IN THE KNOW: Keeping Staff Informed

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What is ikigai & how could it help you boost your wellbeing?

Sophrology: The basics, benefits and history of rising mindfulness
Useful links

Patient.co.uk

NHS Choices

Mental Health Foundation

World Health Organisation

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Report tracks further progress in improving patient safety

Abortion reform: What has been approved so far

The word on the street: 'Women should be celebrated'

Island’s GPs to attend first education session of 2018
Pharmacists funded to work in care homes in England
A better way to care for dementia patients
NHS accused of fuelling rise in opioid addiction
Bad blood: The rise and fall of Theranos and Elizabeth Holmes
Platypus milk: How it could combat superbugs
MPs warn of 'poisonous air' emergency costing £20bn a year
'I take 'smart drugs' despite risks'
'I was suicidal and the NHS didn't know what to do'
Hawking: Did he change views on disability?
Corbyn quotes Hawking to May
Thousands more women with heavy periods to be offered test
Skiing helps me take on the outside world
Eco-nappies
Obituary: Stephen Hawking
Professor Stephen Hawking's greatest wish
First steps taken for vaccine pills
Women missing from breast implant register
Philip Hammond hints at 'headroom' for more NHS spending
Welsh minimum alcohol price law law passes first hurdle
So terrified of eating I stopped growing at 11
NHS homeopathy ending in London
Chinese takeaway can bust your salt allowance
Meet Wales' first profoundly deaf midwife
The country where more than 70% of people are overweight or obese
Australia fights drug addiction with plane flying lessons
Sugar tax: The Norwegians travelling to Sweden for sweets
Mesh surgeon removed ovaries without prior consent
Russian spy: What are nerve agents and what do they do?
Girls' guide to what a 'normal' vulva looks like
Why is spitting so bad?
Crossing the border for a sugar fix
Why two sisters are both having double mastectomies
Concerns over Coventry brain surgeon's operations
Muscle loss in old age linked to fewer nerve signals
Endometriosis: 'Don't give up on getting help'
What I’d say to my younger self

Tumour patient's donor plea over snow-hit blood stocks
Women regret casual sex less if they take the initiative
How I saw Stephen Hawking's death as a disabled person

Useful Health Links

NHS Choices: A-Z of health conditions
NHS Choices
Check NHS standards near you
NHS Choices: A-Z of health conditions
Cancer Help UK
British Heart Foundation
Health and Care Professions Council
Mental Health Foundation
General Medical Council
Nursing and Midwifery Council

Care Quality Commission
NICE
NHS Scotland
Health in Wales
NI Direct
Clinical trials information
Diabetes UK
British Lung Foundation
National Obesity Forum
Behind the Headlines

Do you believe everything you read? The NHS Knowledge Service provides a critical view of current health related news items to critically analyse their sources, content and findings.

**Women who stay fit in middle age 'have lower dementia risk'**

**Non-hormonal alternative to HRT shows promise in treating hot flushes**

**'Weak' evidence linking e-cigarette use with future smoking**

**Using cannabis ‘just 5 times' as a teen linked to increased psychosis risk**

**Could age-related muscle weakening be prevented?**

**Bulletins**

(click to open)

- **Allied Health Professionals Bulletin**
- **Chief Scientific Officer Bulletin**
- **Bulletin for clinical commissioning groups (CCGs)**
- **Health Visitors Bulletin**
- **Chief Nursing Officer Bulletin**
- **Revalidation Matters**
- **GP and Practice Team Bulletin**
- **Liaison and Diversion Bulletin**
- **Compassion in Practice strategy and 6Cs Live!**
- **Specialised Commissioning Stakeholder Bulletin**
- **Commissioning Support Bulletin**
PUBLIC HEALTH
Health e-News Bulletin/NLH Public Health Newsletter

Adult Protection & Safeguarding Domestic Violence

Snapchat Stock Tumbles After Rihanna Rips Ad Trivializing ...

