

# EACH Library Care Bulletin

From the EACH Library & Information Service

[www.each.org.uk/library](http://www.each.org.uk/library)



Microsoft Stock Images

## October 2025

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:

Sue – [sue.langley@each.org.uk](mailto:sue.langley@each.org.uk)



### 1. Podcast: Dad's Still Standing – Grief in Darker Months

As the nights draw in and the days get colder, many people notice their grief feels heavier. In this episode, Dads Liam and Matt share some of their own experiences of navigating grief in winter, alongside ideas that can bring light and comfort - from small rituals of remembrance to finding hope in the changing seasons.

[Listen here](#) - 46 mins.



---

### 2. Article: A struggle for all: findings on a qualitative study on nasogastric tube insertion in children

The aim of the study was to look at the challenges and complexities in nasogastric tube insertion in children under 10 and develop recommendations to reduce the pain and distress children experiences. The setting involved both A&E and a busy children's ward. Recommendations include ensuring enough time is allocated for the procedure; a holistic approach and a debrief after the procedure, involving parents and child.

Vrancken, J., Achten, I. and Leroy, P., A struggle for all: findings of a qualitative study on nasogastric tube insertion in children. *Nursing children and young people*.

**Request a copy from the [library](#) or log in with [OpenAthens](#) (EACH Staff only)**

---

### 3. Article: Caregivers' experiences of services for children with medical complexity: a systematic review and qualitative evidence synthesis.

UK research aiming to capture all published papers on the experience of families with a child with medical complexity accessing healthcare services in high income countries. Seventy-one studies met the eligibility criteria and of these 29 studies were selected. Most studies were from the United States and Canada, but also included some UK studies. The overarching theme captured was a 'concern for their child's safety' along with three subthemes: 'interactions with professionals', 'caring for the whole family' and 'system organisation'.

*'Family caregivers valued when professionals connected them with other families or organised peer support groups.'*

*'Many family caregivers wanted support from professionals/services for their own physical and mental health [5]. They felt that more quality respite or care in the home would facilitate their sleep which would improve their emotional wellbeing and help them to deliver safer care for their child.'*

Page, B., Holder, P., Doidge, K., Hinton, L. and Fraser, L.K., 2025. Family Caregivers' Experiences of Services for Children With Medical Complexity: A Systematic Review and Qualitative Evidence Synthesis. *Health Expectations*, 28(5), p.e70452.

[Download](#) or [request a copy from the library](#)

---

#### 4. Webinar: An introduction to Postural Care

If you're new to working with children with complex needs, this webinar on postural care is an excellent introduction, given by Sarah Clayton from Simple Stuff Works and supported by WellChild. It covers:



- How gravity and positioning affect body shape over time.
- Why night time positioning is just as crucial as daytime support.
- Practical strategies for families to implement postural care at home.
- Real-life stories

Read more here- [Postural Care Webinar with Sarah Clayton | WellChild](#)

Webinar (September 2025) - [View here – 46 minutes.](#) - [Slides also available to download](#)

---

#### 5. Article: Nabilone for the treatment of gastrointestinal dystonia for children and young people with severe neurodisabilities: a single-centre case series

For children and young people with severe neurodisabling conditions, the combination of pain behaviour, retching, bloating, abdominal distension and constipation/pseudo-obstruction is referred to as gastrointestinal dystonia (GID). In this small study, the authors trialled the use of Nabilone which currently has a licence in paediatrics for the treatment of severe chemotherapy-induced nausea. The findings were positive, in particular in reducing the symptoms of nausea, retching and pain.

Brooks, M., Symonds, J., Poole, R., Fraser, S., Bremner, S., Flynn, D., Andrews, J., Walker, G., Forrest, K., Orr, V. and Barclay, A.R., 2025. Nabilone for the treatment of gastrointestinal dystonia for children and young people with severe neurodisabilities: a single-centre case series. *Frontline Gastroenterology*, 16(3), pp.202-207.

[Request a copy from the library](#) or [download with an OpenAthens log in](#)

---

#### 6. Article: Facing loss and finding hope in narrating together: accounts of parenthood following the death of a child to muscular dystrophy

This UK research, explored the accounts of four couples, following bereavement of their child to muscular dystrophy. Three themes emerged for all participants: forecasting different futures, creating a legacy, and the use of humour through difficult times. The authors also noted the benefits for parents when jointly telling their story and suggest practitioners who support bereaved parents could consider the potential value of meeting with parents together.

Randall, J., Nolte, L. and Wellsted, D., 2022. Facing loss and finding hope in narrating together: Accounts of parenthood following the death of a child to muscular dystrophy. *Illness, Crisis & Loss*, 30(4), pp.689-708.

[Download here](#)

---

## 7. Article: Best practice for effective hand hygiene using alcohol based hand rub

This article discusses current evidence on the effective application of alcohol-based hand rubs, including the optimal application technique, the volume of alcohol-based hand rub, and hand-rubbing duration. It also highlights the key role of nurses in promoting and sustaining effective hand hygiene practices.

Gozdzielewska, L. and Kilpatrick, C., 2025. Best practices for effective hand hygiene using alcohol-based hand rubs. *Nursing Times*, 121(9).

**Request a copy from the [library](#)**

---

## 8. Sibs - Understanding conditions – information for siblings



A great resource for siblings whose brother or sister may have a condition or disability and find it hard to explain. Sibs have put together information on almost 50 conditions, including:

- Angelman syndrome,
- Batten disease,
- Dravet syndrome
- Rett syndrome.

[Disabilities Archive - Sibs](#)

---

## 9. Article: Economic costs of health and social care for a child with a life-limiting condition in their last year of life: a systematic review

The aim of this study was to systematically review and descriptively synthesise the costs associated with any health and/or social care services provided to children with a life-limiting condition, in their last year of life. The findings showed services were varied, as were approaches to estimating costs. Due to the limited and varied data captured, a reliable robust estimate of the economic costs of services and resources wasn't possible to do. Despite this, some interesting observations for children's palliative care:

*Specialised paediatric palliative care interventions generally led to cost efficiencies by reducing hospitalisations, length of stay and optimising resource use. These patterns highlight the potential for specialised palliative care to enhance both clinical outcomes and efficiency in paediatric healthcare. Specialist paediatric palliative care could also add value to inpatient healthcare that focuses on quality of life and may be less expensive when children are near death, by lowering costs and simultaneously increasing the likelihood of children dying at home..... For example, children receiving palliative care on discharge from paediatric ICU (PICU) were found to be eight times more likely to die in the community compared with those without a palliative care referral.*

Prendergast, L., Crane, E., Bray, N. and Noyes, J., 2025. Economic costs of health and social care for a child with a life-limiting condition in their last year of life: a systematic review. *BMJ paediatrics open*, 9(1), p.e003526.

[Full text available here](#)

---

## **10. Article: Joy in work: a multidisciplinary quality improvement project designed to improve staff well-being in an inner-city children's hospital**

This quality initiative project, in a London hospital aimed to identify from their staff what contributed to poor workplace wellbeing, and hear what they thought would improve it. Using the findings, solutions were then put in place. Eight specific areas were identified including feeling valued and supported, kindness and access to rest spaces. A number of solutions were introduced, including the use of Greatix to collate positive staff feedback, wellbeing lunches and improved staff rest spaces.

***Request a copy from the [library](#) or access via [OpenAthens log in](#)***