

# Is it just nice to use NICE?

## Social Work and the NICE Guidance – Working Together

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# Overview

- NICE: who we are and what we do
- Evidence in practice
- Guidelines and examples in practice
- NICE Resources for Social Work



Our core  
purpose

NICE

**“We help practitioners and commissioners get the best care to people, fast, whilst ensuring value for the taxpayer.”**

# About NICE

## Who are we?

We are the experts in evidence-based best practice and value for money in the health and care system.

## What do we do?



We balance the best care with value for money, delivering both for individuals and society



We drive innovation into the hands of health and care professionals to enable best practice



We are fiercely independent: our decisions are rigorous, transparent and based on evidence

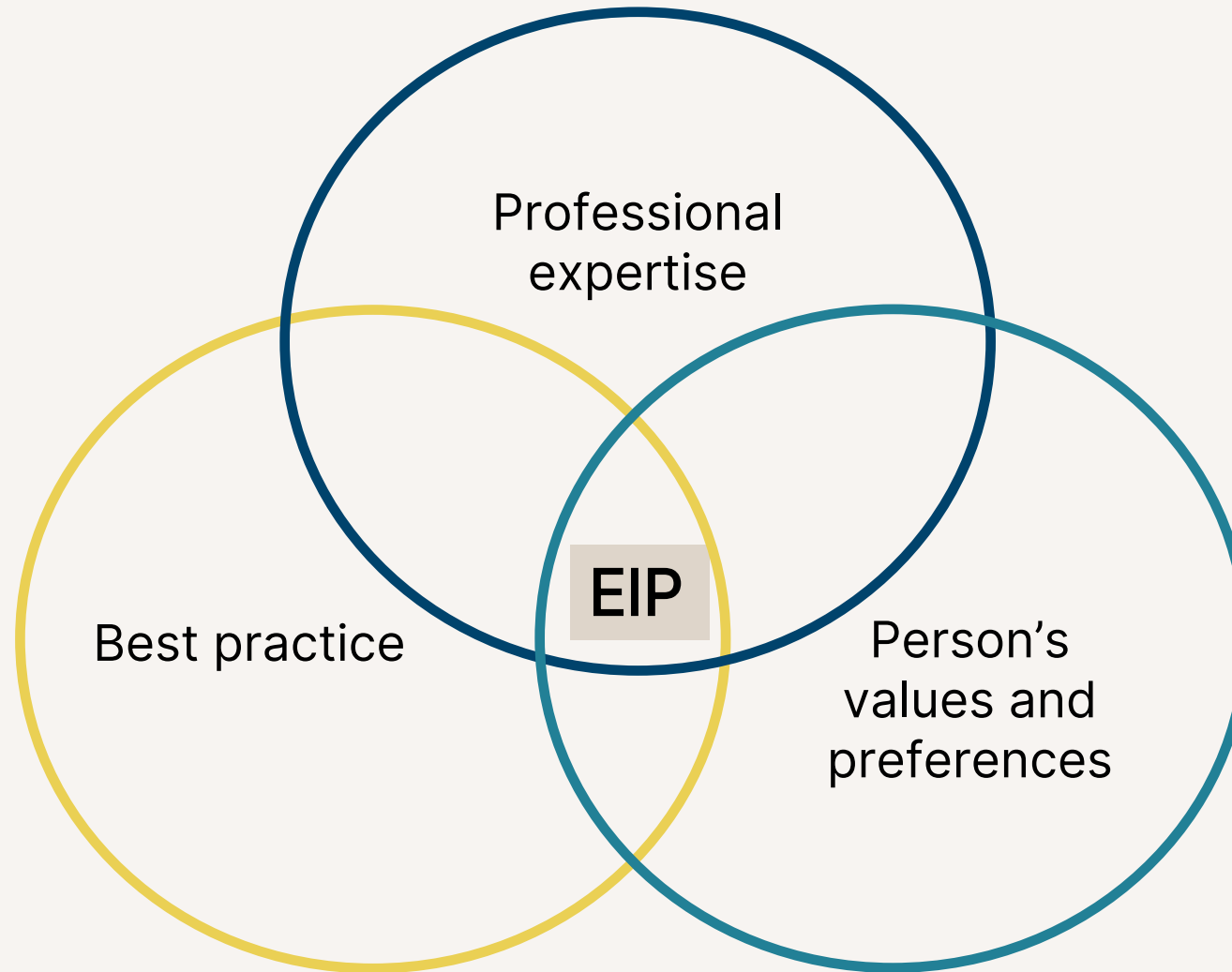
# About NICE guidance

- Our guidance is based on the best available evidence. Our recommendations are put together by experts, people using services, carers and the public.
- NICE guidance makes evidence-based recommendations on a wide range of topics, from preventing and managing specific conditions, improving health, and managing medicines in different settings, to providing social care and support to adults and children, and planning broader services and interventions to improve the health of communities.
- Our guidance is used by a wide range of stakeholders across health and social care for a range of purposes including learning and development.
- It supports a shared view of quality across health and care

