IN THE KNOW: Keeping Staff Informed

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In this issue:

MANX SKEET

STAFF HEALTH & WELLBEING

HOT OFF THE PRESS

PUBLIC HEALTH

EVIDENCE BASED PRACTICE

SOCIAL AND COMMUNITY CARE

HEALTH MANAGEMENT

PATIENT INFORMATION

LIBRARY BITS AND PIECES
Can Watching Intense TV Shows & Movies Relieve Stress?

Myths about gossip busted

Suicide attempts by self-poisoning have more than doubled in teens, young adults

Table for one: how eating alone is radically changing our diets

The perils of a leader who is too extroverted

When To Exercise (And How) For A Better Night's Sleep

New Plans To Tackle Sexual Harassment Against Women And Girls Unveiled

Could The Rebranding Of Sobriety Change Our Attitudes Toward Drinking?

Useful links

Patient.co.uk

NHS Website

Mental Health Foundation

World Health Organisation
Petition for eco-friendly school launched

Lifeboat teams aid stricken speedboat

Health Department heading in right direction says minister

Rebecca House extensions to expand service

Stroke survivor Edward sets his sights on the Parish Walk

Isle of Man Health and Social Care model is unsustainable

Increase in 'sextortion' incidents

No school bans for unvaccinated pupils

'Scale of healthcare challenge must be grasped'

Interim health chief appointed

Gay blood ban questioned
Vaccination benefits need to be explained better, report says

Leonardo's 'claw hand' stopped him painting

Universities inspired to spot students with mental health concerns

Minister considers 'all options' to boost vaccine uptake

Waste collection costs double after firm's collapse

False allegations of fabricated illness 'ripped family apart'

Social media effect 'tiny' in teenagers, large study finds

Assisted suicide: Paul Lamb renews bid for right to die

Newcastle stroke treatment trial results 'phenomenal'

British people 'having less sex' than previously

GP pressure: Numbers show first sustained drop for 50 years

NI alcohol deaths are 'tip of the iceberg'

Increase in number of GPs in Northern Ireland

Scotland has more GPs than rest of the UK, study finds

Homelessness: People spend three years in temporary housing

Phage therapy: 'Viral cocktail saved my daughter's life'

Frozen eggs 'are fastest fertility trend'

Hormone 'can reduce some women's chances of miscarriage'

We both now have hope - MS sisters

Weight loss unit 'could reduce stigma'

Margaret Fleming trial: Missing woman was 'naive and vulnerable'

Doctor rota gaps 'regular and frequent' in Wales

Bereaved father leads NHS movement against suicide

More mental health patients sent 'hundreds of miles' for care

Chief nursing officer to lead 10-year cancer strategy

'Destructive bullying' at NHS Highland, say whistleblowers

NHS Wales' doctor shortage 'risk to children's health'
Useful Health Links

NHS Website: A-Z of health conditions
  NHS Website
  Check NHS standards near you
  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
Your health, your choices

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.

- Social media effect on teen life satisfaction 'is tiny', study reports
- UK couples having less frequent sex than 10 years ago
- No clear evidence hormone treatment in early pregnancy helps prevent miscarriage

Bulletins
(click to open)

Allied Health Professionals

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

Addiction

National Rating System For Addiction Treatment Being Tested In 5 States

Opioid Addiction Drug Going Mostly To Whites, Even As Black Death Rate Rises

Calls for mandatory tax on gambling industry to treat addiction in UK

Reformed addicts: How Craig fought drug and alcohol addiction to support other addicts at CGL Inspire in Fleetwood

Global alcohol intake has increased by 70%, study warns

Allergies

How to tell if a sore throat is from an allergy or a cold

Food outlets ‘should list all ingredients’ says food agency
Cardiovascular Disease

- Improve public understanding of AI, or risk spread of fake news report warns
- Using coal as a potent antioxidant
- Cancer treatments: Patients need to know heart risks
- Lifestyle factors that could harden arteries
- Exercise may improve memory in heart failure patients
- Genetic therapy heals damage caused by heart attack
- Arsenic in drinking water may change heart structure
- The heart 'talks' to fat cells

Critical Care

Critical Care Bulletin May 2019

- Sixty seconds on . . . emergency department waits app

Dental

- Surface protein editing in bacteria
- Inflammation, periodontitis and depression
**Dementia**

