IN THE KNOW: Keeping Staff Informed

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Check out our library website, Facebook or Twitter for details of all our services, facilities and any forthcoming events.

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IN THE SPOTLIGHT

NHS ‘Heat Heroes’ brave record temperatures to help patients keep cool
People just do nothing: is the Dutch concept of niksen the best way to relax?

Five ways to minimise jet lag

Heatstroke Symptoms And Treatment Explained

This is why ‘wellness’ is so important for your overall health

Useful links

Patient.co.uk

NHS Website

Mental Health Foundation

World Health Organisation
New rights for zero hours staff
Lack of information 'almost caused permanent blindness'

Data breach in Homecare Service

Manx Museum flushed with success
Over £100k raised for diabetes campaign

Library services supporting mental health gets grant
Charity library reaches milestone

Mental health unit's occupancy levels at 91%
Will children go hungry this summer?
More than 10,000 hospital operations cancelled in the last three years

HOT OFF THE PRESS

BBC News
(Asterisked items have been critically reviewed in Behind the Headlines. See below.)

Measles outbreak: Loddon head teacher makes immunisation plea
NHS boss: Tax bills could mean 'loss of 60 doctors'
Primary school children 'should learn about FGM'

Plant-based milks on the rise: A quarter of Britons are drinking them
Music 'calms nerves before surgery' as well as sedative

Women 'must be warned' of breast implant illness
Medical chief calls for global health effort
Bone marrow donation lessons 'should be taught in schools'
Contaminated blood inquiry: At least 300 victims in Wales
Transgender treatment: Puberty blockers study under investigation
Tafida Raqeeb: Parents' bid to get daughter treated goes to High Court

Resistant malaria spreading in South East Asia

Canned laughter 'makes jokes funnier'

UK newborn baby screening 'not good enough'

Pledge to end smoking in England by 2030

Beatson clinical trial gives 'incurable' cancer patients hope

Ysbyty Gwynedd patient died after chemotherapy complication

Mental health days: How teens changed the law in Oregon

Police must offer women detainees period products under new rules

'I had chemo for breast cancer that never existed'

Pledge to end smoking in England by 2030

Norfolk and Suffolk NHS Trust: Fake doctor medicated 164 patients

Triple joy, times two at Ulster Hospital

Essex strep A outbreak deaths rise to 13

Abortion: Department to investigate impact of law changes

Five-year-old from Lisburn competes in transplant games

NHS failures over schizophrenic man’s care in Aberdeen

Hospital bug hits Royal Gwent, Nevill Hall and Aneurin Bevan wards

GPs out-of-hours: 'Money and begging emails not filling gaps'

Contaminated blood inquiry: Anger after boy, 7, died from Aids

Thornaby care home resident known as the 'chicken whisperer'

Parkinson's disease: 'Smartwatch' tracker monitors patients at home

Early MS scans 'can predict long-term prognosis'

Parents 'missing out on new baby health visits'

Department of Health apologises over crowded stroke services meeting

Northern Ireland A&E 12-hour waits doubled in June 2019

IVF study: One in six had baby after unsuccessful treatment

University pledge for care-system students

Man jailed for streaming child sex abuse from Philippines

Ovarian cancer drug olaparib 'can delay disease in newly diagnosed'

Parents of suicide teenager sue NHS Western Isles
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

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.

Eating more plant-based foods 'reduces type 2 diabetes risk'

'Eating fish regularly' linked to lower risk of bowel cancer

'Waist size not BMI predicts early death risk in postmenopausal women,' study claims
Bulletin for clinical commissioning groups (CCGs)

Chief Nursing Bulletin

Chief Scientific Officer Bulletin

Compassion in Practice strategy and 6Cs Live!

Liaison and Diversion Bulletin

Pharmacy and Medicines Bulletin

Primary Care Bulletin

Specialised Commissioning Stakeholder Bulletin

Revalidation Matters

Liaison and Diversion Bulletin

Specialised Commissioning Stakeholder Bulletin

PUBLIC HEALTH

Health e-News Bulletin/NLH Public Health Newsletter

NHS July 2019

Adult Protection & Safeguarding Domestic Violence

Homeless hospital discharge – an emerging discipline?

Russian activists call for domestic violence bill with painted bruises and cuts

Almost one in three disability centres fail to ensure residents adequately safeguarded in 2018
Addiction

Can Medication-Assisted Treatment Repair Damage Caused By Drug Use?