For more information please see Developing NICE guidelines: the manual:  
<https://www.nice.org.uk/process/pmg20/chapter/introduction>



# Evidence informed practice: 3 components



**NICE**

# NICE guidelines and standards for social care

- **NICE guidelines** make evidence-based recommendations, they
  - describe what is effective (what works) and what improves people's experience of care and services
  - and what is cost-effective (best value for money)
- **NICE quality standards** are concise sets of statements with accompanying metrics, designed to drive and measure quality improvement in specific areas of care



# Using evidence from NICE in health and social care practice

*“NICE guidance provides a rational evidence basis which supports person-centred decision making and individual choices.”*

Recognised by the CQC in their inspection frameworks

Guidelines

Quality standards

Quoted in Deprivation of Liberties covert medication case law

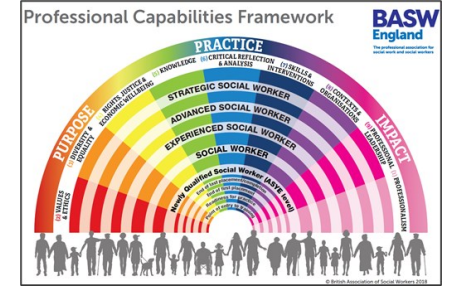
Used by coroners as a robust source of guidance

Provides a common language between health and social care colleagues



# The relevance of evidence to social workers

## Within BASW's Professional Capability Framework



By the end of first placement, under critical reflection and analysis, ‘...inform my decision-making through identification and gathering of information from more than one source and, with support, evaluate its reliability and validity.’

## Within Social Work England's Professional Standards

3.5 Hold different explanations in mind and use evidence to inform my decisions.

4.2 Use supervision and feedback to critically reflect on, and identify my learning needs, including how I use research and evidence to inform my practice.

# How are Social Workers using NICE guidance?

- Within social work education
- To empower social work practice in relation to rights based and value informed practice
- To inform critical thinking and to clarify points, such as in safeguarding enquiries and supporting report writing
- To understand how to work in health and social care settings
- To request funding and drive strategic change and improvement
- To inform local policy and procedures: Transition from children's to adult services for young people using health or social care services (NG43) rec 1.2.5 for a named worker

# Examples of key NICE guidance

- Supporting adult carers (NG150)
- People's experience in adult social care services: improving the experience of care and support for people using adult social care services (NG86)
- Older people with social care needs and multiple long-term conditions (NG22)
- Care and support of people growing older with learning disabilities (NG96)
- Older people: independence and mental wellbeing (NG32)
- Home care: delivering personal care and practical support to older people living in their own homes (NG21)
- End of Life care for adults: service delivery (NG142)
- Community engagement (NG44)
- Transition from children's to adults' services for young people using health and social care services (NG43)
- Transition between inpatient mental health settings and community or care home settings (NG53)
- Safeguarding adults in care homes (NG189)
- Decision making and mental capacity (NG108)
- Social work with adults experiencing complex needs (NG216)

# How does a social worker decide which guidance is relevant for their practice?

- Specific to **work settings**, such as [Transition between inpatient mental health settings and community or care settings \[NG53\]](#) for inpatient and community mental health and social care services
- Key to **practice**, such as [Looked after children \[NG205\]](#)
- **Specific knowledge** for people you are supporting, such as [Depression \[NG134\]](#)

Relevant professional CPD standards  
Social Work England:

4.3 Keep my practice up to date and record how I use research, theories and frameworks to inform my practice and my professional judgement.

4.4 Demonstrate good subject knowledge on key aspects of social work practice and develop knowledge of current issues in society and social policies impacting on social work.



## Guidance

Evidence-based recommendations developed by independent committees, including professionals and lay members, and consulted on by stakeholders.

[View all guidance](#)

[Conditions and diseases](#)

[Health and social care delivery](#)

[Health protection](#)

[Lifestyle and wellbeing](#)

[Population groups](#)

[Settings](#)

## Get involved

We want you to be involved and there are many ways you can [get healthcare professional or a public](#).

Tell us what matters to you, your community and we'll share your features and guidance.

