

EACH Library Care Bulletin

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The latest resources from a range of organisations, journals and web sites.

If you have any ideas or feedback on what would be useful for future bulletins, please get in touch:

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1. Podcast: The Skies We're Under

The Skies We're Under Podcasts are aimed at parents of children and young people with disabilities and the many practitioners who support them. Here are a couple of recent Podcasts.

[When I'm Gone: Planning with Love with Rhiannon Gogh](#)

[Puberty, Sex and Learning Disabilities](#)



2. Article: Using the PEWS system: part 2 – carer question and clinical intuition

This is the second part of two articles aimed at developing nurses' knowledge and understanding of the PEWS observation and escalation charts. It explores the 'carer question' and 'clinical intuition' triggers of the PEWS charts, which allow for the escalation of a child's care based solely on the carer's concerns or the nurse's intuition.

Parks, R., Meyer,

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3. Navigating puberty: resources for parents and carers of children and young people who have learning disabilities.



Children and young people who have a learning disability can experience increased challenges during puberty, from understanding the changes in their bodies to expressing their feelings and managing the difference between public and private behaviours. From the NSPCC, a range of resources – guidance, practical tips and a series of symbolised books to help navigate the changes.

[Navigating puberty | NSPCC Learning](#)

4. Blog & Article: Constipation – one word, many meanings

European Association of Palliative Care – EAPC



The EAPC blog discusses a recent study that looked at the management of constipation, particularly for palliative care patients on opioids. Although written for adults with life-limiting conditions, some is also relevant for children. It notes:

'Better constipation management has to start with better assessment. Simply asking 'Are you constipated?' is not enough.

['Constipation' – one word, many meanings | EAPC Blog](#)

[Journal Article – Request from the library](#)

Davies, A., Fagan, N., Power, J. and Taylor, A., 2025. 'Constipation': One word, many meanings amongst persons with cancer: An observational study. *Palliative medicine*, 39(5), pp.553-562.

5. Article: The risks, benefits, and resource implications of different diets in gastrostomy-fed children: The YourTube mixed method study

For those interested in supporting families and parents to provide home blended food, more evidence to support this. 180 children were followed over 18 months. The findings showed home-blended diets for children who are gastrostomy fed should be seen as a safe alternative to formula feeding for children unless there is a clinical contraindication.

[Read summary](#)

[Full report and other information options](#)

6. Article: What to do to achieve your participatory CPD hours

A good summary of the different ways nurses can fulfil the 20 hours of participatory CPD required for NMC revalidation. It notes:

It can include workshops, conferences or courses, alongside other less obvious activities such as coaching, mentoring, practice visits, social media activity or participation in audits or reviews.'

More details as to how these might be used are provided.

Evans, N. 2025. What to do to achieve your participatory CPD hours. *Nursing Standard*, 40 (7) p28-29.

Request a copy from the [library](#)

7. Parents and Employment – legal rights and support



A useful article for staff who wish to ensure they're up to date in this area when providing information to families. Areas include: Time off in emergencies, parental leave, statutory sick pay, flexible working and protection from discrimination.

Contact the [library](#) for a copy

CCLG, *Employment support for parents whose child has cancer*. *Contact Magazine*, Summer 2025. P8-9

8. Coproduction of healthcare services: what is it all about?

From the *Nursing Times*, an article providing a good overview of coproduction, what it is, and why every healthcare organisation should have it embedded into service provision and development. It notes the complexities for the NHS but suggests nurses, can play a key part in coproduction, as it builds on patient centred care and communication.

'Coproduction acknowledges that people with a lived experience of a particular condition are often best placed to advise on what support and services will make a positive difference to their lives.'

It provides a list of activities to start the process.

Rodger, S., 2025. Coproduction of healthcare services: what is it all about?. *Nursing Times*, 121(6), pp.23-27.

Contact the [library](#) for a copy

9. Exploring what motivates parents of children living with medical complexity to participate in research

It's increasingly being recognised that patients need to be at the heart of any research initiatives, and this Canadian research provides a good example. A parent partner in the research group, who also has a child with medical complexity, interviewed 12 parents (11 mothers and 1 father) of children living with medical complexity to understand their motivations to participate in healthcare research for their child. The parent partner conducted and transcribed the interviews and led the data analysis. Four key themes were identified as well as issues that affected their participation.



From upf.edu

Kim, L., Hermansen, A.M., Cook, K. and Siden, H., 2024. Exploring What Motivates Parents of Children Living With Medical Complexity to Participate in Research. *Child: Care, Health and Development*, 50(5), p.e13331.

Download [here](#)

10. A tool to estimate nurse management hours for commissioners of children's continuing care packages

For hospices that provide commissioned NHS care, this might be a useful tool. It describes the development of a tool to quantify the amount of 'nurse management' time involved when providing commission care packages to children with complex needs. Areas noted include risk assessment, provision of training, nursing assessment and care escalation plans, managing equipment, attendance at MDT's, as well as referrals, and ongoing psychological support to families.

Pearson E (2025) A tool to estimate nurse management hours for commissioners of children's continuing care packages. *Nursing Children and Young People*, Online doi: 10.7748/ncyp.2025.e1549.

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