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**IN THE SPOTLIGHT**

*What causes multiple sclerosis? Landmark study finds clue*
How to help your country’s economy: if you’re feeling unwell, stay home.

How To Tell You’re Stressed (And What To Do About It)

How job strain may impair mental health

My life was so hectic that I welcomed getting ill

What should you eat to improve your skin?

Exercise is only beneficial when done outside your job, study claims

17 ‘Small,’ But Significant, Lifestyle Changes That Help People With Anxiety

Useful links

Patient.co.uk

NHS Choices

Mental Health Foundation

World Health Organisation
MANX SKEET

Mental health waiting list query for Health Minister

Government seeks responses to social attitudes survey

Man jailed for assault on wife

Betrayal of Knottfield’s children

Minister wants to reduce mental health service waiting list

We hope to keep within budget at Noble’s

Over a year before DHSC resignation scheme makes savings

More nursing posts vacant than in 2017

Health Minister promises to make breast screening investigation public

Could you foster?
DR Congo Ebola outbreak: WHO in emergency talks as cases spread
Growing resistance to antifungal drugs 'a global issue'
Reality Check
Singapore's measures to reduce short-sightedness
Young encouraged to speak out over mental health
Mum wants postnatal depression awareness after dad's suicide

Vape pen explosion pierces Florida man's cranium killing him
Dementia exercise programmes 'don't slow brain decline'
Patients 'could have been harmed' after Capita outsourcing
Diabetes blood test 'could mean end to daily insulin jabs'
Housebound woman 'forced to crowdfund' for wheelchair
Dealing with a child who will not sleep through the night
'Spice epidemic in jails risk to nurses'
Nurse: 'I've been hit, head-butted and taken hostage'
Cancer patients urged to discuss 'end of life' plans
Foreign worker charge 'tears families apart'

ME protesters gather in London
Should we sleep and wake early to boost our health?
Tessa Jowell tribute: Funding doubled for brain cancer research
Sharp rise under-11s referred for mental health help
'Three-quarters of public worried about nurse staffing'
Prince William praises 'wonderful' NHS staff
Severe allergic reactions in surgery 'caused by antibiotics'
VIDEO: The women supporting each other through photography
Severe allergic reactions in surgery 'caused by antibiotics'
Twitter fails to take down Xanaz adverts
'Nursing took me to the South Pole'
London Mayor Sadiq Khan plans TfL 'junk food' advert ban
Minister wants accountability on cervical cancer scandal
Department of Health allocates £15m for workforce challenges
Campaigners say stress 'is damaging our health'
NHS could pay for 999 medical help from fire service
Students register 100 abuse cases on Cardiff Uni system
Guernsey to vote on assisted dying
Eloise Parry: Diet pills caused 'distressing death'
Polycystic ovary syndrome: Scientists closer to understanding cause
Male nurse: 'I was told to become a brickie'
Furness hospital baby deaths: Midwifery council criticised

Body clock linked to mood disorders
Heavy-period drug can treat brain haemorrhage
VIDEO: Josh Cullip: Coping with dementia at 11 years old
Praise for Northern Ireland hospitals in patient survey

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.

- Exercise 'doesn't slow' progression of dementia
- Body clock disruptions linked to mood disorders
- People no longer being treated for irregular pulse 'may still have stroke risk'
- Tobacco, alcohol and illegal drugs 'are a global health threat'
- Heavy physical activity at work linked to earlier death in men

Bulletins
(click to open)

- Allied Health Professionals
- Bulletin for clinical commissioning groups (CCGs)
- Chief Nursing Officer Bulletin
- GP and Practice Team Bulletin
- Compassion in Practice strategy and 6Cs Live!
- Commissioning Support Bulletin
- Chief Scientific Officer Bulletin
- Health Visitors Bulletin
- Revalidation Matters
- Liaison and Diversion Bulletin
- Specialised Commissioning Stakeholder Bulletin
Adult Protection & Safeguarding Domestic Violence

Theresa May isn't going far enough to save women's refuges from closure

Alcohol

Alcohol and tobacco are by far the biggest threat to human welfare of all addictive drugs

Why does alcohol make us drunk? You asked Google – here’s the answer

Serving smaller alcoholic drinks could reduce the UK's alcohol consumption
Allergies

Seven ways to deal with hay fever

Alternative treatment for mild asthma

Cardiovascular Disease

Psychobehavioral Profiles to Assist Tailoring of Interventions for Patients With Hypertension: Latent Profile Analysis

Reversing atherosclerosis with one shot

What causes the heart to skip a beat?

