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## Policy and Guidance

**New guidance to help NHS managers reduce stress in the workplace**
Guidance to help managers throughout the NHS reduce stress in the workplace - written by the Health, Safety and Wellbeing Partnership Group – a subgroup of the NHS Staff Council.

**NHS England**
Press release
Public Health England launches new violence toolkit for businesses
First published: 25 November 2014
New violence toolkit for businesses alerts companies to the hidden issue of domestic violence at work.

## New and Updated Systematic Reviews

**New Reviews – November 2014**
Non-pharmacological interventions for preventing job loss in workers with inflammatory arthritis

**Updated Reviews**
Preventing occupational stress in healthcare workers

## Journal Articles

Please click on the blue links (where available) to access full text. You may need an Athens username and password. To register for an Athens account click here. If you have any difficulty accessing the full text articles, or if you would like us to obtain any of the articles for you, please contact the Healthcare Library.

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27. Stress at work and how to cope

1. Title: A new menu for a healthier workforce
   Citation: Nursing Standard, Oct 2014, vol. 29, no. 7, p. 20-22, 0029-6570 (October 15, 2014)
   Author(s): Dean, Erin
   Abstract: There is growing concern about the lack of healthy food options for staff in hospitals. Nurses, particularly those working night shifts, often end up eating junk food. Some trusts are changing the food on offer and setting up staff weight loss clubs. Nurses who have lost weight say they feel more confident giving lifestyle advice to patients.
   Source: BNI
   Full text: Available Nursing Standard at Nursing Standard

2. Title: Avoiding burnout syndrome in palliative care
   Citation: British Journal of Community Nursing, Oct 2014, vol. 19, no. 10, p. 515., 1462-4753 (October 2014)
   Author(s): Nyatanga, Brian
   Abstract: Guidance on recognising and avoiding burnout when working in the field of palliative care. [ORIGINAL] 3 references
   Source: BNI
   Full text: Available British Journal of Community Nursing at British Journal of Community Nursing

3. Title: BULLYING. Bullying and harassment.
   Citation: Occupational Health, 01 November 2014, vol./is. 66/11(22-24), 00297917
   Language: English
   Publication type: journal article
   Source: CINAHL
   Full text: Available ProQuest at Occupational Health
   Full text: Available ProQuest at Occupational Health
   Full text: Available ProQuest at Occupational Health
4. Title: Burnout in the NICU setting and its relation to safety culture
Citation: BMJ Quality and Safety, Oct 2014, vol. 23, no. 10, p. 806-813, 2044-5415 (October 2014)
Author(s): Profit, Jochen, Sharek, Paul J, Amspoker, Amber B, Kowalkowski, Mark A, Nisbet, Courtney C, Thomas, Eric J, Chadwick, Whitney A, Sexton, J Bryan
Abstract: Background Burnout is widespread among healthcare providers and is associated with adverse safety behaviours, operational and clinical outcomes. Little is known with regard to the explanatory links between burnout and these adverse outcomes. Objectives (1) Test the psychometric properties of a brief four-item burnout scale, (2) Provide neonatal intensive care unit (NICU) burnout and resilience benchmarking data across different units and caregiver types, (3) Examine the relationships between caregiver burnout and patient safety culture. Research design Cross-sectional survey study. Subjects Nurses, nurse practitioners, respiratory care providers and physicians in 44 NICUs. Measures Caregiver assessments of burnout and safety culture. Results Of 3294 administered surveys, 2073 were returned for an overall response rate of 62.9%. The percentage of respondents in each NICU reporting burnout ranged from 7.5% to 54.4% (mean=25.9%, SD=10.8). The four-item burnout scale was reliable (α=0.85) and appropriate for aggregation (intra-class correlation coefficient-2=0.95). Burnout varied significantly between NICUs, p. Source: BNI
Full text: Available Highwire Press at BMJ Quality and Safety

