

References and further reading

Chapter 1: Health and health promotion

Further reading and resources

Department of Health (2004) *Choosing Health: Making Healthy Choices Easier*. TSO, London.

This White Paper sets out the key principles for supporting the public to make healthier and more informed choices in regards to health. It is followed by delivery and action plans which can be found on the same website. Available at:

http://webarchive.nationalarchives.gov.uk/+/dh.gov.uk/en/publicationsandstatistics/publications/publicationspolicyandguidance/dh_4094550.

Department of Health (2011) *Healthy Lives, Healthy People: Our Strategy for Public Health in England*. TSO, London.

This White Paper sets out a new structure for public health in England and identifies priorities through the life course. Available at:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/216096/dh_127424.pdf.

Naidoo, J. and Wills, J. (2009) *Health Promotion: Foundations for Practice*, 3rd edn. Baillière Tindall, London.

This wide-ranging text provides a comprehensive and critical framework for promoting health. There are in-depth discussions, reflection points and case studies. It is reader-centred and an excellent resource for anyone interested in this field.

Scriven, A., Ewles, L. and Simnett, I. (2010) *Promoting Health: A Practical Guide*, 6th edn. Baillière Tindall, London.

This text is a popular basic text on health promotion and provides comprehensive and readable information on the theory and practice of health promotion. It includes questionnaires, practical exercises and case studies.

World Health Organization (WHO) (1986) *Ottawa Charter for Health Promotion*. WHO, Geneva.

The first International Conference on Health Promotion met in Ottawa, Canada, on the 21st day of November 1986 and developed this Charter for action to achieve Health for All by the year 2000 and beyond.

This conference was primarily a response to growing expectations for a new public health movement around the world. Discussions focused on the needs in industrialised countries, but took into account similar concerns in all other regions. It built on the progress made through the Declaration on Primary Health Care at Alma-Ata, the World Health Organization's Targets for Health for All document, and the recent debate at the World Health Assembly on intersectoral action for health. The Charter is

still widely used today as framework for action in health promotion. See <http://www.who.int/healthpromotion/conferences/previous/ottawa/en/>.

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- RCN (Royal College of Nursing) (2012) *Going Upstream: Nursing's Contribution to Public Health. RCN Guidance for Nurses*, RCN, London. Available at: http://www.rcn.org.uk/_data/assets/pdf_file/0007/433699/004203.pdf.
- World Health Organization (1948) *Constitution*. WHO, Geneva.
- World Health Organization (1986) *Ottawa Charter for Health Promotion*. WHO, Geneva.

Chapter 2 : The patient in their social context

Further reading and resources

CSDH (Commission on Social Determinants of Health) (2008) *Closing the Gap in a Generation: Health Equity Through Action on the Social Determinants of Health. Final Report of the Commission on Social Determinants of Health*. World Health Organization, Geneva. Available at: http://whqlibdoc.who.int/publications/2008/9789241563703_eng.

London is one of nine regional Public Health Observatories set up in England in 2001 by the Department of Health. The London Health Observatory takes the national lead role in monitoring health inequalities, ethnicity and tobacco use. See <http://www.lho.org.uk>. Since April 2013, public health observatories have become part of Public Health England.

The Marmot Review (2010) *Fair Society, Healthy Lives* is available online at: <http://www.instituteofhealthequity.org/projects/fair-society-healthy-lives-the-marmot-review>.

The RCN is committed to tackling health inequalities. *Going Upstream: Nursing's Contribution to Public Health* (RCN, 2012) sets out the value of nursing in preventing poor health and minimising the impact when illness occurs. Available at: http://www.rcn.org.uk/_data/assets/pdf_file/0007/433699/004203.pdf.

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- Wilkinson, R. and Pickett, K. (2010) *The Spirit Level: Why Equality Is Better for Everyone*. Penguin, London.

Chapter 3: Approaches to promoting health

Further reading and resources

Naidoo, J. and Wills, J. (2009) *Health Promotion: Foundations for Practice*, 3rd edn. Ballière Tindall, London.

This is a clear and accessible textbook which is easy to read and provides lots of examples of the application of theory to practice.

Scriven, A. (2005) *Health Promoting Practice: The Contribution of Nurses and Allied Health Professionals*. Palgrave Macmillan, Basingstoke.

A text that explores the health promotion role of numerous health care professionals with some case studies of practice.

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Chapter 4: Creating supportive environments for health

Further reading and resources

Health in Prisons Project (HIPP, 2004) *Promoting Health in Prisons: A Good Practice Guide*. Available at: <http://www.hipp-europ.org>.

Scriven, A. and Hodgins, M. (2012) *Health Promotion Settings: Principles and Practice*. Sage, London.
A book that considers health promotion work in a variety of settings from neighbourhoods and cities to prisons to workplaces. The book will provide many leads to further reading and examples of innovative projects.

