Race, Ethnicity and Cultural Heritage (REACH) Staff Network Bulletin
October - November 2023

The aim of this current awareness bulletin is to provide a digest of recent guidelines, reports, research and best practice.

NHS Workforce Race Equality Standard (WRES) reports and action plans across NHS Lincolnshire • Lincolnshire Community Health Services NHS Trust • Lincolnshire Partnership NHS Foundation Trust • United Lincolnshire Hospitals NHS Trust	For more information on Lincolnshire's population demographics see the latest Greater Lincolnshire Census 2021 Summaries prepared by the Lincolnshire County Council Public Health Intelligence Team.

Black British Voices: The Findings

This is the largest survey to date of the opinions and attitudes of Black people in Britain. The report from the University of Cambridge reveals that extremely high levels of distrust and discrimination are still felt deeply across Black British communities when it comes to systems such as health, education and criminal justice.

East Genomics have issued their latest newsletter for nurses and midwives

This issue presents a prostate cancer project seeking to tackle health inequalities for men of African / African Caribbean heritage who are twice as likely to develop prostate cancer than white men. Read more on the East Genomics website.

Ethnic inequalities in Improving Access to Psychological Therapies (IAPT)

This review of ethnic inequalities in the Improving Access to Psychological Therapies (IAPT) programme from the NHS Race & Health Observatory tells a story of some progress and improved outcomes for minoritised ethnic groups, but with continued inequalities including between different minoritised ethnic groups.

Ethnic inequalities in mortality in England: a complex picture requiring tailored, evidence-based responses

The findings from this King's Fund report confirm earlier reports that people from ethnic minority groups, especially Black African and Chinese groups, have lower overall mortality than the White British group, often attributed to the 'healthy migrant effect'. Beneath these headline figures, the data shows highly diverse patterns by ethnicity and health condition. There is further confirmation that, compared with the White British, South Asian but not Black groups experience high mortality from heart disease, and the reverse is seen for prostate cancer. Mortality from hypertension and diabetes (and chronic kidney disease that often results from diabetes), on the other hand, is high in both South Asian and Black groups. There

are also differences between South Asian sub-groups, with Bangladeshi and Pakistani groups, but not Indians, having the highest mortality rates for many individual conditions, including Covid-19.

Fact sheet: Muslim mental health
Research suggests that Muslims face some of the greatest mental health inequalities, yet too many encounter significant barriers to support. This fact sheet, developed in partnership with the Woolf Institute, brings together the latest available evidence on Muslim mental health across the life course.

The challenges ethnic minority groups face, and the changes we must see
Healthwatch share the key trends in what people from different ethnic minority groups are telling them, and propose steps the NHS can take towards equity in care.

Workplace Hair Acceptance Report
This report for World Afro Day in September examines the issue of Afro hair discrimination in the workplace and the understanding of this problem, particularly focused on the Employer. There has been extensive research and evidence quantifying Afro hair discrimination from the victim perspective. This report will consider ways in which employers can eliminate Afro hair discrimination and what legal intervention might be needed.

Recently published research

An insight into the experiences of Black and Minority Ethnic nurses within healthcare: a narrative literature review
This review from researchers at Manchester Metropolitan University has revealed the first-hand experiences of the issues faced by BMN in their workplaces and recommended ways to abolish the issues. Implication for Nursing Policy Zero tolerance for discrimination and reported cases of discrimination should be swiftly dealt with.
You can read the article in full here: International Journal of Advanced Nursing Education and Research

Library Services

- ➢ **Current awareness:** Would you like to keep up to date with the latest evidence on topics of your choice? Sign up for a current awareness alert: https://www.nhslincslibrary.uk/knowledgeshare-request/

- ➢ **Literature searching:** Can't find the information you need? We can do literature searches for you: https://www.nhslincslibrary.uk/search-request/

- ➢ **Information skills training:** We can provide training on how to search healthcare databases and resources as well as showing you how to appraise the information that you find: https://www.nhslincslibrary.uk/training/

Online Resources

- ➢ **BMJ Best Practice** is a clinical decision support tool that provides step-by-step guidance on diagnosis, prognosis, treatment and prevention of a wide variety of conditions: https://bestpractice.bmj.com

- ➢ **ClinicalKey** is a database which supports healthcare professionals by providing access to the latest evidence across specialties: https://www.clinicalkey.com/