing bulletin

September 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

In Short Supply: Estimating the shortfall of registered nurses in the NHS in England
Royal College of Nursing, September 2026
Registered nurses are integral to the delivery of key public services; accounting, for example, for half (49%) of professionally qualified clinical staff in NHS hospital and community services. But are there enough?

Published Research

Emotional intelligence in managing challenging situations: individual, team and organisational practice
Nursing Standard, September 2026
Nursing is an emotionally demanding profession characterised by continual exposure to patient suffering, ethical complexity and high-acuity care, often within resource-constrained environments. These conditions place nurses at heightened risk of stress, burnout and psychological distress. This article examines the role of emotional intelligence in supporting emotional resilience in nursing practice.

Exploring models of integrated care for patients receiving active cancer treatment in the community
Cancer Nursing Practice, September 2026
Models of care for patients with cancer usually involve a range of strategies – such as case management, primary care follow-up or nurse-led interventions such as symptom monitoring – which are intended to improve care coordination, delivery and organisation. This article details a scoping review of the global literature that aimed to identify integrated models of care for patients undergoing active cancer treatment in the community and to thereby inform the development of future models of care.

Clinical Skills/Knowledge

Care planning in mental health nursing using a person-centred, co-production and recovery-informed approach
Mental Health Practice, September 2026
Care planning in mental health nursing requires engagement between the individual and the nurse to discuss, negotiate, prioritise and agree on goals and supportive interventions. The care plan details the person's needs, goals and aspirations, and interventions and measures that aim to help them realise these goals. This article describes the stages of care planning, and how to prioritise an individual's needs through strategic care planning.

Do staff handling chemotherapy medicines get enough protection?

Nursing Standard. 41, 9, 16-17
Nurses have said that not enough NHS employers are following guidance to adequately protect nursing staff from exposure to cytotoxic drugs, such as those used in chemotherapy which have been linked to nausea, hair loss and fertility issues.

Effect of stigma and power imbalances on people with mental health conditions in general hospitals
Nursing Standard, August 2026
Around one third of patients in general hospital settings will have a comorbid mental health condition, meaning that general nurses will likely be required to support a person with mental health issues at some point in their everyday practice. However, people with mental health conditions can experience social stigma and differential treatment when admitted to general hospital wards.

How to undertake a structured telephone consultation with an older person experiencing breathlessness
Nursing Older People, September 2026
Breathlessness is one of the most common and clinically significant symptoms encountered in older people. Telephone consultations enable nurses to assess the patient rapidly and direct them to appropriate care. However, the absence of direct observation, physical examination and independent measurement of physiological parameters means that a structured and systematic approach to the telephone assessment of breathlessness is required.

Overview of weight loss medicines and practical advice for patients
Nursing Standard, September 2026
This article outlines the mechanisms of action of weight loss medicines and the risks they entail, including poor-quality dietary intake, muscle loss and weight regain after the cessation of treatment. To enhance patient outcomes in the long term, nurses have a crucial role in supporting adequate micronutrient and protein intake, physical activity and behaviour change.

Understanding and advancing nurse prescribing in social care
Nursing Management, September 2026
Prescribing in social care is poised for rapid expansion. However, new models of working and robust leadership are essential to foster interorganisational connectivity, provide appropriate support, and establish the infrastructure required for effective service delivery.

Understanding, assessing and managing shock in adults
Nursing Standard, August 2026
Shock is a life-threatening condition characterised by impaired perfusion of tissues and organs and inadequate cellular oxygenation. This article examines the different types of shock and their relationship to physiological concepts, alongside strategies for assessment and management. The authors also discuss the crucial role of nurses in assessing and managing patients with shock as part of the multidisciplinary team.

What is outdated practice and what do I do if I see it?
Nursing Standard 41, 9, 28-30
Witnessing what you believe to be outdated practice when on placement is a common occurrence for nursing students – but how do you know for sure? And should you challenge it? Lecturers offer advice on how to query it.

News/Blogs/Editorials

CNO warns hotter summers will require 'winter-like' NHS planning
Nursing in Practice, September 2026
England's chief nursing officer (CNO) has suggested the health service will require 'increased' planning for future hot summers – similar to what happens ahead of winter. Duncan Burton recognised that high temperatures this summer has led to 'increased pressures' on the NHS.

Is Martha's rule helping to prevent deterioration tragedies?
Nursing Children and Young People, 38, 5, 7-8
When Martha's rule was introduced two years ago, much of the focus was on empowering patients and families to raise deterioration concerns. But the England-wide patient safety initiative – which provides a mechanism to request a rapid review from a dedicated response team if there are concerns about deterioration – can also be used by nurses and other clinicians.

Nurses warn pressures on time, staffing and care planning are affecting end of life care, Marie Curie and Nursing Standard survey reveals
Marie Curie, September 2026
More than 1,100 UK nurses have warned that pressures on staffing, time and care planning are putting end of life care at risk, leaving dying people facing distressing and undignified deaths. More than half of nurses had treated patients receiving end-of-life care in corridors or other makeshift spaces.

Protecting cancer nurses from exposure to hazardous medicines
British Journal of Nursing, Volume 35, Number 17
Oncology nurses are at the forefront when it comes to administration of systemic anti-cancer therapy and this puts them at risk of occupational exposure to hazardous drugs. The seventh annual webinar in the 'Helping to protect cancer nurses from exposure to hazardous drugs' series drew a wide audience of nurses, pharmacists and other health professionals from across the UK and beyond.

Recognising deterioration is not enough: nurses need support to escalate out-of-hours
Evidence-Based Nursing, September 2026
Failure to recognise and respond to clinical deterioration remains a patient-safety concern despite widespread use of early warning scores and rapid response systems. Out-of-hours care presents particular risks. Healthcare organisations should strengthen out-of-hours staffing, skill mix, communication pathways and psychological safety to enable nurses to recognise and escalate clinical deterioration promptly.

Upfront payment system for nursing student expenses unveiled
Nursing in Practice, September 2026
Nursing and midwifery students will soon be able to receive advanced payments for placement-related travel and accommodation costs under plans unveiled by the government. The change will mean that from the start of the 2026/27 academic year, nursing and midwifery students will no longer have to cover expenses themselves before claiming the money back.