*Early-stage detection of Alzheimer's in the blood*

*Teaching happiness to dementia caregivers reduces their depression, anxiety*

*Alzheimer's: How light therapy could protect the brain*

*VR can improve quality of life for people with dementia*

**Diabetes**

*Pushing early beta-cell proliferation can halt autoimmune attack in type 1 diabetes model*

*Type 2 diabetes: Intensive hypertension therapy may lower death risk*

*How Muslims with type 2 diabetes can navigate fasting for Ramadan*

*Major funding will help type 1 diabetes consortium to research type 1 prevention*

*Nature vs. nurture: What fuels obesity, diabetes?*

*Advancing cell therapy for diabetes*
Diet, Nutrition and Obesity

Does soy protein reduce 'bad' cholesterol? The debate continues

Obesity rising faster in rural areas than cities

Avocados, as a substitution for carbohydrates, can suppress hunger without adding calories

'Lentils will help you run faster:' Communicating food benefits gets kids to eat healthier

New pathway for improving metabolic health

Train your brain with computer game to eat less sugar

End of Life Care

How a serious illness affects a love of movies

Half Of Cancer Patients Struggle To Seek Help Because They Want To 'Stay Strong' For Family

QA Hospital’s Butterfly Bereavement Suite has opened to give families a quiet place to digest bad news

Are we ready to talk about death? And if not, then what?

Welcome to the Departure Lounge. Destination: death
Immunisation and Infection

Needleless vaccine will protect children from dangerous viruses

Bacteria-causing infections can be detected more rapidly

How do cancer-causing bacteria take over our stomachs?

Groundbreaking study could lead to fast, simple test for Ebola virus

Where antibiotics fail, 'bacteria-eating' viruses may prevail

New HIV vaccine strategy 'pumps' the immune system

Learning Disability and Challenging Behaviour

Levels of autism: Everything you need to know

Name recognition could be key to an early diagnosis tool for autism

Managing challenging behaviour in children with possible learning disability
Mental Health

Mental well-being predicts leisure time physical activity in midlife

Are strangers' mental health 'recovery narratives' helpful?

Mental health on campus: College students launch a side hustle to help other students' mental health

Stress in early life could make people more likely to develop depression

Broccoli sprout compound may restore brain chemistry imbalance linked to schizophrenia

A moody gut often accompanies depression: New study helps explain why
Neurology

Quality Improvement Strategies Benefit Care Delivery in Pediatric Headache

Abdominal Obesity Associated With Increased Risk for Ischemic Stroke

Long Half-Life Antiepileptic Drugs Reduce Hospitalization in Uncontrolled Epilepsy

Rituximab-Related Serious Infections Unlikely in Multiple Sclerosis

Just One More Question: Stories from a Life in Neurology

Combat personnel with brain injuries pinpoints abnormal brain waves

Obstetrics

NHS Long Term Plan to give mums the ‘Royal Treatment’, as 14,000 choose home birth

Maternal nut consumption during pregnancy linked to improvements in neurodevelopment in children

Progesterone could increase births in women with early pregnancy bleeding and previous miscarriage

Migraines may increase risk of pregnancy complications
Researchers putting the brakes on lethal childhood cancer

Circulating tumor DNA gives treatment options for the most common ovarian cancer type

Can diabetes influence cancer's spread?

Physical fitness might protect against lung and bowel cancers

‘Yuck factor’ puts off eye donors, leaving vital transplants at risk

New treatment for severe dry eye disease promising in early clinical trials

Suicide attempts by self-poisoning have more than doubled in teens, young adults

AI can detect depression in a child's speech

Bullying among adolescents hurts both the victims and the perpetrators

Alternative treatment for epileptic seizures in children identified
Patient Experience

Continuing professional development: lymphoma in primary care

Patient Safety

In harm’s way

You shouldn't see your doctor in afternoon as they 'are drained of empathy' after 20 patients

CCGs' cost-saving insulin switches causing patient safety incidents

Improving patient safety: We need to reduce hierarchy and empower junior doctors to speak up

