



Department
of Health



Public Health
England

Evidence based public health nursing and midwifery

A summary of NICE guidance to underpin practice

Public Health Outcome Domain Two:
Health improvement

You may re-use the text of this document (not including logos) free of charge in any format or medium, under the terms of the Open Government Licence. To view this licence, visit www.nationalarchives.gov.uk/doc/open-government-licence/

© Crown copyright

Published to gov.uk, in PDF format only.

www.gov.uk/dh

Contents

Contents	3
Evidence based public health nursing and midwifery	4
A summary of NICE guidance to underpin nursing and midwifery practice to improve population health and wellbeing	4
About this summary guide.....	4
What is evidence?	5
Public Health Outcome Domain Two – Health improvement	6
Health Improvement through smoking cessation strategies.....	7
Health Improvement through Physical Activity interventions.....	7
Health Improvement through Maternal and Child nutrition and weight management guidance	8
National Institute for Health and Clinical Excellence (NICE)	10

Evidence based public health nursing and midwifery

A summary of NICE guidance to underpin nursing and midwifery practice to improve population health and wellbeing

The challenges we face in terms of population health and well-being are huge. We know the impact of lifestyle factors on health, we understand increasingly the 'causes of the causes' and we are learning more about how to support people to make decisions and choices which are positive for their health. We need to now practice in ways which use this knowledge and our nursing and midwifery skills to make a personal and professional impact to improve health and well-being.

Why use evidence based practice?

Best practice, value for money, high quality care

About this summary guide

Nurses and midwives have told us that they are keen to increase their range and reach in improving health and wellbeing and to do so need to have access to the evidence of what works.

This is a professional nursing and midwifery practice summary guide based on original work by the National Institute for Health and Clinical Excellence (NICE) guidance on public health. Information about NICE work on public health is shown on page 10.

We have worked with NICE to review and summarise the relevant guidance to support nurses and midwives in delivering evidence based interventions to improve health. This guide sets out this work for Public Health Outcome Domain Two – Health improvement.

Over the coming months we will work with the professions to develop the evidence base including web interface to access this summary guidance and support learning and development for 'health promoting practice'.

What is evidence?

Evidence is one part of a process in demonstrating that interventions have been robustly tested and therefore that public health practice is supported by research or tested pathways.

A discussion of use of evidence for practice and validated sources of evidence is set out in our publication “The evidence base of the public health contribution of nurses and midwives”.

Public Health Outcome Domain Two – Health improvement

This document shows the summarised NICE guidance for Health improvement. It includes:

Smoking Cessation

PH45 Tabaco harm reduction

PH48 Smoking cessation, acute maternity and mental health services

Physical Activity

PH44 Physical activity for adults in primary care

Nutrition/Weight Management

PH47 Managing overweight and obesity among children and young people

PH53 Overweight and obese adults – lifestyle weight management

Health Improvement through smoking cessation strategies

Relevance

NICE guidance in relation to smoking cessation strategies has some relevance to all nurses and midwives whatever their role.

Implications for Leadership & Practice

- Nurses and midwives should offer people advice on smoking cessation during all contacts
- Nurses and midwives should receive appropriate training for brief intervention
- Nurses and midwives should work across professional/organisational boundaries

Summary of recommendations related to public health nursing and midwifery

- Nurses and midwives should collect information about smoking status of patients/clients whatever the setting
- Everyone who smokes should be advised to stop
- Training should be available for nurses and midwives who provide support and advice about smoking cessation
- Nurses and midwives should help people to access specialist stop smoking services by understanding and using the referral pathways
- Nurses and midwives working with South Asian communities should understand the specific issues related to smokeless tobacco

Guidance relevant to this summary

PH1 Brief interventions and referral for smoking cessation

PH5 Workplace interventions to promote smoking cessation

PH10 Smoking cessation services

PH26 Quitting smoking in pregnancy and following childbirth

PH39 Smokeless tobacco cessation: South Asian communities

Health Improvement through Physical Activity interventions

Relevance

NICE guidance related to physical activity intervention is relevant to all nurses and midwives particularly for those working in community/primary care and those working with vulnerable groups.

Implications for Leadership and Practice

- Nurses and midwives offer brief advice during discussions with people when they share information, encourage and support people to act and follow their progress
- Physical activity is good because it helps people develop stronger muscles, better balance and coordination, a stronger heart and a happier mood

Summary of recommendations

- See the whole person, do not make assumptions based on people's physical appearance
- Help people to understand that physical activity includes normal day-to-day things that they may take for granted like walking to the shops or hair dressers, gardening and housework
- Help people to understand that physical activity does not have to cost money
- Help people to **reduce the time** they are inactive each day
- Help people to **increase the time** that they are active each day
- Encourage people to do at **least 10 minutes** physical activity each day

Guidance relevant to this summary

PH2 Commonly used methods to increase physical activity

PH13 Promoting physical activity in the workplace

PH17 Promoting physical activity for children and young people

PH41 Walking and cycling

PH42 Working with local communities

CG161 Falls

Health Improvement through weight management strategies

Relevance

Weight reduction helps people to lower their risk of developing coronary heart disease, stroke, hypertension, osteoarthritis, type 2 diabetes mellitus and various cancers including endometrial, breast, and kidney and colon cancer.

Implications for Leadership and Practice

- Help people to **lose weight**
- Help people to **prevent weight gain**
- Help people to **avoid further weight gain**

Summary of recommendations

- Use the measure of body mass index (BMI) to identify people who are a healthy weight, overweight or obese (stage 1-3)
- Encourage people to manage their weight by helping them to adopt healthy eating behaviour and calorie intake
- Encourage people to manage their weight by making lifestyle changes including reducing calorie intake and increasing physical activity

- Support people who are overweight (BMI 25 to 30kg/m²) to access specialist weight management services
- Support people who are obese (BMI over 30 kg/m²) to access specialist interventions including bariatric surgery

Guidance relevance to this summary

PH38 Preventing type 2 diabetes

PH46 BMI and waist reduction: black, Asian and minority ethnic groups

PH47 Managing overweight and obesity among children and young people

PH49 Behaviour change: individual approaches

National Institute for Health and Clinical Excellence (NICE)

NICE's role is to improve outcomes for people using the NHS and other public health and social care services by:

- Producing evidence-based guidance and advice for health, public health and social care practitioners (Public Health Guidance, Quality Standards, Clinical Guidelines)
- Developing quality standards and performance metrics for those providing and commissioning health, public health and social care services
- Providing a range of information services for commissioners, practitioners and managers across the spectrum of health and social care

Public Health Guidance

Public health guidance makes recommendations for populations and individuals on activities, policies and strategies that can help prevent disease or improve health. The guidance may focus on a particular topic (such as smoking), a particular population (such as schoolchildren) or a particular setting (such as the workplace). The NICE website www.nice.org.uk includes the following information:

- [Update on public health topics in development](#)
- [Published public health guidance](#)
- [Public health guidance in development](#)
- [How we develop NICE public health guidance](#)
- [Healthcare-associated infections quality improvement guide](#)
- [Full list of NICE guidance that makes public health recommendations](#)