### Health and social care delivery

[Acute and critical care](#)

[Adult's social care](#)

[Antimicrobial stewardship](#)

[Children's social care](#)

[Contraception](#)

[Emergency care](#)

[End of life care](#)

[Joint replacement](#)

[Maternity services](#)

[Medicines management](#)

[Mental health services](#)

### Settings

[Accident and injury prevention](#)

[Care homes](#)

[Communities](#)

[Community engagement](#)

[Drug misuse](#)

[Environment](#)

[Home](#)

[Hospitals](#)

[Prisons and other secure settings](#)

[Schools and other educational settings](#)

[Transport](#)

[Workplaces](#)

### Population groups

[Behaviour change](#)

[Black and minority ethnic groups](#)

[Carers](#)

[Children and young people](#)

[Infants and neonates](#)

[Older people](#)

[People with learning disabilities](#)

[People with physical disabilities](#)

[Socio-economic status](#)

[Vulnerable groups](#)

### Conditions and diseases

[Blood and immune system conditions](#)

[Cancer](#)

[Cardiovascular conditions](#)

[Chronic fatigue syndrome](#)

[Cystic fibrosis](#)

[Diabetes and other endocrinal, nutritional and metabolic conditions](#)

### Mental health and behavioural conditions

[Addiction](#)

[Alcohol-use disorders](#)

[Anxiety](#)

[Attention deficit disorder](#)

[Autism](#)

[Bipolar disorder](#)

[Delirium](#)

[Dementia](#)

# NICE in practice – some examples

“NICE is somewhere professionals can refer to when we are unsure of what is best practice because it is a recognized body for research and guidance. I feel it is important for there to be guidance and literature that is easy to access for all professions. It needs to be easy to read so we can pass the information on to families and carers.”

Social Worker,  
Thurrock  
Council

NG97  
NG108

“I use NICE to inform my practice in supporting vulnerable people in the community that I work in.”

LA Specialist  
Practitioner  
(MCA Lead)

NG108

“I used the NICE guidelines in this case to empower what I was doing”.

Care home  
registered  
manager

“We use NICE guidelines as a benchmark for our service delivery and for improvement in our service. We use NICE guidelines in our team meetings to study a particular topic and improve knowledge for our staff. We also use NICE as a resource for preparation for CQC Inspections.”

**NICE**

[NG97: Dementia: assessment, management and support for people living with dementia and their carers](#)  
[NG108: Decision making and mental capacity](#)

# Case study: Complex pregnancy

- A pregnant woman who had a long complicated history with support services and treatment services, presented at an early stage to midwife services, triggering a referral into Social Services. She was in a highly violent relationship, was street homeless and dependant on heroin use
- A whole family approach was taken to achieve the best outcomes for both the new baby and mother
- NICE guidance was used to guide and support practice from the point of referral. Led to improved outcomes through facilitating productive discussions between social workers, health and midwifery colleagues, assisting with child protection meetings and raising awareness of expectations with housing partners:
  - CG110 (focussing on the pathway for complex pregnancy care)
  - NG58 (focussing on mental health, substance use, partnership working, trauma and homelessness)
  - NG120 (focussing on mental healthcare for people with substance misuse)



# NICE mapping

- Drug overdoses during pregnancy
- History of mental health concerns but refused assessment as likely to be drug related
- Mental health support services separate from drug services
- History of DV and own childhood trauma (ACEs) homelessness

Pregnancy and complex social factors: a model for service provision for pregnant women with complex social factors (CG110) rec 1.2 pathway for pregnancy care

Coexisting severe mental illness (psychosis) and substance misuse: assessment and management in healthcare settings (CG120) rec 1.4.3 Mental health cannot exclude due to substance use

Coexisting severe mental illness and substance misuse: community health and social care services (NG58) Mental health and substance use partnership working

Coexisting severe mental illness and substance misuse: community health and social care services (NG58) rec 1.6.4 trauma and homelessness



# Creating a learning culture to discuss and use relevant NICE guidance

- The safeguarding manager, Cheshire East regularly identifies and shares relevant NICE guidance with their team:
  - reads NICE's social care bulletin and twitter to find out about newly published guidance
  - shares updates with their team
  - feels that if the team is educated and knowledgeable they can make informed arguments when there is professional dispute and they can explain their decision making if they have to go to Court

Relevant professional CPD standards – Social Work England:

4.5 Contribute to an open and creative learning culture in the workplace to discuss, reflect on and share best practice.

# Scenarios on NICE website

## Examples of how to use our guidance

These example scenarios feature fictional situations and people. They show how NICE guidance could be used in social work practice.

Use our [guidelines](#) and [quality standards](#) to find specific recommendations to support your professional judgement in your everyday work.

[View examples for principal social workers](#)

### On this page

- [Families and relationships settings](#)
- [Mental health services](#)
- [Learning disability settings](#)
- [Services for older people](#)
- [About these examples](#)

[Case Scenarios](#)



# Using NICE guidance to empower social work practice in hospital discharges

## Situation:

During supervision a hospital social worker discusses the pressure they are feeling to discharge people to care homes, when those people may not have the capacity to make a decision about where they live.

The social worker feels this potentially conflicts with the Mental Capacity Act, particularly in relation to the principle of seeking the least restrictive option.

## Examples of NICE guidance:

*Transition between inpatient hospital settings and home (NG27—recommendation 1.5.11)*

*& Decision-making & mental capacity (NG108—recommendation 1.5)*

Includes advice that decisions about long-term care are not made whilst in crisis. Also that best interest principles are adhered to where someone lacks mental capacity.