5. Title: Does self-scheduling increase nurses' job satisfaction? An integrative literature review
Citation: Nursing Management (UK), Oct 2014, vol. 21, no. 6, p. 24-28, 1354-5760 (October 2014)
Author(s): Koning, Clare
Abstract: Flexible work schedules give nurses the freedom and control to manage the demands of work and home, allow organisations to meet their staffing needs and can improve job satisfaction. This article reports the results of an integrative review of published peer-reviewed research and personal narratives that examined nurses' perceptions of the relationship between job satisfaction and a self-scheduling system. Results suggest that self-scheduling is one of a number of factors that influence job satisfaction, but that implementing and sustaining such a system can be challenging. The review also found that self-scheduling programmes underpin more flexible work schedules and can benefit nurses and their organisations. [PUBLICATION] 28 references
Source: BNI
Full text: Available EBSCOhost at Nursing Management - UK
Full text: Available EBSCOhost at Nursing Management - UK

6. Title: Exposure to Leadership WalkRounds in neonatal intensive care units is associated with a better patient safety culture and less caregiver burnout
Citation: BMJ Quality and Safety, Oct 2014, vol. 23, no. 10, p. 814-822, 2044-5415 (October 2014)
Author(s): Sexton, J Bryan, Sharek, Paul J, Thomas, Eric J, Gould, Jeffrey B, Nisbet, Courtney C, Amspoker, Amber B, Kowalkowski, Mark A, Schwendimann, René, Profit, Jochen
Abstract: Background Leadership WalkRounds (WR) are widely used in healthcare organisations to improve patient safety. The relationship between WR and caregiver assessments of patient safety culture, and healthcare worker burnout is unknown. Methods This cross-sectional survey study evaluated the association between receiving feedback about actions taken as a result of WR and healthcare worker assessments of patient safety culture and burnout across 44 neonatal intensive care units (NICUs) actively participating in a structured delivery room management quality improvement initiative. Results Of 3294 administered surveys, 2073 were returned for an overall response rate of 62.9%. More WR feedback was associated with better safety culture results and lower burnout rates in the NICUs. Participation in WR and receiving feedback about WR were less common in NICUs than in a benchmarking comparison of adult clinical areas. Conclusions WR are linked to patient safety and burnout. In NICUs, where they occurred more often, the workplace appears to be a better place to deliver and to receive care. [PUBLICATION] 43 references
Source: BNI
Full text: Available Highwire Press at BMJ Quality and Safety

7. Title: Factors promoting a successful return to work: from an employer and employee perspective
Citation: Scandinavian journal of occupational therapy, January 2014, vol./is. 21/1(48-57), 1651-2014 (Jan 2014)
Author(s): Jakobsen K., Lillefjell M.
Language: English
Abstract: Efforts have been made to explain the inability to return to work (RTW) due to employees' chronic musculoskeletal pain. Knowledge of factors facilitating the RTW process is however still limited. Based on the
experiences of employees and employers, this study aims to identify factors promoting a successful return process for persons with chronic musculoskeletal pain. The findings from interviews, involving six employees with musculoskeletal pain, and five employers with various work experience, were analysed by Giorgi's phenomenological analysis through four stages. The major themes underlying the employees' comments for a successful RTW were identifying and mobilizing their personal resources, adapting a balanced daily life, and requiring a positive dialogue with family and their employer, while the employers underlined the need for a helpful adjustment at work and how they wanted to become more involved in the rehabilitation process. In conclusion our findings underline the need for extended collaboration between the employees, employer, and rehabilitation staff, and should encourage occupational therapists to direct even more of their expertise towards the situation at the workplace.

**Publication type:** Journal: Article

**Source:** EMBASE

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8. **Title:** Have restricted working hours reduced junior doctors' experience of fatigue? A focus group and telephone interview study.

