

EACH Library Care Bulletin

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Microsoft Online images

June 2026

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 Calm in the Complicated - Cerebra

The Calm in the Complicated – ‘a podcast created for every family who has ever felt overwhelmed, unseen, or alone while raising a child with a brain condition. The series brings together lived experience, expert wisdom, and the kind of honest conversations that make you exhale and think, “Finally... someone gets it.”



Produced by Cerebra and shaped entirely by parent carers, the podcast explores the moments they said mattered the most - the fear of those first suspicions that something is wrong, the mountain of admin, the strain on relationships, the sleepless nights, and the quiet fight to look after their own wellbeing.

[The Calm in the Complicated | Podfollow](#)

2. ‘Golden’ moments and more in grief talk: healthcare professionals’ approaches to discussing loss and grief with parents of children with severe neurological impairment

Parents of children with severe neurological impairment (SNI) experience multiple personal loss and anticipatory grief. This study looked at the complex nature of initiating conversations with parents about their grief. Participants from this Irish study came from hospital, hospice community and disability settings in a variety of roles. It noted:

‘In community teams, those with bereavement training felt equipped to provide grief support. In contrast those without training, relied on their practice experience to navigate sensitive conversations. They acknowledged this sometimes constrained their ability to offer comprehensive and tailored support:

‘I would often feel out of my depth and feel that I need better counselling skills to support parents through bereavement and loss, and I absolutely see it as part of our role.’

Brennan, E. and Guerin, S., 2026. “Golden” moments and more in grief talk: Healthcare professionals’ approaches to discussing loss and grief with parents of children with severe neurological impairment. *Palliative Medicine*, p.02692163261446187.

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3. Article: Pain assessment in children and young people with developmental disabilities: a scoping review

This article details a scoping review that aimed to identify the facilitators and barriers to using pain assessment tools for children and young people with developmental disabilities. Two key facilitators identified were parental assistance and knowledge, and training for healthcare professionals. The review identified a significant gap in published research into pain assessment for children and young people with developmental disabilities, particularly those receiving care in a hospice setting.

Self JC, Spassiani NA (2026) Facilitators of and barriers to pain assessment in children and young people with developmental disabilities: a scoping review. *Nursing Children and Young People*. doi: 10.7748/ncyp.2026.e1565

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4. Article: Supporting students with dyslexia

This article explores the challenges experienced by nursing students with dyslexia, discusses the importance of disclosure, and describes how higher education institutions and practice settings can support these students.

Butler S (2026) Supporting nursing students with dyslexia. *Nursing Standard*. doi: 10.7748/ns.2026.e12559

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5. Article: Trauma, coping and adjustment when parenting a child with Dravet syndrome

Beginning in infancy, Dravet syndrome is a lifelong disorder characterised by recurrent and diverse seizure types, including prolonged seizures necessitating immediate medical intervention. It also encompasses a spectrum of challenges, including motor and speech impairments, behavioral disorders, and cognitive limitations. Caregivers are faced with considerable challenges including physical demands, financial burdens, and sustained pressure on mental wellbeing leading to mental health difficulties. The study found a prominent theme of trauma and explored how parents responded to this trauma over time. Four key areas were identified – social isolation, loss of how life should have been, guilt and a failure of health and social care.



Many insightful quotes from parents on the struggles they face.

Mercier, A., Dorris, L., Brunklaus, A., Symonds, J.D., Zuberi, S.M., Finch, T., Wilson, G. and Eldred, C., 2025. Trauma, coping, and adjustment when parenting a child with Dravet syndrome. *European Journal of Paediatric Neurology*, 54, pp.96-106.

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6. Fever in young children: an overview of physiology, assessment, and advice to parents

The article aims to improve nurses' knowledge of fever in the under 5, and provides an overview of thermoregulation and the physiology and role of fever. It also discusses the assessment of children presenting with fever, as well as the education and advice that nurses can give to

parents. Six 'Time out' sections are included throughout the article to check knowledge, along with a multiple choice quiz.

Roberts S (2026) Fever in young children: an overview of physiology, assessment and advice to parents. *Nursing Children and Young People*. doi: 10.7748/ncyp.2026.e1584

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7. Article: Reiki and therapeutic touch for symptom burden and quality of life in palliative care: a systematic review



The review looked at 9 studies, involving 415 patients, mainly adults but some children who received Reiki and/or therapeutic touch. Although the overall findings were limited due to the nature of the studies, they noted some studies reported improvements in symptoms such as pain, anxiety, depression, fatigue, and stress, and improvements in quality of life—including sleep quality, relaxation, energy, hope, and self-confidence were also described.

Pontes-Gomes, R. and Reis-Pina, P., 2026. Reiki and Therapeutic Touch for symptom burden and quality of life in palliative settings: A systematic review. *Palliative Medicine*, p.02692163261437606.

Access [here](#)

8. Podcast: The Skies We're Under

Two Podcasts revisited by the [The Skies We're Under | Born at the Right Time](#)

Living in a Goldfish Bowl

First recorded in May 2022, Lucy, Rachel and Sarah talk about feeling as though they're living in a goldfish bowl. *'The constant swimming as a parent carer is hallmarked by the watchful eye of professionals assessing and scrutinising our every move'*. But what is the impact of this version of support? How does observation change their lives, their relationships and levels of stress?

[Living in a Goldfish Bowl Recast | S5 | E15 | The Skies We're Under](#)

Trust Your Instinct

One of the most popular episodes, Rachel, Sarah and Lucy are joined by Joanna Grace, founder of the Sensory Projects – sharing her *'wisdom, wit and general wonderfulness'*

[Trust your Instinct Recast | S5 | E13 | The Skies We're Under](#)