## Action:

The supervisor advises the social worker to use specific recommendations from NICE guidance to strengthen their professional power when discussing discharge planning with health colleagues, including informing best interest meetings.

## 1.5 Best interests decision-making

### Discharge planning: key principles

- 1.5.10 Ensure continuity of care for people being transferred from hospital, particularly [older people](#) who may be confused or who have dementia. For more information on continuity of care see the [recommendations in section 1.4 of NICE's guideline on patient experience in adult NHS services](#).
- 1.5.11 Ensure that people do not have to make decisions about long-term residential or nursing care while they are in crisis.
- 1.5.12 Ensure that any pressure to make beds available does not result in unplanned and uncoordinated hospital discharges.

'An act done, or decision made, under this Act for or on behalf of a person who lacks capacity must be done, or made, in his best interests.' (Principle 4, [section 1\(5\), Mental Capacity Act 2005](#))

When a person does not have capacity to make a decision, all actions and decisions taken by practitioners or their [attorney](#) or [Court Appointed Deputy](#) must be done or made in the person's best interests. Any advance statements expressing the individual's views about the decision in question should be taken into account and given appropriate weight.

When making a decision under the Mental Capacity Act 2005, a decision maker must be identified. This could be an attorney appointed by the individual or a Court Appointed Deputy with relevant decision-making powers, or the practitioner or team who is responsible for providing a health or social care intervention.

The decision maker is responsible for determining the person's best interests. They must be able to demonstrate they have adhered to all the requirements of [section 4 of the Mental Capacity Act 2005](#) and Chapter 5 of the [Mental Capacity Act Code of Practice](#). Wherever possible, this means helping the person who lacks capacity to be involved in the decision-making process, consulting with their family, carers and Independent Mental Capacity Advocates, and seeking or establishing the person's known wishes, preferences and values, placing these at the heart of the decision-making process where possible.

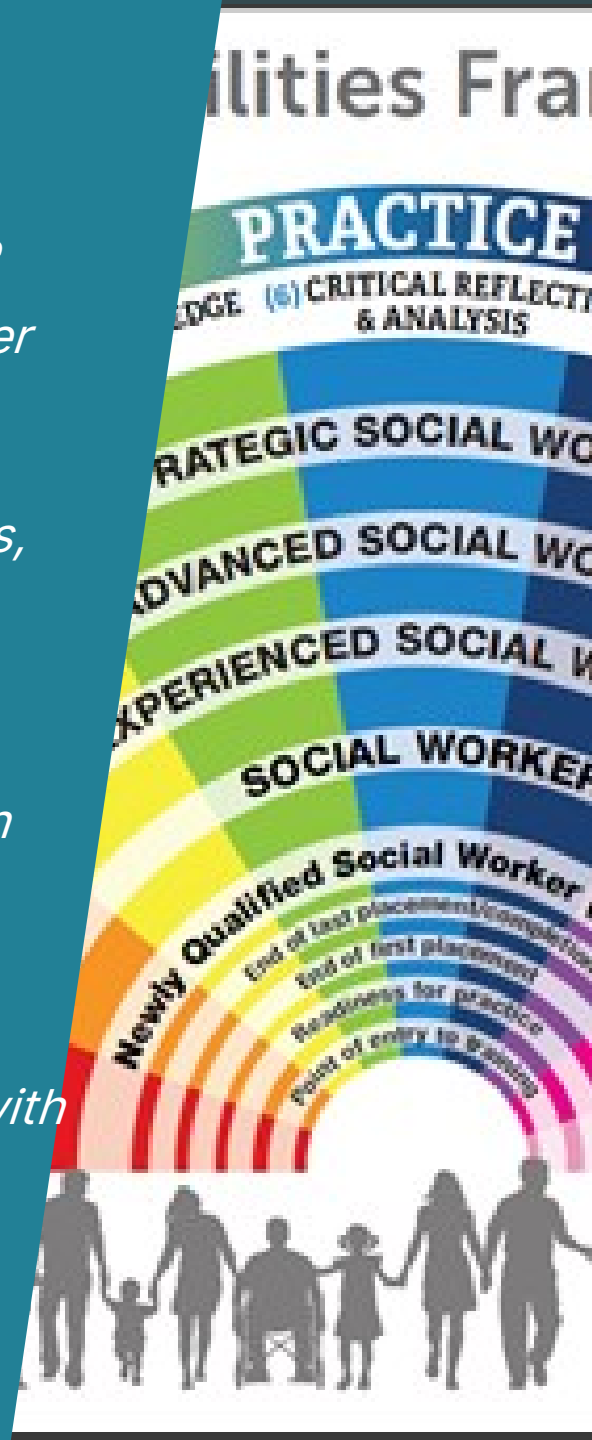
Depending on the complexity, urgency and importance of the decision, and the extent to which there is agreement or disagreement between an attorney or Court Appointed Deputy and/or other people involved in the person's care, it would be advisable to convene a meeting at which a decision regarding appropriate next steps can be made. This may include considering possible ways of resolving any disputes.