**Citation:** BMJ Open, 2014, vol./is. 4/3(e004222), 2044-6055 (2014)

**Author(s):** Morrow G, Burford B, Carter M, Illing J

**Language:** English

**Abstract:**

OBJECTIVE: To explore the effects of the UK Working Time Regulations (WTR) on trainee doctors' experience of fatigue. DESIGN: Qualitative study involving focus groups and telephone interviews, conducted in Spring 2012 with doctors purposively selected from Foundation and specialty training. Final compliance with a 48 h/week limit had been required for trainee doctors since August 2009. Framework analysis of data. SETTING: 9 deaneries in all four UK nations; secondary care. PARTICIPANTS: 82 doctors: 53 Foundation trainees and 29 specialty trainees. 36 participants were male and 46 female. Specialty trainees were from a wide range of medical and surgical specialties, and psychiatry. RESULTS: Implementation of the WTR, while acknowledged as an improvement to the earlier situation of prolonged excessive hours, has not wholly overcome experience of long working hours and fatigue. Fatigue did not only arise from the hours that were scheduled, but also from an unpredictable mixture of shifts, work intensity (which often resulted in educational tasks being taken home) and inadequate rest. Fatigue was also caused by trainees working beyond their scheduled hours, for reasons such as task completion, accessing additional educational opportunities beyond scheduled hours and staffing shortages. There were also organisational, professional and cultural drivers, such as a sense of responsibility to patients and colleagues and the expectations of seniors. Fatigue was perceived to affect efficiency of skills and judgement, mood and learning capacity. CONCLUSIONS: Long-term risks of continued stress and fatigue, for doctors and for the effective delivery of a healthcare service, should not be ignored. Current monitoring processes do not reflect doctors' true working patterns. The effectiveness of the WTR cannot be considered in isolation from the culture and context of the workplace. On-going attention needs to be paid to broader cultural issues, including the relationship between trainees and seniors.

**Publication type:** Journal Article

**Source:** MEDLINE

**Full text:** Available Highwire Press at BMJ Open

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9. **Title:** Health risks to a nomadic worker

**Citation:** Occupational Health, Oct 2014, vol. 66, no. 10, p. 23-25, 0029-7917 (October 2014)

**Author(s):** Thew, Miranda

**Abstract:** A report published in May 2014 provides strong evidence that employees are placing themselves at risk of a range of health-related conditions while working on a computer away from the office and, in particular, while working at home. The report was based on the findings of a European survey of more than 4,000 workers aged 18 and over who use a computer for work in a variety of environments. The study was commissioned by office supplies specialist Fellowes and carried out by the Faculty of Health and Social Sciences at Leeds Metropolitan University. Increasingly, people are becoming "nomadic" in their working practices so this report considers these workers to be "nomadic workers" or "nomads". The findings also suggest that nomadic workers feel their employer is not supportive of providing a more comfortable environment in which to work, and 16% of people assert that there is no help from the company to provide a comfortable workspace. [Publication] 15 references

**Source:** BNI

**Full text:** Available ProQuest at Occupational Health

**Full text:** Available ProQuest at Occupational Health

**Full text:** Available ProQuest at Occupational Health
10. Title: Healthcare workers and measles-mumps-rubella (MMR) status: How worried should we be about further outbreaks?
Citation: Epidemiology and Infection, 2014, vol./is. 142/8(1688-1694), 0950-2688;1469-4409 (2014)
Author(s): Basu S., Giri P., Adisesh A., McNaught R.
Language: English
Abstract: Recently, a number of outbreaks of measles and mumps have occurred within the UK and Europe. Healthcare workers (HCWs) are at risk of contracting and transmitting disease to patients and staff. To examine this risk at the point of entry to healthcare, we assessed the serological results of new HCWs presenting for pre-placement clearance without evidence of measles-mumps-rubella (MMR) immunity between 1 April 2010 and 31 March 2012. Overall rates of serological positivity to MMR across all age groups were 882%, 688% and 939%, respectively. With regard to measles and mumps, there were statistically significant decreases in the percentage of HCWs born after 1980 that had positive serology (P < 005). No such differences were seen between healthcare groups. Most seronegative HCWs accepted MMR vaccination. Despite our entry-level findings, the ongoing risk of a MMR outbreak within this cohort of HCWs appears low.
Publication type: Journal: Article
Source: EMBASE
Full text: Available Epidemiology and infection at Epidemiology and Infection

11. Title: Healthy eating: an NHS priority A sure way to improve health outcomes for NHS staff and the public.
Citation: Postgraduate Medical Journal, December 2014, vol./is. 90/1070(671-2), 0032-5473;1469-0756 (2014 Dec)
Author(s): Malhotra A, Maruthappu M, Stephenson T
Language: English
Publication type: Editorial
Source: MEDLINE
Full text: Available Postgraduate medical journal at Postgraduate medical journal

