

EACH Library Care Bulletin

From the EACH Library & Information Service

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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: Sue – sue.langley@each.org.uk



1. Podcast: Dad's Still Standing – Spotlight on loss with Andy Parsons



In the episode Matt and Liam talk to Andy Parsons, husband of the swimmer Rebecca Adlington and their experiences following multiple miscarriages. Andy describes how his thoughts and feelings were changed following counselling and his new perspective towards their first loss. They also talk about music and the songs that bring them close to their babies. (50 mins)

[Listen here](#)

2. Web Resource: Keeping My Chest Healthy:

From NHS Bradford Foundation Trust, Keeping My Chest Healthy Care Plan is a range of resources supporting respiratory care, created with and for people with learning disabilities. 5 key areas are covered including: 'Things that affect my chest health'; 'Keeping my chest healthy care plan', and 'How to know when I'm unwell'. Topics under the Care Plan section include breathing activities, medications, eating and drinking, posture, and specialist equipment that supports breathing. All resources in English and Urdu.



[Keeping My Chest Healthy – Bradford District Care NHS Foundation Trust](#)

3. Article: Walk, talk, think, feel: reflective practice sessions outside

This article shares nurses' experience of a walk, talk, think and feel reflective practice session in a cardiology service. Facilitated by the teams psychologist, using an adapted version of the Heads and Hearts model of reflective practice. Self-reported feedback highlighted improvement in team relationships, self-awareness, service delivery and wellbeing, with walking outdoors reported as enhancing the experience.

McCulloch, A. and Senior, F., 2025. Walk, talk, think, feel: reflective practice sessions outdoors. *Nursing Times*, 121(11), pp.32-35.

Request a copy from the [library](#)

4. Article: Enhancing placement capacity and increasing knowledge and confidence: a children's hospice e-learning placement

This article examines the development and value of a virtual children's hospice placement for children's nursing and learning disability students between Shooting Star Children's Hospice and Kingston University. 40 nursing students undertook a week's virtual placement, using a national evidence based model – Peer Enhanced e-Placement (PEEP). The content of the week was co-designed and built around the life and death of a child and the care received by him and his family. Virtual attendance at a journal club and presentation at a mock MDT meeting were part of the placement. The programme also included a 1 day face to face hospice visit with additional activities including memory-making, symptom management support and simulated communication training. Findings suggest the placement enhanced knowledge, skills and confidence.

Price, J., Cockett, A., Crighton, E., Baldock, D. and Sheedy, G., 2025. Enhancing placement capacity and increasing knowledge and confidence: a children's hospice e-learning placement. *International Journal of Palliative Nursing*, 31(11), pp.548-554.

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5. Article: "We're teetering on unsteady ground" parents' experiences of accessing 24/7 paediatric end-of-life care: a qualitative study

In the UK, 24/7 children's end-of-life care remains a significant postcode lottery. This study explores in-depth the perspectives of parents receiving a range of models of care and highlights the inequalities in their experiences living in a region of the UK. 26 parents of 26 children took part in the study, 13 of which were bereaved. Two major themes/findings emerged – those families that felt supported through crisis and uncertain times, and those families that fell through service gaps.

Barrett, L., Fraser, L., Ziegler, L., Jarvis, S., Picton, S. and Hackett, J., 2025. "We're teetering on unsteady ground" parents' experiences of accessing 24/7 paediatric end-of-life care: a qualitative study. *BMC Palliative Care*, 24(1), p.285.

Download [here](#)

6. Article: The role of hospice research nurses in promoting palliative care research

Palliative and end-of-life care settings have historically lacked a strong research culture. Marie Curie has integrated research nurses into its hospices, increasing research participation among staff, patients, caregivers and stakeholders, and creating a culture in which research drives development and improvement.

Stanley, S., 2025. The role of hospice research nurses in promoting end-of-life care research. *Nursing Times*, 121(11).

Request a copy from the [library](#)

7. Guidance: Using restrictive equipment and adaptations with children and young people

Published at the beginning of December by the Royal College of Occupational Therapists (RCOT), the guidance has been written to help occupational therapists make decisions about using equipment and adaptations that may limit children and young people's movements and participation. Topics covered include current legislation, risk assessment, consent and best interests, interventions and follow up and monitoring. Access [guidance here](#):

9. Web site: The Benefits of Sharing Multisensory Stories

From the Nurturing Affective Care (NAC) web site, an overview by Victoria Navin why multisensory stories can be so beneficial, with prop advice and several free stories



'I'm often asked what draws me to multisensory storytelling. For me the magic is how the stories can enhance and enrich experiences and create a unique bond between the storyteller and the story explorer as they share their adventures.'

'I love the flexibility the story props afford and how they provide opportunities for individuals to explore and express their likes, dislikes and sensory preferences in a safe and therapeutic environment, enabling choices and rejections to be made.'

[Read more here](#)