The Mental Capacity Act 2005 excludes some decisions from its remit, for example, those relating to voting and family relationships. It is therefore not possible for best interests decisions to be made in respect of the excluded issues.

# Possible links to the PCF

- Professionalism - *identify concerns about practice, procedures and ethos in the workplace, and seek support to find appropriate means of challenge and/or offer suggestions for improvement.*
- Value & Ethics - *manage situations of potentially conflicting or competing values, and, with guidance, recognise, reflect on, and work with integrity with ethical dilemmas.*
- - *recognise and promote individual's rights to autonomy and self-determination*
- Diversity & Equality - *reference to current legislative requirements, I recognise personal & organisational discrimination and oppression and, with guidance, I make use of a range of approaches to challenge them, working in partnership with people using services, carers, families and/or communities where possible*

NICE



# Possible links to the PCF

- Rights , Justice & Economic Wellbeing - *understand how legislation and policy can advance or constrain people's rights and recognise how the law may be used to protect or advance their rights and entitlements.*
- Knowledge - *demonstrate a critical understanding of the legal and policy frameworks and guidance that inform and mandate social work practice, recognising the scope for professional judgement and its importance to ethical practice*
- - *recognise the contribution, and begin to make use, of research and evidence to inform practice*
- Critical Reflection & Analysis – *use supervision to reflect on our work and sustain our practice and wellbeing*



# Finding NICE social care resources

## Social care

We work with the adult and children's care sectors to develop independent recommendations for social care.

We also develop health and public health advice and guidance. This allows an integrated approach to supporting people and meeting their needs.

### Guidelines

Our [social care guidelines](#) make evidence-based recommendations on the effectiveness and cost-effectiveness of interventions and services. They're co-produced with social care experts.

Our [clinical](#) and [public health](#) topics also contain recommendations you may find relevant.

You can browse by:

- Lifestyle and wellbeing
- Popu
- Settli

### Quality standards

Our social care quality standards are practical tools to help deliver good health and wellbeing for users of adult and children's social services.

They help people understand the quality of services and care they should expect. Providers and commissioners use them to assess performance and make improvements.

➤ [Find standards and indicators](#)

## Share your case studies

If you're a social care provider or commissioner, we'd like to hear from you. Tell us about how you use NICE guidelines and quality standards in your organisation, to deliver or commission services in an innovative way.

We'd like to showcase these case studies on our website. These can be shared with other organisations as examples of good practice.

Get in touch with the social care and leadership team at [SocialCare@nice.org.uk](mailto:SocialCare@nice.org.uk).

## Quality Matters

The Quality Matters initiative is co-led by partners from across the adult social care sector. The [unlocking capacity: smarter together](#) resource helps health and adult social care work better together.

It's aimed at system leaders with the power to work differently. It shows how collaborative working between health and adult social care can improve outcomes for people and make better use of limited resources.

## Tools to help you

### Quick guides



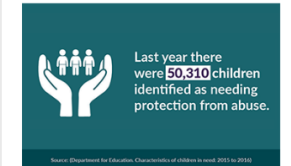
reveloped these short, visual guides  
:are audiences.

### Quality improvement resource for adult social care



Our quality standards and guidelines in an  
easy to use format, mapped against Care  
Quality Commission key lines of enquiry.

### Child abuse and neglect guidance



Links to the specific guideline  
recommendations and supporting  
information.

### NICE in social care



Publications  
Intermediate care including reablement - quick guide (available now)



Subscribe for your monthly ebulletin  
containing information about:

- new social care guidelines and standards
- opportunities to comment on draft guidance
- how you can shape future topics
- how our guidance is being used in adult and children's social care.

### Social care trainers' resource



Help to find content for use in your  
training. This resource includes:

- links to social care related guidance and standards
- free resources to download
- tips on finding guidance.

You can also [download this resource](#) as a PDF.