12. Title: Impact of role-, job- and organizational characteristics on Nursing Unit Managers' work related stress and well-being
Citation: Journal of Advanced Nursing, Nov 2014, vol. 70, no. 11, p. 2622-2633, 0309-2402 (November 2014)
Author(s): Van Bogaert, Peter, Adriaenssens, Jef, Dilles, Tinne, Martens, Daisy, Van Rompaey, Bart, Timmermans, Olaf
Abstract: Aim. To study the impact of role, job- and organizational characteristics on nurse managers' work related stress and well-being such as feelings of emotional exhaustion, work engagement, job satisfaction and turnover intention. Background. Various studies investigated role-, job- and organizational characteristics influencing nurse-related work environments. Research on nurse managers’ related work environments define influencing factors, but, a clear understanding of the impact of nurse-managers’ work-environment characteristics on their work related stress and well-being is limited. Design. A cross-sectional design with a survey. Methods. A cross-sectional survey (N = 365) was carried out between December 2011-March 2012. The questionnaire was based on various validated measurement instruments identified by expert meetings (e.g. staff nurses, nurse managers and executives and physicians). Hierarchical regression analyses were performed using emotional exhaustion, work engagement, job satisfaction and turnover intentions as outcome variables. Results. Study results showed one out of six nursing unit managers have high to very high feelings of emotional exhaustion and two out of three respondents have high to very high work engagement. Hierarchical regression models showed that role conflict and role meaningfulness were strong predictors of nursing unit managers’ work related stress and well-being, alongside with job- and organizational characteristics. Conclusion. Several risk factors and stimulating factors influencing nurse unit managers’ work related stress and well-being were identified. Further challenges will be to develop proper interventions and strategies to support nursing unit managers and their team in daily practice to deliver the best and safest patient care. [PUBLICATION] 65 references
Source: BNI
Full text: Available EBSCOhost EJS at Journal of Advanced Nursing

13. Title: Inspiring stories kick-start the Eat Well, Nurse Well campaign
Citation: Nursing Standard, Sep 2014, vol. 29, no. 4, p. 14-15, 0029-6570 (September 24, 2014)
Author(s): Kleebauer, Alistair
Abstract: Nursing Standard’s campaign aims to improve health workers’ nutrition. Alistair Kleebauer talks to two nurses who have changed their eating habits. [PUBLICATION] 0 references
Source: BNI
14. Title: ‘It is a shame more hasn’t been done to protect front line staff’.
Citation: Nursing Standard, December 2014, vol./is. 29/14(14-5), 0029-6570;0029-6570 (2014 Dec 3)
Author(s): Kleebauer A
Language: English
Abstract: Physical assaults on NHS staff in England have reached their highest since national data was first collected a decade ago - up to 68,683 in 2013/14. In comparison, the figure in the first year of collecting data (2004/05) was 60,385, with the lowest figure being in 2008/09 when it was 54,758.
Publication type: Journal Article
Source: MEDLINE
Full text: Available Nursing Standard at Nursing Standard

15. Title: Listen while you work? The attitude of healthcare professionals to music in the operating theatre
Citation: Journal of Perioperative Practice, Sep 2014, vol. 24, no. 9, p. 199-204, 1750-4589 (September 2014)
Author(s): Faraj, AA, Wright, AP, Haneef, JHS, Jones, A
Abstract: Although the playing of music is commonplace in the operating theatre, there is nothing in the literature examining whether staff feel this is beneficial. Questionnaires were distributed amongst a random selection of staff in practice at a district general hospital: medical staff from a range of surgical specialities, anaesthetists, and all grades of perioperative staff (nurse/operating department practitioners/healthcare assistants) were encouraged to participate. There were 121 health professionals in total working in the operating theatres. The authors compared the responses to each question amongst the respondents, to check for the tendency to correlate. Out of the 52 health professionals who responded, 36 stated that music is played in their theatre either every day, or two to three times a week. Only five respondents felt that this was too often. Fifteen percent of medical staff were of the opinion that the nursing staff controlled the choice of music. Nursing staff were almost evenly split in thinking that nursing staff, surgical staff and the whole theatre team controlled the choice of music. The majority of both nursing and medical staff felt that they enjoyed their work more and performed better when music was played in theatre. The study concluded that the majority of theatre staff found listening to music while they work a positive experience. The potential for music to have a distracting or detrimental effect on a minority of individuals should always be considered. Questionnaire included. [PUBLICATION] 24 references
Source: BNI
Full text: Available EBSCOhost at Journal of Perioperative Practice