Heart disease severity may depend on nitric oxide levels

Protective protein activated by vitamin K found, inactive, abundant in African-Americans on dialysis

Complementary Medicine / Alternative Medicine

What is a qi deficiency?

Acupuncture no better than placebo for improving IVF success, trial finds

Why mindful breathing keeps your brain healthy and young
Imagine willing your child to die – that's what I did when my daughter got sepsis

Clinical chronobiology: a timely consideration in critical care medicine

Millions of parents putting children’s health at risk by not knowing dental care facts, according to research

Tooth fragment reattachment techniques?

Traumatic dental injuries affect around 1 billion people

Why is my tongue bleeding?

Parkinson’s, dementia: Is this the key to preventive therapy?

Cognitive Assessment of Patients With Alzheimer’s Disease by Telemedicine: Pilot Study

Rigorous exercise does not halt dementia decline, study concludes
Dermatology

- Nodular acne: Definition and treatment options
- What is a mucous cyst?
- What to know about angiolioma

Diabetes

- Could vitamin D help to fight diabetes?
- Worlds largest low-carb type 1 diabetes study set to start
- Diabetes teams must be fully staffed to cut insulin errors, says charity

Health Care Professionals’ Attitudes Toward, and Experiences of Using, a Culture-Sensitive Smartphone App for Women with Gestational Diabetes Mellitus: Qualitative Study

Diet, Nutrition and Obesity

- How long does a cup of coffee keep you awake?
- What are the symptoms of low vitamin E?
- Could eating yogurt reduce inflammation?
End of Life Care

Grief will let go eventually. And then I’ll remember my dad as he was

Grief and the importance of listening to one another

MPs bid to help parents in ‘darkest hours’ with bereavement leave law

People urged to talk more openly about dying

'Fighting attitude' could have a negative effect on terminal cancer patients' end of life experience, report finds

Gastroenterology

What is necrotizing pancreatitis?

'Largest' microbiome study weighs in on our gut health

Haematology

Everything you need to know about thin blood
**Immunisation and Infection**

**La Trobe's infection-busting discovery**

**Can you treat elephantiasis?**

**The common cold: Could we be close to a cure?**

**Scientists uncover a new face of a famous protein, SWI2/SNF2 ATPase**

**More than a living syringe: Mosquito saliva alone triggers unexpected immune response**

**Learning Disability and Challenging Behaviour**

**Amidst The Noise This Mental Health Awareness Week, There’s One Voice You Might Not Hear**

**REPORT: Hospitals passports for people with learning disabilities being ignored**

**Urgent action needed to ensure learning disability nursing is not wiped out**

**Workers with learning disabilities are a benefit**

**Men’s Health**

**Men get post-natal depression too, warns family of suicide father**

**High physical activity at work may increase death risk**

**Men’s depression may lower chances for pregnancy in couples, NIH study suggests**

**More men with low-risk prostate cancer are forgoing aggressive treatment**
**Mental Health**

What is box breathing?

Mental health referrals in English schools rise sharply

Action, not more reports, needed to tackle student mental health

How job strain may impair mental health

Disruption of daily rhythms linked to mental health problems

Mental health self-help guides tend to be dull, so I created a vibrant zine

Introduce mental health checks for new mothers, ministers told

Don’t use mental health to justify abortion law change, warn psychiatrists

New personalized brain mapping approach underscores need for individualized treatments

Suicide prevention and reduction

**Neurology**

Learning music or speaking another language leads to more efficient brains

Which foods might stop your brain from shrinking?

Deadly brain cancer stopped with new compound

Noninvasive brain stimulation leads to fine motor improvement after stroke

Adult brains structured differently depending on status in society, study suggests
Oncology

Why is lung cancer so difficult to treat?

Cancer: Does sex affect the outcome of immunotherapy?

Combating the deadly gastrointestinal infection C. diff

Elastic microspheres expand understanding of embryonic development and cancer cells

Acceptability of a Mobile Phone App for Measuring Time Use in Breast Cancer Survivors (Life in a Day): Mixed-Methods Study

Colorectal cancer: Some cells are 'born to be bad'

Ophthalmology

How do you get rid of itchy eyes?