As survivors of domestic violence, we know this new law will fail others

Prominent US neo-Nazi arrested on domestic violence charge

Alcohol

Bar attaches alarms to its beer glasses 'because people don't see stealing them as theft'

Losing the booze: five ways to drink less without missing out
**Allergies**

What is a hay fever cough?

What is basophilia? Causes and symptoms

**Cardiovascular Disease**

These antibiotics may endanger vascular health

Canakinumab reduces risk of cardiovascular events in populations with unmet clinical need

PET myocardial perfusion imaging more effective than SPECT scans in detecting coronary disease

**Complementary Medicine / Alternative Medicine**

Could mindfulness prevent major depression?

Ten essential oils to relieve a cough

Can I get rid of a mole by myself?

How do I get rid of my dry hands?
Toothpaste alone does not prevent dental erosion or hypersensitivity

Home remedies to get rid of yellow teeth

Why do I have a bitter taste in my mouth?

What is periodontal surgery?

Candida albicans: higher prevalence in children with early childhood caries

Keratocysts: conservative treatment approaches?

Fixed appliance orthodontics: extraction or non-extraction and soft tissue changes

Dementia

Cell therapy could improve brain function for Alzheimer's disease

How daytime sleepiness may raise Alzheimer's risk

Diabetes

Why does my urine smell sweet?

Individualizing Blood Pressure Targets for People With Diabetes and Hypertension: Comparing the ADA and the ACC/AHA Recommendations
Diet, Nutrition and Obesity

Artificial sweetener could intensify symptoms in those with Crohn's disease

Obesity risk doubles for teens bombarded with junk food adverts

Which diet is best for the aging brain? Study investigates

Molecule that gives energy-burning brown fat its identity could lead to drugs for obesity

End of Life Care

A boy’s creative response to his mother’s illness

How to deal with bad news

Finally At Rest: WW1 Soldier Given Military Burial 100 Years After His Death

Elizabeth Heyert’s best photograph: a woman finds peace before her burial
General Practice

Refer more women with heavy menstrual bleeding for hysteroscopy, NICE says

Failure to document reflection 'could increase risk of GMC referral'

GP at Hand growth accelerates as 5,500 patients join in a month

GMC warning over calls for GPs to stop written reflection

More than half of GP consultations with adults 'impossible in 10 minutes'

Don't assume GPs can prescribe drugs initiated in hospital, warns NHS England

GPs should issue repeat prescriptions for longer than 28 days, study suggests

Immunisation and Infection

UK Flu vaccination programme

New understanding of parasite biology might help stop malaria transmission

Scientists describe potential antibody treatment for multidrug-resistant K. pneumoniae

Mutating Ebola's key protein may stop replication

Water troughs are key to E. coli contamination in cattle

Dengue fever linked to increased risk of stroke
Learning Disability and Challenging Behaviour

I swapped community nursing for a baker's apron and a bag of flour

Disabled girl's Hoddesdon home adapted by volunteers

Individual education programs not being used as intended in special education

Autism: Anti-cancer drug may improve social behavior

Men’s Health

Common allergy drugs may harm testicular function

Too much TV may raise men's colorectal cancer risk

Mental Health and Psychology

How high altitudes could raise risk of depression, suicide

Men and women have opposite genetic alterations in depression

Emotional suppression reduces memory of negative events

Why is my eyebrow twitching?

Can pursuing happiness make you unhappy?

Do you really know how your partner feels?

Stress: How social conflict alters gut bacteria

On Twitter, false news travels faster than true stories, study finds

Childhood trauma link offers treatment hope for people with schizophrenia

Sit, stay, heal: Study finds therapy dogs help stressed university students
Neurology

Brain mechanism involved in language learning

Multiple sclerosis: Have researchers found a key to prevention?

How much of our empathy is down to genes?

How does hearing work?