16. Title: Managing conflict.
Citation: Practice Nurse, Oct 2014, vol. 44, no. 10, p. 32-34, 0953-6612 (October 17, 2014)
Author(s): Taylor, Kate
Abstract: We live in an increasingly demanding and vociferous society and incidents of conflict and aggression are sadly commonplace. Kate Taylor, Clinical Risk Manager at the Medical Protection Society offers advice on how to deal with the problem. [PUBLICATION] 7 references
Source: BNI
Full text: Available Practice Nurse at Practice Nurse

17. Title: MSDs. Help with MSDs.
Citation: Occupational Health, 01 November 2014, vol./is. 66/11(18-19), 00297917
Author(s): Summers, Kate
Language: English
Publication type: journal article
Source: CINAHL
Full text: Available ProQuest at Occupational Health

18. Title: New rules to improve food intake for NHS patients and staff.
Citation: British Journal of Nursing, October 2014, vol./is. 23/19(1044-5), 0966-0461;0966-0461 (2014 Oct 23)
Author(s): Glasper A
Language: English
Abstract: Professor Alan Glasper from the University of Southampton discusses the ramifications of the new Hospital Food Standards Panel rules to serve up better food for NHS patients and staff, which is recommending five legally binding food standards across the whole service.

**Publication type:** Journal Article  
**Source:** MEDLINE  
**Full text:** Available *British journal of nursing (Mark Allen Publishing)* at [British Journal of Nursing](https://www.britishjournalofnursing.com)

19. **Title:** NHS patients, staff, and visitor viewpoints of smoking within a hospital's ground: a qualitative analysis.  
**Citation:** BMC Public Health, 2014, vol./is. 14/(1015), 1471-2458;1471-2458 (2014)  
**Author(s):** Serafin A, Franklin S, Mehta R, Crosby S, Lee D, Edlin B, Bewick BM  
**Language:** English  
**Abstract:** BACKGROUND: Smoking is a public health concern and an avoidable cause of morbidity and mortality. Widening tobacco control policies might help shift social norms, the acceptability of exposing others to second-hand smoke, and cultural attitudes towards smoking. This study explored patient, staff, and visitor viewpoints of smoking within the grounds of a National Health Service hospital. METHODS: Analysis of free text responses given as part of a larger repeat cross sectional questionnaire study. Free text qualitative responses analysed using thematic analysis. Pinderfields Hospital, a UK National Health Service hospital in the county of Yorkshire, provides a health service to around half a million people living in the Wakefield and North Kirklees area. Surveys were distributed 10th-18th September and 17th-21st December 2012. Of the n=952 participants who completed an anonymous survey n=306 participants provided a response to the optional free text question. RESULTS: Thematic analysis revealed 5 distinct themes: (1) smoking is a dirty problem; (2) smokers are free to do as they wish; (3) the poor smoker; (4) smoke in our space: the battleground; and (5) no smoking please. Of the n=272 represented by the five themes, generally people accepted that smoking is socially unacceptable but their understanding of smoking behaviours and attitudes towards management and control of smoking differed. There was a strong sense that action is needed to separate the space smokers and non-smokers share. We identified a distinct group of participants that supported a hard line approach and suggested enforcing the no smoking policy through fines and monitoring. CONCLUSIONS: Smoking on hospital grounds remains a contentious issue. Participants acknowledge that smoking is an increasingly unacceptable social behaviour but their understanding and acceptance of smokers vary. There is a strong sense of dislike about the impact of smoke and smokers on the shared hospital environment, with a focus on the hospital entrance. Participants suggest separating smokers and non-smokers and moving smokers away from the hospital entrance with the introduction of smoking shelters. These results suggest a complex narrative that should be investigated further to inform the implementation of the no-smoking policy across hospital settings.

