Mental Health Current Awareness Bulletin January 2019
Camden and Islington NHS Foundation Trust

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C&I Journal Club and Library Training

Are you a nurse, support worker, OT, activity co-ordinator, social worker? Are your evaluation skills a bit rusty? Do you want to keep up to date with research in your profession but find it hard to find the time?

Then the C&I Monthly Journal Club is for you! All staff and students welcome.
Next club will take place at St Pancras on 29th January 2019.
Contact catherinewardle@nhs.net

Library training: If you are interested in developing your literature searching skills or taking part in the critical appraisal of a research article please check out the Library website training page and book yourself a place on one of our popular sessions.
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News

Online CBT is not a therapy substitute, but a step to help manage anxiety - The Guardian
Seven ways to boost your self-esteem - The Guardian
Does marijuana use really cause psychotic disorders? | Carl L Hart and Charles Ksir
I work as a GP and feel powerless to treat patients with mental illness - The Guardian
Mental health: waiting times to be capped under 10-year NHS plan - The Guardian
Majority feel teaching resilience in the classroom is a flawed concept - Mental Health Today
Mental capacity changes give care homes too much power, critics say - The Guardian
How treatment of ethnic minority groups in mental health system can be improved following independent review - Community Care

Guideance and Reports

The mental health impact of therapy dogs in prisons - Centre for Mental Health
Modernising the Mental Health Act: a summary of the final report of the Independent Review of the Mental Health Act - NHS Confederation
Health matters: reducing health inequalities in mental illness - GOV.uk
Tapentadol (Palexia): risk of seizures and reports of serotonin syndrome when co-administered with other medicines - GOV.uk
Injectable extended-release naltrexone and daily sublingual buprenorphine-naloxone evidenced few differences in self-reported anxiety, depression, and insomnia.

This study examined the effectiveness of a stress management intervention for sheltered homeless adults with mental illness. Twelve intervention participants received a 6-week, 1-hour psychoeducation group combined with a 20-minute meditation. Eleven matched pairs did not receive intervention and served as controls.

A baseline assessment in late 2014 found that just 21% of all referrals to EIP met this target within our Trust. Initial information gathering determined that number of inappropriate referrals (34% at baseline) was a key cause of delay and our interventions aimed to improve staff awareness of the new target, change the case allocation process and improve the referral pathway. The result was 62% of new referrals were seen within 2 weeks, while inappropriate referrals declined to just 3%.

Compulsory community treatment to reduce readmission to hospital and increase engagement with community care in people with mental illness: a systematic review and meta-analysis - The Lancet Psychiatry, 5, 12, P1013-1022, Dec 2018. (Free to read)

Compulsory community treatment (CCT) aims to reduce hospital readmissions among people with mental illness. However, research examining the usefulness of CCT is inconclusive. We aimed to assess the effectiveness of CCT in reducing readmission and length of stay in hospital and increasing community service use and treatment adherence.