Genome surgery for eye disease moves closer to reality

Paediatrics

Deaf children losing out as English councils cut support, charity warns

Keeping kids with asthma out of the hospital

How living in violent communities can affect children’s antisocial behaviour
Patient Safety

Using report cards and dashboards to drive quality improvement: lessons learnt and lessons still to learn

Pathology of poverty: the need for quality improvement efforts to address social determinants of health

Effect of a population-level performance dashboard intervention on maternal-newborn outcomes: an interrupted time series study

Impact of out-of-hours admission on patient mortality: longitudinal analysis in a tertiary acute hospital

Evaluation of the association between Nursing Home Survey on Patient Safety culture (NHSOPS) measures and catheter-associated urinary tract infections: results of a national collaborative

Mortality, readmission and length of stay have different relationships using hospital-level versus patient-level data: an example of the ecological fallacy affecting hospital performance indicators

Simplifying care: when is the treatment burden too much for patients living in poverty?

Dynamics of dignity and safety: a discussion

Implementation of diagnostic pauses in the ambulatory setting

Staff shortages delay new locum rates rollout

Lessons Learned Review

Peoples experiences of hospital care on the weekend: secondary analysis of data from two national patient surveys

Pharmacology

NICE approves multiple sclerosis drugs after prices are reduced

Medicine safety: indicators for safer prescribing

Caprelsa (Vandetanib) Important Risk Minimisation Information for Healthcare Professionals

LYNPARZA (Olaparib): Risk of medication errors with new pharmaceutical

Imigran Injection
Physical and Sports Therapy

Exercise beats genetics in determining amount of body fat

What is the difference between a sprain and a strain?

High physical activity at work may increase death risk

Seniors and Aging

Preparing for the 'silver tsunami'

Temporal Associations Between Social Activity and Mood, Fatigue, and Pain in Older Adults With HIV: An Ecological Momentary Assessment Study

A Mobile Health Intervention to Reduce Pain and Improve Health (MORPH) in Older Adults With Obesity: Protocol for the MORPH Trial

Falls Prevention Horizon Scanning Bulletin Volume 8 Issue 4
Sexual Health

Lesbian, bisexual women may be more likely to develop diabetes due to stress

Does drinking water improve erectile dysfunction?

Patients are being turned away from sexual health services, RCN report reveals

How sex toys are being redesigned to help survivors of sexual assault

Sleep

‘Only use your bed for sex and sleep’ and other tips for dealing with chronic insomnia

New findings explain how melatonin promotes sleep

Consumer sleep technology is no substitute for medical evaluation

Substance Abuse

Cannabis use up among parents with children in the home

Take it from someone who spent years taking heroin and crack: addiction isn't a physiological problem. It's a mental health one

Magnetic stimulation dampens brain response to drug cues in addiction
Surgery

What are the most painful surgeries?

3D printing helping surgeons practise transplants using replica organs

3D printing technique set to revolutionise complex surgery

Technology

An electronic rescue dog

Robots grow mini-organs from human stem cells

Tobacco

mActive-Smoke: A Prospective Observational Study Using Mobile Health Tools to Assess the Association of Physical Activity With Smoking Urges

E-Cigarettes Lose Popularity Among Adult Smokers
Randomized trial finds ibuprofen not a safe alternative to antibiotics for UTIs

Can women get prostate cancer?

What causes bleeding between periods?

Is breast asymmetry linked to breast cancer?

Air pollution during pregnancy tied to high blood pressure in kids

World Health Organisation

Ebola virus disease – Democratic Republic of the Congo
‘You’re doing social work like you would anywhere else; but you’re doing it in a way that allows innovation’

High retention rates among Step Up graduates despite ‘clinical levels of stress’

Unison report calls for accelerated integration efforts in Wales

Frontline social work training costs ‘excellent value for money’, minister told

‘The social work pods mean you feel part of a unit that pulls together’

Inspectors rate children’s service where poor referrals were ‘overloading’ social workers ‘inadequate’

How to better safeguard people with learning disabilities from forced marriage

Permanent contract, agency work: the plan to shake up social work recruitment

Is my position as a social worker compromised if I don’t agree with adoption?