**Publication type:** Journal Article, Research Support, Non-U.S. Gov’t  
**Source:** MEDLINE  
**Full text:** Available *ProQuest* at [BMC Public Health](https://www.proquest.com)

20. **Title:** Noise in the ICU: sound levels can be harmful  
**Citation:** Nursing Critical Care, Sep 2014, vol. 9, no. 5, p. 29-35, 1558-447X (September 2014)  
**Author(s):** Maidl-Putz, Carolyn, McAndrew, Natalie S., Leske, Jane S.  
**Abstract:** The crescendo of triple-beat alarms, staff conversations, the drone of noise coming from bedside dialysis machines, and a myriad of other sounds feel normal to most experienced ICU nurses and providers. The critical care environment may not allow caregivers to stop and consider the way sound impacts patients. However, it’s well documented that noise has an adverse influence on patients’ sleep and may contribute to hospital-acquired delirium. Additionally, high sound levels are a source of nursing stress. [PUBLICATION] 34 references

**Source:** BNI

21. **Title:** Personal determinants of nurses' burnout in end of life care  
**Citation:** European Journal of Oncology Nursing, Oct 2014, vol. 18, no. 5, p. 527-533, 1462-3889 (October 2014)  
**Author(s):** Gama, Georgeana, Barbosa, Filipe, Vieira, Margarida  
**Abstract:** Purpose. Our aim is to identify socio-demographic, professional exposure to dying, training degree and personal factors relevant to burnout dimensions in nurses coping with death issues. Method. A sample of 360 nurses (response rate 70.6%) from internal medicine, oncology, haematology and palliative care departments of five health institutions answered to a socio-demographic and professional questionnaire, Maslach Burnout Inventory, Death Attitude Profile Scale, Purpose in Life Test and Adult Attachment Scale. Results. No significant differences were found between medical departments in burnout scores except when comparing those with palliative care
department which showed significant lesser levels of emotional exhaustion (t = 2.71; p

Source: BNI

22. Title: Prevention before cure
Citation: Occupational Health, Aug 2014, vol. 66, no. 8, p. 27-29, 0029-7917 (August 2014)
Author(s): Tregoning, Clare
Abstract: The Health Protection Agency defines inoculation exposure as a term to encompass a needlestick injuries (NSI), sharps injury and body fluid splashes. Following a survey of 4,000 nurses carried out in 2008 by the Royal College of Nursing, it is estimated that 48% of nurses have received an NSI, which is identified as one of the most frequently experienced injuries to healthcare workers (Adams, 2012). Appropriate training, management and reporting of NSIs is essential and the employer has a duty of care to protect employees from injuries. Historically, the UK has focused on changing individual behaviour and follow-up support after an NSI. However, the EU Directive places priority on prevention. The impossibility of removing all sharps from healthcare environments is recognised, but the hierarchy control measures utilised with risk assessments present a framework for reducing the risks of injury (Aziz, 2012). [Publication] 18 references
Source: BNI
Full text: Available ProQuest at Occupational Health

23. Title: Raise the rainbow flag
Citation: Health Service Journal, Sep 2014, vol. 124, no. 6415, p. S2., 0952-2271 (September 19, 2014)
Author(s): Blyth, Alex
Abstract: HSJ's survey finds much to celebrate for LGBT staff and users - but many challenges remain. When back in the spring HSJ first began discussing with NHS Leadership Academy the possibility of publishing a special supplement focused on the experiences of people who identify as lesbian, gay, bisexual and transgender within the NHS, both as users and employees, it was with some trepidation. Would we be opening a can of worms? Would individual sexuality be something that NHS employees would be comfortable talking about? Would LGBT clinicians, nurses, managers, leaders and frontline staff be happy to be "celebrated" in this way? What would it show about the attitudes of NHS institutions to this important community? We needn't have worried. Our survey clearly resonated with HSJ readers, with around 800 people responding. Respondents were also keen to nominate people they identified as LGBT "role models", whether within their trust or more widely. Readers who identified as LGBT were encouraged to self-nominate, and many did, again illustrating the importance of this issue to many who work in the NHS. [Publication] 0 g references
Source: BNI
Full text: Available The Health service journal at Health Service Journal, The