Researchers discover structure of protein associated with inflammation, Parkinson's

A revolutionary technique allows to image all the cells in a region of the brain

Patients living longer with Duchenne muscular dystrophy pose new challenge for caregivers

Worldwide study triples number of known genetic risk factors for stroke

Have scientists found an answer to chronic pain?

Oncology

How an existing diabetes drug controls pancreatic cancer

Cancer cells' survival strategy defeated with new approach

Polymer nanoparticle shows ability to locate and treat breast tumors

What causes Bence Jones protein in urine?

Science Surgery: ‘What’s being done to use treatments in different types of cancer?’

News digest – PSA test, cutting calories, cervical cancer, and... do you know what increases cancer risk?
Ophthalmology

Vision's role in vowel perception

Optometrist investigates changes in eye structure in astronauts

Paediatrics

New research on the strength of children's bones could help in the design of safer car seats

Teenagers more likely to plead guilty to crimes they didn't commit

Genetic heart diseases cause fewer SIDS deaths than previously thought, study finds

Babies fed soy-based formula have changes in reproductive system tissues

Children as young as 3 have brain network devoted to interpreting thoughts of other people

Childhood aggression linked to deficits in executive function

The quest for bike-friendly children's books in a world where cars rule

Patient Safety

Team training can reduce patient mortality by 13 percent

In conversation with...Linda Aiken, PhD, RN. Perspectives on Safety—Nursing and Patient Safety

Interactions: understanding people and process in prescribing in primary care

Missed Nursing Care: A Key Measure for Patient Safety
ADHD medication use in pregnancy and risk of congenital malformation

Drugs and their names

{blacktriangledown}Dupilumab for atopic dermatitis

Multiple safety warnings for {blacktriangledown}fingolimod

Do hypertension guidelines put the person first?

MHRA: confusion over drug names

Clinical and cost effectiveness of longer prescriptions for chronic conditions

Extracellular vesicles could be personalized drug delivery vehicles

Study debunks fears of increased teen suicide risk from popular flu drug

Death risk increased with two blood pressure drugs

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Physical and Sports Therapy

High fitness may slash dementia risk, study says*

Physiotherapy breathing retraining for asthma and quality of life

Bone marrow edema in lower spine is common in young athletes
Environmental

Health, Faith, and Science on a Warming Planet

Seniors and Aging

Getting lost: Why older people might lose their way

Effectiveness of community screening in reducing fractures in older women

Why some older people are rejecting digital technologies

Can we turn back time? Muscles' own protective systems could help reduce frailty*

Sexual Health

Sex education: Schools 'should promote celibacy', says Church of ...

Study Yields More Than a Million New Cyclic Compounds, Some With Pharmaceutical Potential

Quarter of men with penis cancer are not getting recommended surgery, warns international study
Sleep

These genes could make us prone to insomnia

Substance Abuse

Seven causes of pinpoint pupils
The brain link between coffee and cannabis

Technology

Big Data and Machine Learning in Health Care
Two thumbs, one hand – a robotic body modification
Scientists use nanotechnology to detect molecular biomarker for osteoarthritis

Tobacco

Smoking heightens risk of psychoses
Smokers at greater risk of hearing loss
E-cigarettes and subsequent cigarette smoking in under-18s*
What role does branding play in the smoking experience?
Women’s Health/Obstetrics

What causes nausea before a period?

Why babies need to move in the womb

World Health Organisation

Seven years of Syria’s health tragedy

Working together for the health and welfare of humankind

Wound Management

Critical limb ischemia treatment shows no improvement at three months
Who said a kid from care cannot achieve great things? They can, and I did

Eight ‘good’ children’s services to receive £15 million to help weaker areas

Defining our social work practice: how a council is building on 12 years of stability

Are social work practice models tokenistic, or the core to facilitating change?