‘It felt like we social worked people but then we moved to Signs of Safety’

How we retrained social workers after an ‘inadequate’ Ofsted judgment

Tools to help students with reflective practice and using theory

Council praised for keeping social workers ‘secure’ during significant change

Adult social care staff suffering from low pay and esteem, report says

Minister warned over ‘deep instability’ in social work education following £50 million fast-track contract

Government orders ‘inadequate’ council to cooperate with ‘peer support’ programme from other London borough

One in eight learning disabled deaths affected by service failures, report finds

Ofsted praises tenacious social workers for work with adolescents

Guidance for social workers working with people suffering hearing loss published

Admin pressures accelerating children’s social worker burnout, study finds

Unprecedented level of joint working is transforming lives of older people

Complaint filed against charity over removal of EU rough sleepers

A fork in the road: next steps for social care funding reform
Key Resources

Social Care TV

e-Learning

Social Care Online

Research Register for Social Care

Social Care Research Ethics Committee

All SCIE resources

HEALTH MANAGEMENT

What has the STP or ICS ever done for me?

Nurse redeployment is a symptom of staffing shortages – could new laws be the cure?

Nurses need better pay to make profession more attractive

Smaller nursing homes struggling to survive

Frailty should be viewed as a reversible syndrome, congress fringe told

Nurses call for pay parity for Northern Ireland colleagues

Transformational change in health and care: five small steps to make a big difference

Patient-Centered Mobile Health Data Management Solution for the German Health Care System (The DataBox Project)

Conceptualization and Implementation of the Central Information Portal on Rare Diseases: Protocol for a Qualitative Study
Dame Kelly Holmes backs parkrun for the NHS’s 70 birthday on June 9 to get the nation active

GP trainees 'exploited' to prop up overstretched out-of-hours services

Fentanyl: preparing for a future threat

Per-capita end-of-life spending is decreasing rapidly, according to new study

Addressing inequalities in mental health care: are we there yet?

Primary care home: community pharmacy integration and innovation

NHS England’s management of the primary care support services contract with Capita

Stress: are we coping?

Burning Britain?: tackling 'burning injustices' that blight Britain

Missed opportunities: advance care planning report

A better offer for older people: making extra care housing work for your community

The debate on indication-based pricing in the U.S. and five Major European countries

Promoting health and preventing premature mortality in black, Asian and other minority ethnic groups

NHS at 70: public attitudes to the health and care system

Sexual and reproductive health: RCN report on the impact of funding and service changes in England

Network and Information Systems Regulations 2018: guide for the health sector in England

Voices from the social care crisis

PATIENT INFORMATION

How to eat more vegetables without even realising

Can eating spicy food help you lose weight?

How to go vegan healthily
QUALITY IMPROVEMENT AGENDA

The role of time series data in improving care

- Random variation — a game
- Making data count
- Empowering staff to lead improvement

EVIDENCE BASED PRACTICE

BMJ Evidence Updates

- An interesting case of lymphadenopathy
- Cholestatic jaundice: a unique presentation leading to the diagnosis of HLH with Hodgkin lymphoma, HIV and EBV
- Unilateral lung agenesis, hiatal hernia and atrioventricular septal defect: a rare combination of congenital anomalies
- Improvement of primary biliary cholangitis (PBC) under treatment with sulfasalazine and abatacept
- Dichorionic twins discordant for body-stalk anomaly: a management challenge
- Lateral semicircular canal osteoma presenting as chronic postaural fistula
- Unusual cause of brachial palsy with diaphragmatic palsy
- Unravelling the NERDS syndrome
Disseminated cryptococcosis in HIV negative patient

Surprising pathological and clinical manifestations of miliary tuberculosis

Solitary calvarial haemangioma presenting as metastatic renal cell carcinoma

Recovery of brain abscess-induced stuttering after neurosurgical intervention

Cavernous sinus meningioma presenting as third nerve palsy in pregnancy

Urothelial carcinoma of an allograft ureter 10 years after deceased donor kidney transplantation

Granuloma formation associated with patellar tendon necrosis in response to Ethibond confirmed by histopathological examination

Fibrosing mediastinitis-related pulmonary artery and vein stenosis-limiting chemotherapy