24. Title: Senior staff told how their actions contribute to employee stress.
Citation: Nursing Standard, November 2014, vol./is. 29/11(8), 0029-6570;0029-6570 (2014 Nov 12)
Author(s): anonymous
Language: English
Abstract: Employers have been urged to better support nurses and other staff to cut the 400 million annual bill for stress-related sickness in the NHS.
Publication type: Journal Article
Source: MEDLINE
Full text: Available Nursing Standard at Nursing Standard

25. Title: Shift work and vending machines to blame for poor workplace diet
Citation: Nursing Standard, Oct 2014, vol. 29, no. 8, p. 14-15, 0029-6570 (October 22, 2014)
Author(s): Keogh, Kat
Abstract: Nurses are struggling with their weight as the pressures of the job leave little time for healthy eating, a Nursing Standard survey reveals. [PUBLICATION] 0 references
Source: BNI
Full text: Available Nursing Standard at Nursing Standard

26. Title: Should the influenza vaccine be mandatory for frontline staff?
Citation: British Journal of Nursing, November 2014, vol./is. 23/20(1088-9), 0966-0461;0966-0461 (2014 Nov 6)
Author(s): Glastar A
Language: English
Abstract: Professor Alan Glasper from the University of Southampton discusses the latest flu plan initiative by the Department of Health, NHS England and Public Health England for the winter of 2014-15 designed to increase flu vaccine uptake among frontline health professionals.
Publication type: Journal Article
Source: MEDLINE
Full text: Available British journal of nursing (Mark Allen Publishing) at British Journal of Nursing

27. Title: Stress at work and how to cope
Citation: British Journal of Neuroscience Nursing, Oct 2014, vol. 10, no. 5, p. 236-237, 1747-0307 (Oct-Nov 2014)
Author(s): Horner, Catherine
Abstract: Any nursing job can be highly stressful and a significant proportion of respondents to annual NHS staff opinion surveys report feeling unwell due to work-related stress. However, the patient exposure, experiences and complexities associated with neuroscience nursing carries additional burdens which can further contribute to stress. In an occupation where the quality and safety of patient care may be affected, it is vital that neuroscience nurses are aware of ways in which they can manage stress effectively and understand what steps can be taken to tackle stress before it becomes a problem. [PUBLICATION] 3 references
Source: BNI

NHS Health at Work Network

NHS Health at Work November 2014 e-bulletin
NHS Health at Work December 2014 e-bulletin

NHS Employers

Latest News

NHS Workforce Bulletin
NHS Managers Bulletin

NHS Choices

'Shift workers should avoid steak' claim mistaken
Thursday Oct 23 2014
"Shift workers should avoid tucking into steak, brown rice or green veg at night," because these foods "disrupt the body clock," the Mail Online reports. But the research in question involved lab mice...

Shift work 'ages the brain', study suggests
Tuesday Nov 4 2014
“Shift work dulls your brain,” BBC News reports. In a French study, researchers assessed 3,232 adults using a variety of cognitive tests and compared the results between people who reported they had never performed...

Smoking increases risk of chronic back pain
Wednesday Nov 5 2014
"Smokers are three times more likely to suffer from back pain," the Mail Online reports. The headline was prompted by the results of a recent study, which involved observing 68 people with sub-acute back pain...

Does having a hobby help you live longer?
Thursday Nov 6 2014
"Having a hobby can add YEARS to your life," The Daily Express reports. The headline is prompted by an international study that looked at ageing and happiness. The study found older people who reported the greatest sense of purpose in life survived...
New Books

A selection of books on the topic of Occupational Health available from Healthcare Library. To search the library catalogue visit www.swims.nhs.uk

Moving and handling of plus size people: an illustrated guide
Shelfmark: W372 MUI

Moving and handling people: an illustrated guide.
Shelfmark: W372 RUS

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