



# Nursing Bulletin

February 2024

If you would like to request any of the latest articles included in this bulletin or to be put onto the bulletin's distribution list, please contact:

Library and Knowledge Services at Pilgrim Hospital:

Tel: 01205 445272 Email: [library.pilgrim@ulh.nhs.uk](mailto:library.pilgrim@ulh.nhs.uk)

## Articles

### Vitamins A and C: their function and structure explained

**Nursing Times, 120, 2 2024**

This first article in a series on the role of vitamins and minerals explains the structure and function of vitamins A and C, which are needed for healthy skin and a healthy immune system.

### Blepharitis in patients' eyelids: a discussion for nursing care

**British Journal of Community Nursing 29, No. 2 pp.78-82 Feb 2024**

This article aims to create an awareness of this disease among community nurses by explaining its potential consequences to a person's physical and psychosocial wellbeing

### Improving infection control and combating antimicrobial resistance in nursing practice

**British Journal of Nursing 33, No. 2 pp. 66-68 Jan 24<sup>th</sup> 2024**

Robust infection control practices are of paramount importance in health care

### At a glance: a guide to venepuncture in adults

**British Journal of Nursing 33, No. 2 pp. 60-65 Jan 24<sup>th</sup> 2024**

This article will provide clinical guidance on carrying out venepuncture on an adult. It will discuss site, equipment selection and aseptic non-touch technique.

### Elements of care, part 2: maintaining a safe environment

**British Journal of Healthcare Assistants Vol. 18, No. 2 pp. 44-49**

This article focuses on the activity of maintaining a safe environment in health and illness for the duration of a person's lifespan. The person's dependence and independence in the activity are discussed, along with factors influencing the activity.

### Analysing arterial blood gas results using the RoMe technique

**Nursing Standard, 5<sup>th</sup> February 2024**

This article outlines a simplified approach to ABG analysis using three main values – pH, partial pressure of carbon dioxide and bicarbonate – and applying the RoMe ('Respiratory opposite, Metabolic equal') technique. It also provides brief descriptions of selected acid-base imbalances and explains how to identify whether these are uncompensated, partially compensated or fully compensated.



### The importance of transformational leadership

**British Journal of Healthcare Assistants Vol. 18, No. 2 pp. 66-71**

This article explores the importance of transformational leadership and how staff can develop the competencies required to grow as a transformational leader in health and social care.

### Nurse productivity: using evidence to enhance nurses' use of time

**Nursing Standard, 12<sup>th</sup> February 2024**

In this article, the author explores the concept of nurse productivity and suggests that enhancing productivity requires the identification of nursing activities and consideration of how these may be undertaken in a more time-efficient manner – or removed altogether

### Enhancing gender equality for women using person-centred care and cultural curiosity

**Nursing Standard, 29<sup>th</sup> January 2024**

To enhance gender equality in healthcare for women, nurses and nursing students should be encouraged to reflect on their unconscious biases and adopt a stance of cultural curiosity, while organisations need to improve preregistration and post-registration training on equality and diversity.

### Record keeping and the community nurse

**British Journal of Community Nursing Vol. 29, No. 2 pp. 58-59**

Iwan Dowie discusses the need for appropriate record keeping in community nursing. Through a series of legal examples, a case is made for good documentation, with suggestions that include factual, eligible and well-written records.

### Use of simple lymphatic drainage on truncal lymphoedema for a patient with diabetes and peripheral arterial disease

**British Journal of Nursing Vol. 33, No. 3 pp. 100-103**

Lymphoedema is the gradual, abnormal build-up of lymph fluid in the tissues resulting from a failure of the lymphatic system.

### The RNA's role in preventing and managing deterioration

**British Journal of Nursing Vol. 33, No. 3 pp. 156-157**

The registered nursing associate (RNA) role is a standalone position that also provides a route into graduate-level nursing. RNAs must be prepared to work with people of all ages and in a variety of settings in health and social care.

## The Royal Marsden Manual Online

The [Royal Marsden Manual Online](https://openathens.nice.org.uk/) is available to all NHS Staff with an NHS Open Athens account. If you do not have a NHS OpenAthens account then you can self-register for one at: <https://openathens.nice.org.uk/>

### Library services

<https://www.nhslincslibrary.uk/>



### **KnowledgeShare**

Sign up to KnowledgeShare and we will send out regular emails alerting you to the latest evidence on a particular topic. To sign up, please click on the following link

<https://www.nhslincslibrary.uk/knowledgeshare-request/>

### **Evidence Searching Training**

If you need evidence we can provide training on how to search the healthcare databases and resources. We can also show you how to appraise the information that you find. To book a training sessions please contact [clinical.libarian@ulh.nhs.uk](mailto:clinical.libarian@ulh.nhs.uk). More information can be found at

<https://www.nhslincslibrary.uk/page/training/>

### **Online resources**

**BMJ Best Practice** is available to all NHS staff. This clinical decision support tool provides step-by-step guidance on diagnosis, prognosis, treatment and prevention of a wide variety of conditions.

<https://bestpractice.bmj.com/oafed>

**ClinicalKey** is a database which supports healthcare professionals by providing access to the latest evidence across specialties.

<https://www.clinicalkey.com/>