

Making Every Contact Count

This Library bulletin provides further reading to support the 'Making Every Contact Count' programme.

There are links to recent research papers and articles in each of the MECC areas to give you further background information and evidence to consolidate what you have learned in your training, and to give you ideas and confidence for using MECC in your day-to-day encounters.

For further information and to access the MECC training modules, please visit the Making Every Contact Count page on the intranet:

http://portals/MECC/ layouts/15/start.aspx

Access to articles

You may need to login with your OpenAthens account to view some of the full text links in this bulletin.

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healthpatients





Smoking Cessation

A novel role for vaping in mitochondrial gene dysregulation and inflammation fundamental to disease development Tommasi S, Pabustan N, Li M, Chen Y, Siegmund K, Besaratinia A .Scientific Reports. 2021 Nov:23 (11)

<u>Views about integrating smoking cessation treatment within psychological</u> <u>services for patients with common mental illness: A multi-perspective qualitative</u> <u>study</u>. Health Expect. Taylor GMJ, Sawyer K, Kessler D, Munafò MR, Aveyard P, Shaw A. 2021 Apr;24(2):411-420.

<u>Effectiveness of smoking cessation interventions for smokers with chronic diseases: A systematic review.</u> Ho LLK, Li WHC, Cheung AT, Xia W. J Adv Nurs. 2021 Aug;77(8):3331-3342.

<u>The delivery of smoking cessation interventions by nurses who smoke: A metaethnographic synthesis</u>. Zhang S, Jose Duaso M. J Adv Nurs. 2021 Jul;77(7):2957-2970.

<u>Breastfeeding with Smoking Cessation Products</u> Anderson P Breastfeeding Medicine; Oct 2021; vol. 16 (no. 10); p. 766

Integrating a simple and brief home-based exercise programme within a UK stop smoking service: A mixed method feasibility study. Allison, S., Wilson-Barnes, S., Cropley, M., Britton, J., & Bains, M. (2021). The Lancet, 398

<u>Smoking Addiction and Strategies for Cessation.</u> DiSilvio B, Baqdunes M, Alhajhusain A, Cheema T. Crit Care Nurs Q. 2021 Jan/Mar;44(1):33-48.

A Pilot Study and Ecological Model of Smoking Cues to Inform Mobile Health
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Smoking Cessation

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Identification of the relationship between nicotine dependence levels and cessation fatigue. Bakan AB, Aktas B, Aslan G. Perspect Psychiatr Care. 2021 Jul;57(3):1482-1488.

Youth use of e-liquid flavours-a systematic review exploring patterns of use of eliquid flavours and associations with continued vaping, tobacco smoking uptake or cessation. Notley C, Gentry S, Cox S, Dockrell M, Havill M, Attwood AS, Smith M, Munafò MR. Addiction. 2021 Nov 16.

COVID-19 Pandemic Increased Children's Smoke Exposure. Davenport L. Medscape. Sep 8 2021.

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England: Smoking responsible for twice as many cancers in most deprived groups. Cancer Research UK. August 2021.

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Delivering a Smokefree 2030: The All Party Parliamentary Group on Smoking and Health recommendations for the Tobacco Control Plan 2021. London: APPG on Smoking and Health. 2021.

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Healthy Weight

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Gendered experiences of obesity: Narrowing gender gaps in prevention and treatment. Corfe S, Shepherd J. Social Market Foundation. 2021 Nov.

<u>Turning the tide: A 10 year Healthy Weight Strategy</u>. Members of The Obesity Health Alliance. 2021 Sep.

Participant perspectives of a telehealth trial investigating the use of telephone and text message support in obesity management: A qualitative evaluation. Lewis, E., Hassmén, P., & Pumpa, K. L. (2021). BMC Health Services

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Healthy Weight

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Evidence from the 2008-2016 UK National Diet and Nutrition Survey. Marr C,

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Commercial Slimming Programme. Tocque K, Kennedy L. Matern Child Health J.
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<u>Healthy beginnings: applying All Our Health</u>. Public Health England. Updated 2021 Nov 15.

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<u>Two Diets Linked to Improved Cognition, Fatigue in MS.</u> Melville N. Medscape. 2021 Oct 28.

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Physical Activity

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Associations of changes in physical activity and discretionary screen time with incident obesity and adiposity changes: longitudinal findings from the UK Biobank. Paudel S, Del Pozo Cruz B, Inan-Eroglu E, Ahmadi M, Stamatakis E. Int J Obes (Lond). 2021 Dec 1.

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Physical Activity

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Alcohol

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'When I open it, I have to drink it all': Push and pull factors shaping domestic alcohol consumption during the COVID-19 pandemic UK Spring 2020 lockdown. Conroy D, Nicholls E. Drug Alcohol Rev. 2021 Oct 27.

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Alcohol

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Information

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