Minister warned over proposals that could ‘dilute legal safeguards’ for children

Managers ‘too focused on compliance’ at service that needs improvements

‘Shortcomings’ in cultural awareness training provided to Romanian social worker accused of misconduct

Ofsted praises social workers with legislative ‘expertise’

Hoarding and mental capacity: key points for social workers

Child sexual exploitation: How the system failed

How to challenge a CQC inspection report

‘Poor performing’ care homes increase in one in five local authorities

Educational success curbs effects of child abuse, neglect

Minister warned over proposals that could ‘dilute legal safeguards’ for children

Government will legislate to replace Deprivation of Liberty Safeguards

‘Shortcomings’ in cultural awareness training provided to Romanian social worker accused of misconduct
More than bricks: are social housing providers best placed to offer support to tenants?

Let’s be frank about the NHS

Closing the gap on BME representation in NHS leadership: not rocket science

Improved asthma and dementia care from community pharmacists under new quality scheme

Cold weather alert: Level 3 – cold weather action

Top figures join judging panel for NHS70 Parliamentary Awards

The One Show patient awards

Opportunity for two Patient & Public Voice Partners to join NHS Improvement’s Quality Committee

Around 43% of NHS staff in England use instant messaging.

Tributes pour in for physicist, Stephen Hawking

Award launched for support shown to bereaved parents

“Privileged and fantastic opportunity” opens to female healthcare scientists

Flagship NHS Type 2 Diabetes Prevention Programme exceeds expectations

Diabetes prevention programme helps patients lose 3.3kg on average

Raise legal bar to avoid criminalising good doctors for mistakes, warns MPS

'Tigger-like' Hammond's Spring Statement condemned by social care's 'Eeyores'

Clinical salesmanship and better information: making the most of digital technology in the NHS
National minimum wage: sleep in care
Wales lead the way in safe staffing bill implementation
Staff engagement linked to agency spending savings, report finds
Our invisible addicts
NHS reality check: update 2018
NHS treatment of private patients: the impact on NHS finances and NHS patient care

Monitoring the Mental Health Act in 2016/17
Forward thinking: NIHR research on support for people with severe mental illness
Instant messaging in the NHS: an exploration of the relationship between consumer messaging applications and modern healthcare delivery
Forgotten not fixed: a blueprint to tackle the increasing burden of malnutrition in England
Frontline online: smarter blue light services

PATIENT INFORMATION
Why do I get a pain in my back after eating?
How do you relieve neck spasms?
Middle back pain: Causes and relief

EVIDENCE BASED PRACTICE
Aortic pseudocoarctation: a very rare finding
Endovascular recanalisation with drug coated balloon for chronic symptomatic middle cerebral artery total occlusion
Autopsy case of aortic dissection after transcatheter aortic valve implantation (TAVI)

Myelodysplastic syndrome presenting as a Behcets-like disease with aortitis
Disseminated tuberculous lymphadenitis presenting as cervical mass in patient with HIV infection, worsening after antiretroviral initiation: diagnosis and treatment challenges
Chronic myelogenous leukaemia with a p53 mutation demonstrated neutrophilic granulocytes with nuclear hypolobation (pseudo-Pelger-Huet anomaly) and hypogranulation in the peripheral blood smear.

Unilateral retinitis pigmentosa occurring in an individual with a mutation in the CLRN1 gene.

Coinfection of leprosy and tuberculosis.

Supraventricular tachycardia as a complication of severe diabetic ketoacidosis in an adolescent with new-onset type 1 diabetes.

Metastatic primary pulmonary melanoma successfully treated with checkpoint inhibitors.

Methacrylate dressing on refractory venous leg ulcers.

Aripiprazole reversed gastroparesis in a child with 1q21.1-q21.2 microdeletion.

Successful management of bilateral periorbital necrotising fasciitis with ocular involvement.

Carpal synovitis with capitate bone tuberculosis in a child.

Recurrence of eosinophilic oesophagitis with subcutaneous grass pollen immunotherapy.