### Help us develop guidance and quality standards

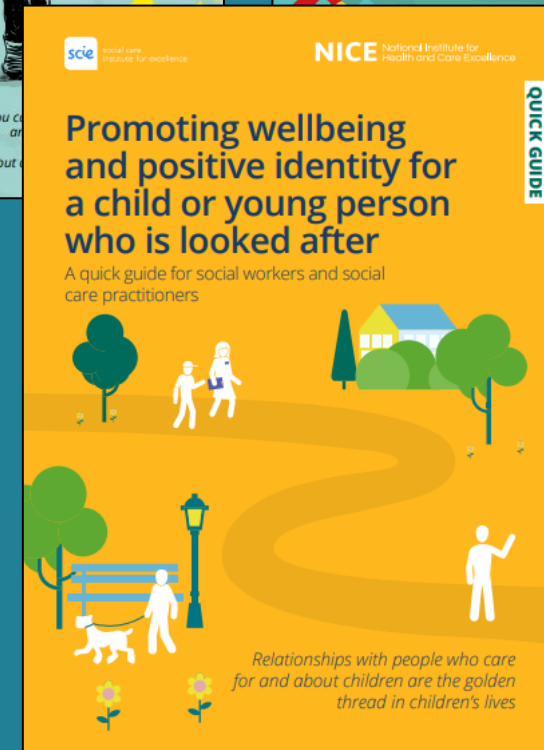
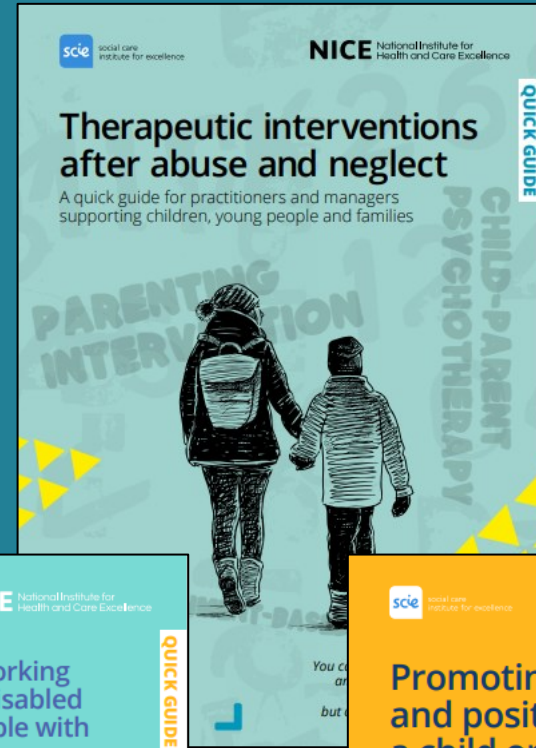
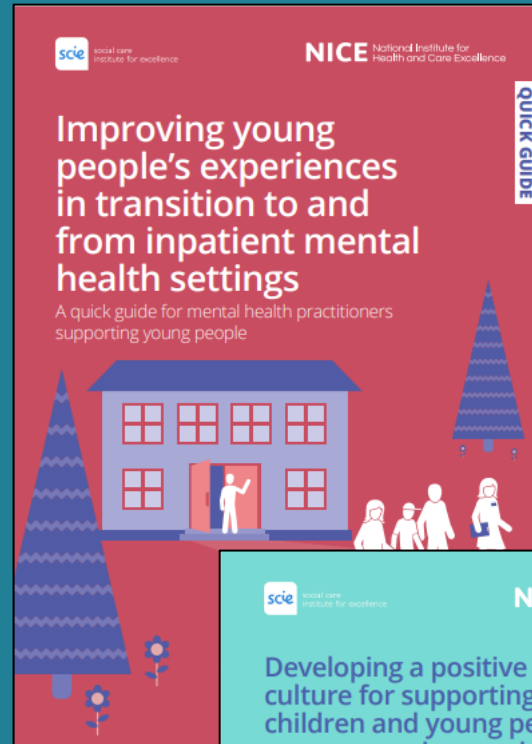


You can contribute by:

- [becoming a registered stakeholder](#)
- applying to [join a committee](#)
- observing a [meeting in public](#)
- speaking to our [public involvement team](#).

# Quick guides

- Based on NICE guidance
- Short & concise
- Target audience
- Developed with SCIE
- Practical & easy to understand
- Ideal for use in staff training