Early prosthetic valve endocarditis after transcatheater aortic valve implantation using St Jude Medical Portico valve

Large bowel obstruction in a 27-year-old woman caused by a sigmoid faecal bolus

Prosopometamorphopsia secondary to a left splenium of the corpus callosum infarct

Palatal tremor as a manifestation of posterior circulation haemorrhagic stroke

Role of dynamic MRI in occult cervical canal stenosis

Medically managed coronary artery aneurysm without concomitant stenosis

Not so mass effect? Finding of a remarkable ‘incidentaloma’ in a teenager with neurofibromatosis

Systemic sclerosis: severe pulmonary arterial hypertension and pericardial effusion at diagnosis

Sudden hemichorea and frontal lobe syndrome: a rare presentation of unbalanced polycythaemia vera

Achieving Full Neurological Recovery in Snakebite using Best Supportive Care

Spontaneous closure of branchial sinus of the pyriform fossa

Numb chin syndrome: an ominous sign of mandibular metastasis

Atopic dermatitis complicated by severe impetigo in a Syrian refugee infant

Unexplained bruising: a developing story

Penetrating trauma causing cerebrospinal fluid leak without nerve root damage

Necrotising scleritis, keratitis and uveitis in primary antiphospholipid syndrome

Inflammatory myofibroblastic tumour: an unusual presentation including small bowel obstruction and palpable abdominal mass

Paediatric osteofibrous dysplasia-like adamantinoma with classical radiological findings
10-year-old with concha bullosa pyogenic mucocele

Case of drug-induced interstitial lung disease secondary to adalimumab

A mysterious postoperative rash

Non-operative management of an isolated lateral collateral ligament injury in an adolescent patient and review of the literature

Endoscopic diagnosis of a goblet cell carcinoid tumour of the appendix

Second-look laparostomy for perforated gangrenous gastric volvulus to prevent total gastrectomy

Pyopericardium progressing to tamponade in a patient with immune thrombocytopenia

Unique presentation of a ruptured Meckel’s diverticulum after blunt trauma

Unusual cystic lung metastasis

Pneumoperitoneum in a neonate weighing less than 500 g. What do we really know about it?

Metabolic acidosis in short bowel syndrome: think D-lactic acidosis

Sturge-Weber syndrome-associated glaucoma and intraocular osseous metaplasia: a unique complicated case

Intraoperative intraluminal injection of N-acetylcysteine allowing treatment of distal intestinal obstruction syndrome without the need for enterotomy

Use of CSF infusion studies to unblock occluded hydrocephalus ventricular shunt catheters: a preliminary report of two patients

Unusual case of iron overload with cancer-mimicking abdominal splenosis

Cochrane

Is withdrawal of drug therapy feasible in patients with CD who have achieved remission?

In people with bone marrow disorders, a comparison of giving platelet transfusions only when bleeding occurs to also giving them to prevent bleeding
Pain relief for women undergoing oocyte retrieval for assisted reproduction

Optimized anaesthesia depth guided by brain electrical activity for protection against postoperative delirium and cognitive dysfunction in adults

Glucocorticosteroids administered after Kasai surgical procedure for infants with blocked or damaged bile duct

Are psychological therapies effective in treating depression that did not get better with previous treatment?

Antidepressants for insomnia

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

Enhancing research delivery

Mental Health Service User Involvement Award

Government increases investment in brain cancer research in honour of Tessa Jowell

Royal National Throat Nose and Ear Hospital Top Recruiting Site

Psychological therapies are effective for adults with treatment-resistant depression
Eastern study uses IMAGINE-ation to help child with rare syndrome

Study finds no benefits for bath emollient eczema treatment

Local research contributes to international stroke study that could 'transform treatment'

NIHR at heart of international stroke study that could 'transform treatment’

NIHR awards £3m for new research to investigate screening to prevent one in ten strokes

DoH Press Releases/New Publications

NHS Heroes honoured by Prince William as 'our country’s greatest treasures’

Mental health “game-changer” care leads to 75 per cent reduction in hospital admissions

National framework for NHS continuing healthcare and NHS-funded nursing care

Network and Information Systems Regulations 2018: health sector guide

UK life sciences sector brings record growth as new Life Sciences Council meets for first time

Bioscience and health technology database: annual report 2017
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