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2020: International Year of the Nurse and Midwife

The World Health Organisation have declared 2020 the International Year of the Nurse and Midwife in commemoration of the bicentenary of Florence Nightingale’s birth. To celebrate this year, NES Knowledge have been sharing and highlighting resources relevant to nursing and midwifery on our twitter.

Through the Knowledge Network, NHSScotland health and care staff can now
Developing your trauma skilled practice

This module is designed to increase your understanding of what psychological trauma is, how it can affect people, and how people can be supported to recover.

This module will help you to:

- Identify the factors that can influence how we respond to and are affected by traumatic events in order to survive
- Recognise how trauma and adversity may be affecting the people they are working with
- Develop trauma informed relationships that incorporate trust, safety, choice and collaboration, and control and empowerment.
- Recognise when a person may benefit from a trauma specialist intervention

This resource is on TURAS learn. You will need to register here.
Digital Inclusion Event – 26th March, Glasgow

NHS Education for Scotland are hosting an event to promote awareness of the issues of digital exclusion and bring together key stakeholders working in health and social care to share good practice. It is for anyone working in health and social care who would like to build their own digital skills, knowledge and confidence to effectively support those you are working with. It will support staff to know where to go for trusted health and community information online and show how technology enabled care can enhance the outcomes of the people you support.

Register on Eventbrite
Spotlight on Postnatal Depression

Perinatal mental ill health: the experiences of women from ethnic minority groups
Watson, Helen & Soltani, Hora.
British Journal of Midwifery 2019; Vol 27(10): 642-648

The effectiveness of exercise-based interventions for preventing or treating postpartum depression: a systematic review

Do you work in Primary Care? Read the latest summary of evidence on Postnatal Depression. Includes resources which can be shared with new parents. This summary has been collated by NHSScotland librarians to support you with the right information at the right time and follows on from the Right Decision Campaign.

Resource of the month

Our resource of the month is the Archives of Women’s Mental Health and this article is taken from the current issue December 2019, Volume 22 (6):

Internet-delivered psychological interventions for clinical anxiety and depression in perinatal women: a systematic review and meta-analysis

To access this resource outwith NHSScotland premises you will need an OpenAthens username.
Training

New Knowledge Network Training
New webinars to help you make the most of our resources to support your practice or research
Find research articles, journals and e-books
Access evidence summaries for clinical decision-making
Use tools to keep up-to-date with developments in your field

Request a one-to-one or group webinar training session here

Social Services training
Free online and face to face training on how to use the Social Services Knowledge Scotland (SSKS) digital library to support you to find the information you need.

Register below or try our Open Badge certificates: SSKS | Self-directed Support | Open Badges

Spotlight

Dementia/Alzheimer’s Current Awareness Bulletin
The Mark Allen Group have produced a summary of articles from healthcare journals, featuring key research and information on Dementia and Alzheimer’s.
Dementia in its various forms remains a high public health priority in the UK, having significant impact not just on the patients but also their family members, friends and carers.
NHS staff today therefore need to be aware of
the many complex factors that are involved in the diagnosis and care of those affected.

Continuing an anticoagulant at home after abdominal surgery cuts thrombosis risk

Continuing to take low molecular weight heparin for two to four weeks after major abdominal surgery significantly reduces the risk of developing a dangerous blood clot. A review of seven studies, mainly in cancer surgery, has found that 13% of patients who received anticoagulant treatment only during their hospital stay developed a clot in the deep veins or lungs, compared with 5% of those who continued with the treatment beyond discharge. The results are consistent with previous studies and strengthen the case for prolonged anticoagulation in an area where there is some uncertainty and variation in practice. Read the full NIHR signal here.

Keep up to date

Follow us for links to up to date research, new resources, training and upcoming health campaigns:

- Congenital Heart Disease Awareness Day (7th February)
- Mental Health Nurses Day (21st February)
- Tinnitus Awareness Week (3rd-9th February)
- Raynaud's Awareness Month (February)

Knowledge and library services electronic bulletins, bringing you the latest news and evidence for a range of health and care topics.

www.knowledge.scot.nhs.uk/cabs/topics.aspx
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