Ubido, J., Winters, L., Ashton, M. et al. (2006) *Top Tips for Healthier Hospitals*. Liverpool Public Health Observatory/Cheshire and Merseyside Public Health Network, Liverpool. Available at: <http://www.nwph.net/champs/Publications/Top%20tip%20for%20healthier%20hospitals%20-%20FULL%20report.doc>.

The University of Central Lancashire has a research centre devoted to the study of health promotion in different settings. Available at: http://www.uclan.ac.uk/research/environment/groups/healthy_settings_unit.php.

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- World Health Organization (2007a) *Health in Prisons*. WHO, Copenhagen.
- World Health Organization (2007b) *Integrating Health Promotion into Hospitals and Health Services: Concept, Framework and Organization*. WHO, Copenhagen. Available at: http://www.euro.who.int/_data/assets/pdf_file/0009/99801/E90777.pdf.

Chapter 5: Smoking

Further reading and resources

Action on Smoking and Health (www.ash.org.uk), the British Heart Foundation (www.bhf.org.uk) and Cancer Research UK (www.cancerresearchuk.org) all provide briefings and research reports.

The Department of Health (2011) *Healthy Lives, Healthy People: A Tobacco Control Plan for England* is available at: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/213757/dh_124960.pdf.

The National Centre for Smoking Cessation and Training includes training at <http://www.ncsct.co.uk> and there are also e-learning modules at <http://www.nhshealth.org.uk/StopSmoking/>.

RCN (2011) *Clearing the Air: Smoking and Tobacco Control* is available at: http://www.rcn.org.uk/__data/assets/pdf_file/0011/78554/001945.pdf. This has lots of information about smoking prevalence and prevention methods.

Up-to-date statistics on the prevalence of smoking and many other conditions are available from www.statistics.gov.uk.

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Chapter 6: Alcohol

Further reading and resources

Because of the scale of the problems of alcohol misuse and the necessity for this to be addressed, there are numerous learning platforms available to the nurse:

Alcohol Learning Centre, available at: <http://www.alcohollearningcentre.org.uk>.

This includes a series of online modules covering the role of alcohol in society, the impact of alcohol on health, the use of screening tools and how the practitioner can address alcohol use with the patient.

<http://www.healthscotland.com/topics/health/alcohol/index.aspx> contains fact sheets and guides to brief interventions.

Various agencies exist that provide guides to alcohol interventions e.g. Alcohol Concern, available at: www.alcoholconcern.org.uk.

National Institute for Health and Clinical Excellence (2010) *Alcohol-Use Disorders: Preventing Harmful Drinking* (PH 24). London: NICE. Available at: www.nice.org.uk/ph24.

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Chapter 7: Sexual health

Further reading and resources

The World Health Organization's definitions and goals for sexual health may be found at http://www.who.int/reproductivehealth/publications/sexual_health/defining_sexual_health.pdf.

There is a range of guidance on HIV testing:

National Institute for Health and Clinical Excellence (2011a) *Increasing the Uptake of HIV Testing among Black Africans in England*. NICE Public Health Guidance 33. Available at: www.nice.org.uk/guidance/PH33.

National Institute for Health and Clinical Excellence (2011b) *Increasing the Uptake of HIV Testing among Men Who Have Sex with Men*. NICE Public Health Guidance 34. Available at: www.nice.org.uk/guidance/PH34.

BHIVA, BASHH, BIS (2008) *UK National Guidelines for HIV Testing 2008*. Available at: <http://www.bhiva.org/HIVTesting2008.aspx>.

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RCN (2004) *RCN Competencies: Sexual Health Competencies: an Integrated Career and Competency Framework for Sexual and Reproductive Health Nursing*. RCN, London.

<http://avert.org.uk> for resources and information about HIV/AIDS.

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Chapter 8: Obesity

Further reading and resources

The best source for up-to-date information on the prevalence and causes of obesity is the National Obesity Observatory. Available at: <http://www.noo.org.uk>.

The National Institute for Health and Clinical Excellence produces clinical guidelines (CG 43), public health guidelines on working with communities (PH 42) and guidelines on prevention, see <http://www.nice.org.uk>.

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Chapter 9: Long-term conditions

Further reading and resources

Diabetes is a condition for which there are numerous patient education resources, e.g. <http://nhsdiabetes.healthcare.co.uk/scotland>.

For other conditions such as arthritis, specialists may develop their own, e.g. <http://www.enherts-tr.nhs.uk/patients-visitors/our-services/rheumatology/information-for-patients/>.

The NHS Information Centre has information on many health conditions including, for example, asthma, <http://www.nhs.uk/conditions/asthma/Pages/Introduction.aspx>.

There are numerous NICE guidelines for professionals on the clinical management of long-term conditions that include how these can be self-managed e.g. Clinical management of primary hypertension in adults, available at: <http://www.nice.org.uk/nicemedia/live/13561/56015/56015.pdf>.

Structured education programmes include diabetes education, available at: www.desmond-project.org.uk and www.dafne.uk.com.