Pharmacology

£14m pay deal for boss of 'unaffordable' cystic fibrosis drug

Lower price for MS drug paves the way for positive recommendation from NICE

Caution: Grapefruit juice may impose risk on patients with long QT syndrome and should be avoided when taking QT-prolonging drugs
Physical and Sports Therapy

Training for first-time marathon 'reverses' aging of blood vessels

Seniors and Aging

Physical and mental health of seniors linked to optimism, wisdom and loneliness

Intelligence can link to health and aging

Older adults with obesity may have fewer years of healthy life

Anger more harmful to health of older adults than sadness
Sexual Health

Self care interventions for sexual and reproductive health and rights: costs, benefits, and financing

Young Brits say they are having less sex. Maybe that’s not such a bad thing

Sleep

Three quarters of women feel they aren’t getting enough sleep

Sleep deprivation and menopause go hand in hand: here are tips to help you sleep

For teens, online bullying worsens sleep and depression

Substance Abuse

Health professionals wary of medicinal cannabis misuse and adverse effects

Britain loves booze. It’s time we talked honestly about the harm it causes

Surgery

Excessive use of skin cancer surgery curbed with awareness effort
Tobacco

Avoid smoky environments to protect your heart

Promoting Smoking Cessation in Individuals With Schizophrenia

Women’s Health

Less-invasive mastectomy safe for more breast cancer patients

World Health Organisation

WHO welcomes industry action to align with global trans fat elimination targets

WHO Adapts Ebola Vaccination Strategy in the Democratic Republic of the Congo to Account for Insecurity and Community Feedback

WHO is establishing technical advisory group and roster of experts on digital health
Pool of independent social workers assisting courts shrinking due to pay freeze, experts warn

ADASS membership extended to adult principal social workers

‘Hello, I think you’re my sister’: how can we manage post-adoption contact in a social media age?

Youth club closures put young people at risk of violence, warn MPs

Council ‘reneged on agreement’ with ombudsman by not making changes to special guardianship placement

‘Eight months in, I feel pessimistic and tired, and I wonder if social work will be the career for me’

I’ve had the same manager for 12 years, so I’ve never seen a need to leave

Senior leaders’ failures see council drop from ‘good’ to ‘inadequate’

What hosting a reunion for care leavers taught us about our jobs

Case for solution to social care crisis is clear, says NHS Confederation

Health and care services for people sleeping rough

‘Chronic instability’ behind county’s failure to meet basic social work standards, Ofsted finds

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

‘Digital midwives’ open up about role challenges and hopes for the future

Extending legal rights to personal health budgets and integrated personal budgets: consultation response - response from the government and NHS England

GP at Hand in talks to form its own primary care network

NHS funds handheld headache-busting device as part of Long Term Plan

NHS Stroke action will save hundreds of lives

Ransomware no longer biggest cyber security threat, report finds

Sixty seconds on... emergency department waits app

Tackling the wicked problem of health networks: the design of an evaluation framework

Whistleblowing: Government tries again to ban “gagging clauses” in NHS

Assisted dying should be discussed openly

Assisted dying: are strong views of opposition silencing the majority?

Assisted dying: the APM should embrace diversity of opinion and encourage sociable debate

Digital health hub to be scaled up across England after successful pilot

GPs get fresh warning over “rife” mis-selling of financial products

Hammersmith MP calls for government inquiry into GP at Hand

MRC to run competition process for Digital Innovation Hubs

Trainee obstetrician is suspended for giving patient wrong advice and trying to conceal it

Blog: What do the latest figures from the NMC register tell us?

Davey Winder: Digital imaging hack must be catalyst for urgent change

Four medical students share in new digital health technology bursary

James Paget Ambulatory Care Unit goes live with cloud-based EPR

NHS England funds £2million to boost system-wide leadership development

Raising the equality flag: health inequalities among older LGBT people in the UK

Special Report: Electronic Document Management

Swindells to leave role at NHS England for the private sector

The collaborative approach turning things around

The NHS workforce in numbers: facts on staffing and staff shortages in England

Ward round competences in surgery and psychiatry - a comparative multidisciplinary interview study

How people fit in at work: systematic review of the association between person–organisation and person–group fit with staff outcomes in healthcare
Never ending ‘winter’ for overstretched NHS services, says NHS Confederation

Workforce implementation plan: Five key issues to look out for

Primary care networks and the deprivation challenge: Are we about to widen the gap?