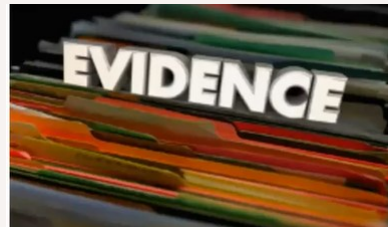




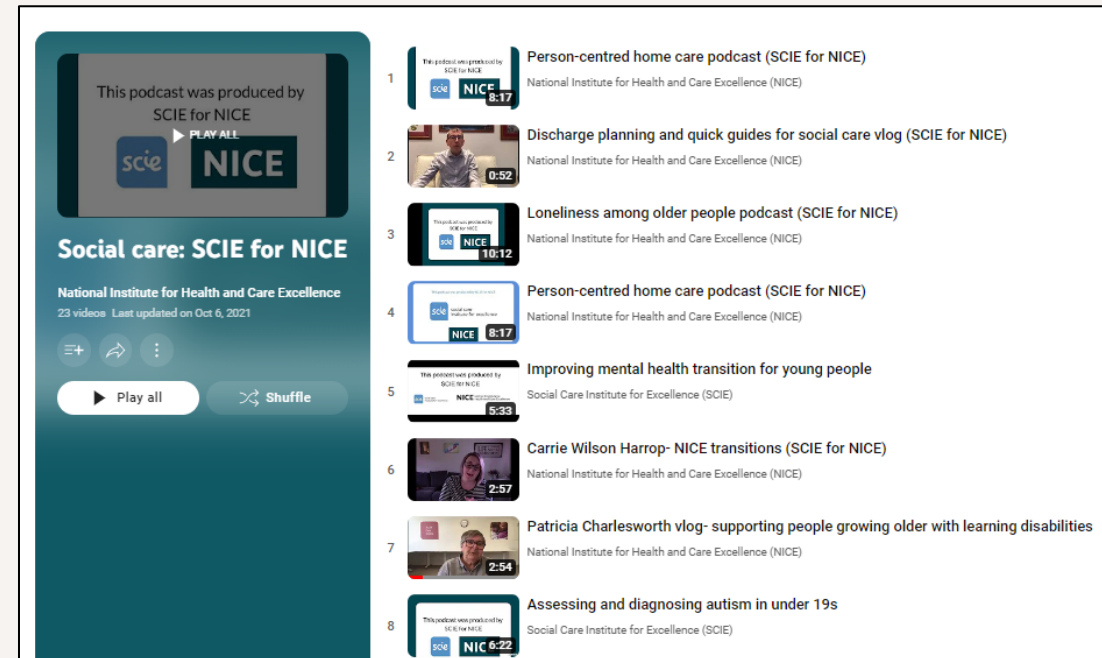
# CPD and development; webinars and podcasts

4 webinars for practitioners interested in learning about evidence-informed practice

- Part 1: [How is evidence and NICE guidance relevant to social work?](#)
- Part 2: [How to use NICE guidance and the NICE website](#)
- Part 3: [How to find additional NICE resources for your practice and user experience](#)
- Part 4: [How to find the evidence which underpins NICE recommendations](#)



**NICE**



This podcast was produced by SCIE for NICE

**Social care: SCIE for NICE**

National Institute for Health and Care Excellence  
23 videos Last updated on Oct 6, 2021

Play all Shuffle

- 1 Person-centred home care podcast (SCIE for NICE)  
National Institute for Health and Care Excellence (NICE) 8:17
- 2 Discharge planning and quick guides for social care vlog (SCIE for NICE)  
National Institute for Health and Care Excellence (NICE) 0:52
- 3 Loneliness among older people podcast (SCIE for NICE)  
National Institute for Health and Care Excellence (NICE) 10:12
- 4 Person-centred home care podcast (SCIE for NICE)  
National Institute for Health and Care Excellence (NICE) 8:17
- 5 Improving mental health transition for young people  
Social Care Institute for Excellence (SCIE) 5:33
- 6 Carrie Wilson Harrop- NICE transitions (SCIE for NICE)  
National Institute for Health and Care Excellence (NICE) 2:57
- 7 Patricia Charlesworth vlog- supporting people growing older with learning disabilities  
National Institute for Health and Care Excellence (NICE) 2:54
- 8 Assessing and diagnosing autism in under 19s  
Social Care Institute for Excellence (SCIE) 6:22

Find [the NICE social work playlist on YouTube](#)

# Webinars run by NICE and SCIE

- [Person-centred transitions between mental health inpatient settings and home for young people](#) (March 2019)
- [Evidence for strengths and asset-based approaches for social work practice](#) (Sept 2019)
- [Asking about and responding to domestic violence and abuse](#) (Jan 2020)
- [Enabling positive lives for autistic adults](#) (Feb 2020)
- [Supporting people with learning disabilities to live longer, healthier lives](#) (May 2019)
- [Asking about and responding to domestic violence and abuse](#) (Jan 2020)

[Access the full playlist via YouTube](#)



National Institute for Health and Care Excellence (NICE)

@niceorguk  
4.65K subscribers

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Recently uploaded

Popular



Challenges to tuberculosis drug development

63 views • 1 month ago



Positively equal: How NICE is working to reduce health inequalities virtual event

408 views • 2 months ago



Early value assessment: Driving innovation into the hands of health and care...

807 views • 5 months ago



Launch of NICE's real-world evidence framework virtual event

1.8K views • 6 months ago



NICE methods research priorities: Continuing the journey

377 views • 8 months ago



Helping health professionals put shared decision making into practice virtual event

409 views • 9 months ago



Implementing shared decision making: Putting NICE guidance into practice virtual...

