

# Mental Health Current Awareness Bulletin August 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 16th September 2019 1-2pm**

Contact: [catherinewardle@nhs.net](mailto:catherinewardle@nhs.net) for more information

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. [www.whittington.nhs.uk/whl](http://www.whittington.nhs.uk/whl)

**NHS STAFF ONLY**

## News

[NHS: "Likes and comments to blame for mental health pressures" - Open Access Government](#)

[CQC places two Priory Group hospitals in special measures - The Guardian](#)

[As a psychiatrist, if I had severe depression I'd choose ECT | Mariam Alexander](#)

[Mental illness is complex – yet patients are often left to manage their own brain | Anna Spargo-Ryan](#)

[Thousands to get benefits for mental health issues after 'landmark' ruling - The Independent](#)

[The culture cure: how prescription art is lifting people out of depression| Helen Russell](#)

[Insomnia sufferers can benefit from therapy, new study shows - The Guardian](#)

[We need a cultural change over how we treat alcohol abuse | Emily Reynolds](#)

[Sport has made much progress in the field of mental health – but there's still a long way to go - The Independent](#)

[Healthy social life could ward off dementia, study shows - The Guardian](#)

## Guidance and Reports

[Dementia Quality standard \[QS184\] - NICE](#)

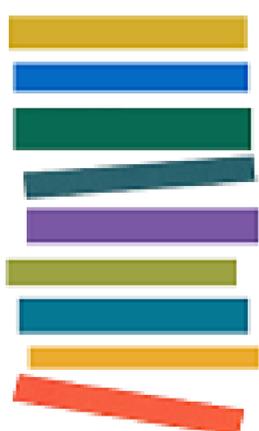
[Making the right choices: using data-driven technology to transform mental healthcare - REFORM](#)

[New eating disorder guidance urges better support for families and carers - BEAT eating disorders](#)

[Left to their own devices: children's social media and mental health - Barnardo's](#)



Whittington Health Library



## Articles

[Nursing care plans in mental health - Mental Health Practice, Published online: 30 July 2019 - Complete the FREE article request form to read this article](#)

This article explores best practice in co-creating recovery-orientated care plans. Recovery is a holistic experience that involves the service user beginning to regain a sense of control, alongside a reduction or absence of symptoms of mental distress. A care plan documents the needs of the service user and the interventions that will support their recovery. The history and development of care plans are explored and the benefits of care planning, involving good-practice guidelines and co-production, with service users are discussed.

[Life after opioid-involved overdose: survivor narratives and their implications for ER/ED interventions - Addiction, Volume 114, Issue 8, August 2019, Pages 1379-1386 - Complete the FREE article request form to read this article](#)

Numerous states in the United States are working to stem opioid-involved overdose (OD) by engaging OD survivors before discharge from emergency departments (EDs). This analysis examines interactions between survivors and medical care providers that may influence opioid risk behaviors post-OD.

[Mental health and drug use severity: the role of substance P, neuropeptide Y, self-reported childhood history of trauma, parental bonding and current resiliency - Journal of Mental Health, 2019 July, Vol 26, pages 1-9 - Complete the FREE article request form to read this article](#)

Many risk factors lead to opioid use and drug-related problems. One of the challenges to understand behavioural factors, drug problems and psychopathology is to identify biological markers that are suitable for research on broad substance abuse and dependence involving human participants. Aims: The study has examined the relationships between the self-reported childhood history of trauma, parental bonding, psychopathology, impulsivity, current resiliency, two neuropeptides, possible markers of behaviour and emotion regulation, and severity of drug-related problems.

['Survivors of Sex Trafficking: Occupation-Based Intervention for Executive Functioning - Occupational Therapy in Mental Health, Published online: 26 Jun 2019 - Complete the FREE article request form to read this article](#)

Persons traumatized through sex trafficking can demonstrate executive function (EF) deficits. We explored whether occupation-based (OB) interventions used with females who had been trafficked would improve EF skills. Eight women engaged programming over eight months.

## Systematic Review

[Seeking freedom: a systematic review and thematic synthesis of the literature on patients' experience of absconding from hospital - Journal of Psychiatric and Mental Health Nursing, First published: 29 July 2019 - Complete the FREE article request form to read this article](#)

Absconding from psychiatric hospitals is associated with significant risks, but is difficult to assess. It is often considered a form of challenging behaviour for mental health nurses, yet there is little evidence considering the behaviour from the patient perspective.