**Complexity of pain assessment**

Factors that can make comprehensive assessment of pain in older people and those with cognitive impairment complex.

[link](journals.rcni.com/r/pain-assessment-older-people)

**Return to practice and revalidation**

The use of reflection and critical thinking, demonstrating both concepts and their value in developing insight.

[link](journals.rcni.com/r/return-to-practice)

**Empowerment and care**

This article explores the effect of empowering and disempowering care on older people's independence and dependence.

[link](journals.rcni.com/r/empowerment)

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**INDIVIDUAL CARE**

**New dementia strategy for nurses**

Nurses caring for those with dementia are urged to fit the care they provide to the individual not the condition, in a refreshed dementia strategy from the Department of Health (DH).

A shift in how people with dementia are viewed is needed to move towards more proactive and compassionate care it says. The strategy builds on a 2013 document that set out new training for health professionals and a community-based approach to care.

DH mental health, learning disability and dementia care professional officer Ben Thomas said he wanted the strategy to encourage nurses to proactively plan care with patients and their loved ones. Dr Thomas said: 'I want nurses to see... the person with dementia who has a story, family, community and social network.'

Read the refreshed dementia strategy at tinyurl.com/DH-refreshed-strategy

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**MENTAL CAPACITY**

**Deprivation of liberty should always be ‘last resort’**

More than 75,000 people in England were deprived of their liberty from April 2015 to March 2016.

Local authorities received 195,840 deprivation of liberty safeguard (DoLS) applications during 2015-16, the highest number since they were introduced in 2009.

DoLS allow hospitals or care homes to place restrictions or restraints on a person under the Mental Capacity Act.

A Supreme Court ruling in 2014 led to an ‘acid test’ for assessments. As a result, care arrangements that were not previously considered deprivations of liberty had to undergo stringent checks.

This change has led to a sharp rise in applications, as noted by NHS Digital in its latest annual data. Of 105,055 completed applications, 76,530 were granted, which means 28,525 were rejected.

DoLS are most commonly used for older people.

Alzheimer’s Society senior policy officer Martina Kane said: ‘It is disgraceful that nearly 30,000 people were wrongfully deprived of their liberty.’

She added: ‘Depriving someone of their liberty should always be a last resort and only ever done in their best interests.’

To read the NHS Digital statistics go to tinyurl.com/ NHS-Digital-statistics

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**In brief**

**An updated National Institute for Health and Care Excellence (NICE) clinical guideline on Parkinson’s disease (PD) has been published for consultation.**

The draft guideline updates some aspects of NICE’s 2006 guideline on treatment of the disease, including addition of a section on managing and monitoring impulse control disorders. It also includes recommendations about managing PD dementia and nutritional support. Consultation closes on 15 November. Go to tinyurl.com/NICE-PD-update

**Older people’s nurses are invited to enter the RCNi Nurse Awards 2017, the UK nursing profession’s highest accolade for excellence.**

The Nursing Older People category is open to NHS or independent sector nurses who have made outstanding contributions to the care of older people. The awards ceremony will be held on Friday 5 May 2017 in London. Go to www.nurseawards.co.uk

**Nurses working in social care now have access to a free, practical video guide to revalidation in the sector.**

Developed by the Foundation of Nursing Studies, the animation is available at tinyurl.com/FoNS-guide

**The RCN Foundation is inviting applications for the funding of a substantial care homes practice development or similar project up to a value of £200,000.**

Projects should benefit residents, for example by decreasing their isolation, as well as their families, registered nurses and healthcare support workers. Projects should be delivered and evaluated between 2017-2019. Email Deepa Korea at deepa.korea@rcn.org.uk by 2 December.