491 views • 9 months ago



How NICE makes decisions

1K views • 9 months ago



Improving patient access to the best digital health innovations virtual event



TREATMENT AND MANAGEMENT OF... What treatment options does a person with



TREATMENT AND MANAGEMENT OF... What treatment options does a person with



TREATMENT AND MANAGEMENT OF... Should a person consider taking

NICE YouTube channel - a collection of 47 videos covering:

- NICE events
- Conditions and diseases
- Shared learning
- NICE and what we do



[www.youtube.com/user/NICEmedia](https://www.youtube.com/user/NICEmedia)

## Social care Trainers' resource

Shortcuts to quality content



“The reputation NICE has says it all; when we refer to NICE guidance in our training people listen and respect it.”  
Curve Learning & Development

### Quick links - popular topics

The table includes examples of NICE guidance, grouped by popular training topics.

Visit [www.nice.org.uk/about/nice-communities/social-care](http://www.nice.org.uk/about/nice-communities/social-care) to find the PDF of this resource and use the hyperlinks to take you straight to the recommendations or statements.



Training topics	Examples of relevant guidance
Work in a person-centred way	<ul style="list-style-type: none"> <li>Adult social care: improving people's experience (guideline NG86)</li> <li>Older people: independence &amp; mental wellbeing (guideline NG32, quality standard QS137 &amp; QS50)</li> </ul>
Privacy & dignity	<ul style="list-style-type: none"> <li>Adult social care: improving people's experience (guideline NG86)</li> <li>Decision making &amp; mental capacity (guideline May 2018)</li> </ul>
Fluids & nutrition	<ul style="list-style-type: none"> <li>Nutrition support for adults (guideline CG32, quality standard QS24)</li> </ul>
Dementia	<ul style="list-style-type: none"> <li>Dementia: supporting people with dementia and their carers in health &amp; social care (guideline CG42)</li> <li>Delirium (guideline CG103, quality standard QS63)</li> </ul>
Learning disability	<ul style="list-style-type: none"> <li>Learning disabilities &amp; behaviour that challenges: service design &amp; delivery (guideline Mar 2018)</li> <li>Care &amp; support of older people with learning disabilities (guideline Apr 2018)</li> <li>Mental health problems in people with learning disabilities (guideline NG54, quality standard QS142)</li> <li>Challenging behaviour &amp; learning disabilities (guideline NG11, quality standard QS101)</li> </ul>
Autism	<ul style="list-style-type: none"> <li>Autism spectrum disorder in adults (guideline CG142)</li> <li>Autism (quality standard QS51)</li> <li>Autism spectrum disorder in under 19s (guideline CG170)</li> </ul>
Safeguarding	<ul style="list-style-type: none"> <li>Domestic violence &amp; abuse (guideline PH50, quality standard QS116)</li> <li>Home care (guideline NG21)</li> <li>Child abuse &amp; neglect (guideline NG76)</li> <li>Harmful sexual behaviour among children &amp; young people (guideline NG55)</li> <li>Looked-after children &amp; young people (guideline PH28, quality standard QS31)</li> </ul>
Medicines management / health related activity	<ul style="list-style-type: none"> <li>Managing medicines in care homes (guideline SC1, quality standard QS85)</li> <li>Managing medicines for adults receiving social care in the community (guideline NG67)</li> <li>Oral health for adults in care homes (guideline NG48, quality standard QS151)</li> <li>Pressure ulcers (guideline CG179, quality standard QS89)</li> </ul>
Healthy workplaces	<ul style="list-style-type: none"> <li>Workplace health: management practices (guideline NG13, quality standard QS147)</li> </ul>
Infection prevention & control	<ul style="list-style-type: none"> <li>Healthcare-associated infections: prevention &amp; control in primary &amp; community care (guideline CG139, quality standard QS61)</li> </ul>

Content for use in your training. This resource includes:

- links to social care related guidance and standards
- free resources to download
- tips on finding guidance

# What can I do next?



Reflect on your/team awareness and use of relevant NICE guidelines and standards. Choose one to explore in a team meeting



Consider how NICE tools and resources can support you in your role



Look at NICE case studies, speak with NICE about promoting your work



Sign up to NICE newsletter



Consider having a NICE champion in your team



Complete a CPD log to evidence your learning

# A recap – key messages

- NICE supports delivery of safe, quality care and positive service user experience  
[www.nice.org.uk](http://www.nice.org.uk)
- Use guidelines to support your policies and practice (they tell you what works, and is a best use of your resources)
- Use quality standards to support quality improvement activities
- Implementation tools eg quick guides, case studies and webinars support staff learning and development.
- Document your use of NICE in practice – good evidence for your service users/patients, managers and regulators
- Document your use of NICE guidance, tools and resources for your CPD



# Staying up to date

- Visit our website [www.nice.org.uk](http://www.nice.org.uk)
- Sign up for our [monthly newsletters](#) using the QR code
- Contact our enquiry team [nice@nice.org.uk](mailto:nice@nice.org.uk)
- Contact the field team [craig.davidson@nice.org.uk](mailto:craig.davidson@nice.org.uk)
- Visit our social channels - Twitter, Facebook, LinkedIn, YouTube and Instagram



**Thank you.**