What is value based healthcare and why is it relevant?

EVIDENCE BASED PRACTICE

BMJ Evidence Centre

BMJ Evidence Updates

Connecting the dots: a story of unknown fever, acute coronary syndrome and pan-aortitis—an occult relapse of a large vessel vasculitis

A distinctive childhood epilepsy syndrome

Rare case of biventricular thrombi complicating pulmonary embolism

Ring enhancing brain lesions in a patient with Acquired Immunodeficiency Syndrome (AIDS): a diagnostic dilemma

Kaposi sarcoma after kidney transplantation

Successful thrombolysis for acute ischaemic stroke after reversal of dabigatran etexilate with idarucizumab

Spatial reorganisation of the somatosensory cortex in a patient with a low-grade glioma

Primary non-Hodgkin's lymphoma of the vagina (PNHLV): a gynaecologist’s enigma!

Cone Beam CT study of a case of eosinophilic granuloma of the mandible in a young patient

Sparganosis: an under-recognised zoonosis in Australia?

Visual loss in pregnancy

Unsafe workout: a weak and painful shoulder in a professional volleyball player

Retinal haemorrhage in a child with optic neuritis and acute disseminated encephalomyelitis

Diplopia: a unique presentation of recurrence of a salivary gland carcinoma

Epistaxis and gross haematuria with severe thrombocytopenia associated with influenza vaccination

Group A streptococcal pharyngitis associated with primary peritonitis

Zinner and Mayer-Rokitansky-Küster-Hauser syndromes: when unilateral renal agenesis meets genital anomalies

Heidenhain variant sporadic Creutzfeldt-Jakob disease diagnosed as an autoimmune encephalitis due to a false-positive GAD autoantibody
Rare case of a giant duodenal ulcer penetrating the pancreas during antiangiogenic treatment

Curious facial plaque diagnosed as nodular primary localised cutaneous amyloidosis

Perforated diverticulitis of the sigmoid colon contained within an inguinal hernia sac

Ocular ischaemia due to a spontaneous carotid artery dissection

Extra-abdominal umbilical vein varix in a newborn

Molecular imaging of metastatic atrial angiosarcoma with positron emission tomography (PET) tracer 3'-deoxy-3'[(18)F]-fluorothymidine, [(18)F]-FLT imaging and early response evaluation

Recurrence of herpes simplex virus endotheliitis in a Descemet membrane endothelial keratoplasty graft: mimicking fungal interface infection

Ambulatory management of pneumothorax using a novel device: Rocket Pleural Vent

Iatrogenic tracheobronchial tear during paediatric thoracoscopic oesophageal repair: an anaesthetic challenge

Role of speech and language therapy in managing dysphagia and dysphonia in lung cancer

Anti-HMGCR myopathy presenting with acute systolic heart failure

Aortoenteric fistula: a rare but critical cause of small bowel bleeding discovered on capsule endoscopy

Post-traumatic wind swept deformity: five volar carpometacarpal dislocations

Embolisation of branches of the superior mesenteric artery in the treatment of haemosuccus pancreaticus

Lethal multiple pterygium syndrome

Non-traumatic ruptured splenic abscess presenting with pneumoperitoneum in an immunocompetent patient: a diagnostic dilemma

Endobronchial, laryngeal and mediastinal melanoma: a rare constellation of metastatic disease

Very late bioprosthetic aortic valve thrombosis

Solitary fibrous tumour of the sigmoid colon mesentery

Holoprosencephaly or severe hydrocephalus: T1 sequence tells the story

Sixty-four-year-old man with non-productive cough and lung mass

Cryptococcal meningitis initially presenting with ST elevations and elevated cardiac biomarkers
Cochrane

Effect of lipid-based nutrient supplementation on infants and young children

Does telephone counselling help people stop smoking?

Stem cell transplantation for ischemic stroke

Medicines to prevent hearing loss in children receiving platinum chemotherapy for cancer

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

Largest study to date shows effective drug treatment prevents HIV transmission in male couples

Priorities for local NHS research and innovation revealed

‘Robopets’ can benefit health and wellbeing of older care home residents

70@70 nurse and midwife research leader programme kicks off in London

LIBRARY “BITS AND PIECES”

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