Management of tumour lysis syndrome during first-line palliative chemotherapy for high-volume colorectal cancer.

More than 40 years follow-up of an unconstrained metal lunate replacement for the treatment of Kienbock’s disease.

Internal jugular vein aneurysm in an adult: diagnosis on non-invasive imaging.

Infected symptomatic carotid artery atheroma concurrent with bacterial endocarditis.

Gastric Dieulafoy lesion: a rare cause of massive haematemesis in an elderly woman.

Unusual association between erythema nodosum and autoimmune atrophic gastritis.

Dilated tonic pupils with tabes dorsalis in neurosyphilis as first manifestation of HIV/AIDS: a video report.

Total midgut duplication: a ticking time bomb.

Unusual case of a rectal tumour.

Mesenteric artery syndrome associated with HAART onset in a patient with HIV.

Cryptogenic stroke as initial manifestation of CNS vasculitis: demonstration of vessel wall enhancement on 1.5T MRI using volumetric T1 TSE sequence.

Intratesticular varicocele: a rare cause of male factor infertility.

The ‘wobbling pears in urine.

Neurogenic pulmonary oedema.

Asymmetric proptosis as a presenting symptom of Hashimoto’s thyroiditis with hypothyroidism.
Neglected parasitic infection: toxocariasis
Beer, hyponatraemia and cardiac conduction defects
Ovarian teratoma associated with anti-NMDA (N-methyl D-aspartate) receptor encephalitis
An unusual manifestation of olfactory neuroblastoma
Coccidioides immitis septic knee arthritis
Case of Segmental Arterial Mediolysis
Middle mediastinal schwannoma concealed by asthma and GORD
A case of tricuspid valve non-bacterial thrombotic endocarditis presenting as pulmonary embolism in a patient with antiphospholipid antibody syndrome
Resolution of osseous sarcoidosis with steroids
LCAT deficiency as a cause of proteinuria and corneal opacification
Spontaneous thrombosis in an ectatic right coronary artery

Ultrasonographic differentiation of the peripheral choroidal detachment from the circumferential scleral buckle
Spinal meningioma, aortic aneurysms and the missing link of observation: the anchoring heuristic approach
The novel use of botulinum toxin A for the treatment of Raynaud's phenomenon in the toes
Renocolic fistula secondary to urothelial carcinoma
Atrial myxoma presenting as infective endocarditis
Spontaneous renal infarct heralding bowel ischaemia in an adult male: lessons to learn from a rare clinical association
Pancytopenia: a rare complication of Graves disease
Rare case of thoracic endometriosis presenting with lung nodules and pneumothorax
Lactate gap as a tool in identifying ethylene glycol poisoning
Acute glomerulonephritis secondary to Streptococcus anginosus
Cochrane

Laryngeal mask airway versus bag-mask ventilation or endotracheal intubation for neonatal resuscitation

The Cochrane Library - iPad edition

Breast surgery for metastatic breast cancer

Identifying carrier status for thalassaemia, sickle cell disease, cystic fibrosis, or Tay-Sachs disease in non-pregnant women and their partners

Orthodontic treatment for prominent upper front teeth in children

NICE Clinical Knowledge Summaries provides primary care practitioners with a readily accessible summary of the current evidence base and practical guidance on best practice in respect of over 300 common and/or significant primary care presentations.

The service is being regularly maintained and upgraded as and when significant new evidence emerges and up to 10 new topics will be added each year. You can access the service here.

To suggest a new topic, please contact us.
National Institute for Health Research (NIHR) Health Technology Assessment

Research recommends rethink of 28-day prescriptions for people with long-term conditions

The 2018 Research and Innovation Awards for North West Coast

Outstanding emergency medicine research leaders commended

Report brings together key research on severe mental illness

First Biomedical Research Centres Northern showcase an outstanding success

Sign up to Themed Call Webinar

Short-term pedometer use has long-term benefits for physical activity

LIBRARY "BITS AND PIECES"

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