

# IndependentNurse

August 2022 | £3.99

For primary care and community nurses

[www.independentnurse.co.uk](http://www.independentnurse.co.uk)

## IN THIS ISSUE

### News

#### Monkeypox cases continue to rise

Over 2500 cases of the virus have now been recorded by the UK Health Security Agency **p4**

### News

#### Outrage as PM hopeful hints at pay cuts for nurses

Liz Truss, the frontrunner to replace Boris Johnson, has quickly backtracked on her suggestion that she would end national pay deals **p4**

### News

#### Numbers of pregnant smokers at all-time low

Almost 15,000 pregnant women managed to quit smoking since 2019 **p5**

### News

#### Major boost to children's mental health workforce

Around 4,500 more people have joined children's mental health services, as demand soars **p5**

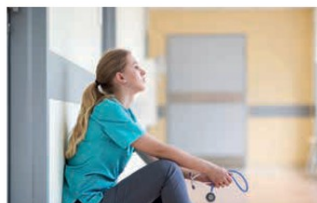


## Advising patients on physical activity and asthma

Heather Henry explains how nurses can provide information and advice for patients with asthma to exercise safely, and reap the preventative benefits against a host of diseases **p14**

## RESOURCES

Events and training for primary care nurses **p30**



RCN calls for ballot: could a nurse strike be on the cards? **p6**



Chronic oedema: assessment, and monitoring **p18**



Understanding and managing HFpEF heart failure **p22**