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Chapter 10: Using health information and epidemiology

Further reading and resources

Health profiles can be used by local authorities and the health service to highlight the health issues for their local authority area and to compare them with other areas. The profiles are designed to show where there are important problems with health or health inequalities. They can be accessed from the Association of Public Health Observatories at <http://www.apho.org.uk>.

There are many accessible textbooks providing introductions to epidemiology. The following chapters provide shorter overviews and examples of how the nurse can use health information:

- Carr, S., Unwin, N. and Pless-Mullooli, T. (2007) *An Introduction to Public Health and Epidemiology*, 2nd edn. Open University, Buckingham.
- Crichton, N. (2008) Epidemiology, in *Health Studies: An Introduction* (eds J. Naidoo and J. Wills), Palgrave Macmillan, Basingstoke.
- Jones, L. and Douglas, J. (eds) (2012) *Public Health: Building Innovative Practice*. Sage, London.
- This book contains a useful section on techniques in statistics and epidemiology that allows the student to use data with confidence and how to use research techniques to identify needs and set priorities.

Harvey, J. and Taylor, V. (eds) (2013) *Measuring Health and Wellbeing*. Sage, London.

This very useful book provides an introduction to the health surveillance competences for public health practitioners.

National Institute for Clinical Excellence: <http://www.publichealth.nice.org.uk>.

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Chapter 11: Evidence-based practice

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Further reading and resources

A good place to gain an overview of understanding and appraising research studies is the book by Tricia Greenhalgh (2000) *How to Read a Paper: The Basics of Evidence-Based Medicine*. BMJ Publishing Group, London.

There are several guides to evidence-based practice for nurses. These take a step-by-step practical approach showing how to identify and evaluate the different types of evidence available and to critically appraise the studies that lie behind them. They also look at the ways in which findings are integrated into practice, showing how research evidence can be applied to clinical-decision making and the delivery of patient care.

Barker, J.L. (2010) *Evidence Based Practice for Nurses*. Sage, London.

Craig, J.V. and Smyth, R.L. (2012) *Evidence Based Manual for Nurses*, 3rd edn. Churchill Livingstone/Elsevier, London.

NHS Evidence covers a wide range of information of interest to those working to improve the health of the population. This includes guidance, systematic reviews of research, implementation tools and practical examples from people working in the field. Available at: <https://www.evidence.nhs.uk/nhs-evidence-content/public-health>.

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Chapter 12: Health education and communication

Further reading and resources

Guidelines on how to develop and present patient information are found at www.nhsidentity.nhs.uk.

The Picker Institute has numerous guides on how to involve patients in health promotion, developing health literacy and self management at <http://www.investinengagement.info>.

Mason, P. (2010) *Health Behaviour Change*, 2nd edn. Churchill Livingstone, Edinburgh.

This is an excellent practical guide to health behaviour change and motivational interviewing.

Materials on 'Making Every Contact Count', the NHS initiative to systematically use the millions of contacts that people have with providers of health and social care (such as GP, outpatient appointments, etc.) to deliver brief advice using motivational interviewing principles on healthy lifestyle behaviours and to signpost people to appropriate behaviour change services. Available at: <http://www.midlandsandeast.nhs.uk/OurAmbitions/Everycontactcounts.aspx>.

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Chapter 13: Protecting the health of the population

Further reading and resources

The website of the Health Protection Agency contains information about disease trends and health protection interventions: available at: <http://www.hpa.org.uk>.

Guidance on up-to-date screening is available at: http://cpd.screening.nhs.uk/choicestoolbox/resources/NSCP_link_1.html.

The evidence library of the National Institute of Health and Clinical Excellence (NICE) has a section on the headlines that highlights the most recent media headlines to do with health and should provide up-to-date, clear and evidence-based information on the subject matter. Available at: <http://www.library.nhs.uk/rss/newsAndRssArchive.aspx?storyCategory=1>.

Department of Health immunization advice is available at: www.immunisation.nhs.uk and at <https://www.gov.uk/government/organisations/public-health-england/series/immunisation>.

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Chapter 14: Health promotion and people with learning disabilities

Further reading and resources

Improving Health and Lives (IHAL) is the Learning Disabilities Observatory, a collaboration between the three organizations: Public Health England, the Centre for Disability Research at the University of Lancaster and the National Development Team for Inclusion. Its resources are available at <http://www.improvinghealthandlives.org.uk/about>.

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Chapter 15: Health promotion and people with mental health issues

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Chapter 16: Health promotion and older adults

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- The British Heart Foundation also has professional resources on issues such as falls prevention. Available at: <http://www.bhfactive.org.uk/userfiles/Documents/FallsPreventionGuide2013.pdf>.
- The Cochrane Library has brought together evidence reviews on what works to keep older people physically active. Available at: <http://www.thecochranelibrary.com/details/collection/2043267/Physical-activity-and-exercise-for-health-and-well-being-of-older-people.html>.
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Chapter 17: Health promotion and nursing in the community

Further reading and resources

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Chapter 18: Children's nursing and health promotion

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