Cardiovascular Disease

Discovering how diabetes leads to vascular disease
How an omega-6 fatty acid may keep heart disease at bay
Widespread aspirin use despite few benefits, high risks
Phthalate MEHP and cardiac arrhythmias

Heart disease: Millions taking daily aspirin without doctor's advice
Researchers get a handle on how to control blood sugar after stroke
How an ancient mutation may predispose humans to heart disease

Critical Care

Oligoanalgesia in Patients With an Initial Glasgow Coma Scale Score ≥8 in a Physician-Staffed Helicopter Emergency Medical Service
Diagnosis of elevated intracranial pressure in critically ill adults: systematic review and meta-analysis
Four in 10 emergency admissions from care homes could be avoided with better community care, says report
Dental

The Lancet: Oral Health Series

New policy set to transform dental health for children

Sixty seconds on . . . brushing teeth

Word of Mouth July 2019

Dementia

Alzheimer's: Common gene explains why some drugs fail

Study links higher body weight later in life to faster brain aging

Diabetes

Going vegan could reduce your risk of type 2 diabetes

What is Diabetes Distress?

Random blood tests could predict type 2 diabetes risk even when blood glucose is normal
Warning to those wanting to spice up their lives

Heart disease biomarker linked to paleo diet

Plant-based diets tied to 23% lower diabetes risk

Mediterranean diet during pregnancy reduces gestational diabetes and weight gain

Has safety commission misled the public about aspartame?

Eating earlier in the day aids weight loss by curbing appetite

An apple carries about 100 million bacteria -- good luck washing them off

Whole systems approach to obesity: a guide to support local approaches to promoting a healthy weight

End of Life Care

What I’ve learned as a nurse watching people die in remote rural Scotland

Finding hope in dying

Sisters create toiletry bags for hospice visitors ahead of St Clare's new #HospiceAndMe campaign
Immunisation and Infection

Bison burgers linked to E. coli outbreak

Learning Disability and Challenging Behaviour

3q29 deletion survey: Distinct social profile, high ASD risk

A day caring for vulnerable people with learning disabilities

Compensatory strategies to disguise autism spectrum disorder may delay diagnosis

Having specialist doctors of learning disabilities saves lives

Men’s Health

‘My oestrogen levels were all over the place’: when men have ‘sympathy pregnancies’
Mental Health

More evidence that pets benefit mental health

Metabolic factors likely contribute to anorexia

Does Perceiving Yourself As Overweight Up Your Risk Of Depression?

'My patient brings the knife she intended to stab herself with into group therapy'

What Is Mental Health First Aid?

Presence of hoarding symptoms does not negatively impact CBT response in youth with OCD

NHS commissions mental health support app for Londoners

Manifesto for Better Mental Health

Neurology

Stroke Horizon Scanning Bulletin Volume 11 Issue 7

Exosomes may hold the answer to treating, diagnosing developmental brain disorders
Obstetrics

More women using cannabis daily before and during pregnancy, research finds
Antibiotics Prevented Maternal Infections After Vaginal Delivery
Progesterone and Early Pregnancy Bleeding
Screening for Hepatitis B in Pregnant Women
Worrisome increase in some medical scans during pregnancy

Oncology

Many of the deadliest cancers receive the least amount of research funding
Targeting old bottleneck reveals new anticancer drug strategy
New technique helps create more personalized therapies for people with advanced cancers
Colorectal cancer rates rising in younger adults
Offering children a wide variety and large quantities of snack food encourages them to eat more

Study introduces 'the Big Bang Theory of migraine'

Autistic children more likely to be involved in bullying – study

School readiness impaired in preschoolers with ADHD symptoms

Screen time no child's play

Patient Experience

"Instead of directing anger at others, I directed it at myself"

Reliability of hospital scores for the Cancer Patient Experience Survey: analysis of publicly reported patient survey data

Patient Safety

Sepsis admissions in England more than double in three years
Pharmacology

Why do Americans pay so much for prescription drugs?

Maintaining shelf-stable drugs

E. coli superbug strains can persist in healthy women's guts

Physical and Sports Therapy

'Kneeding' a break: First evidence ACL injuries an overuse failure

Seniors and Aging

Hearing loss tied with mental, physical, and social ailments in older people

Computer use in midlife may prevent cognitive decline

Slower walking speed may predict future mobility problems
Sexual Health

How to practise good post-sex hygiene

Sleep

Take a bath 90 minutes before bedtime to get better sleep

Newly discovered neural pathway processes acute light to affect sleep

What is the link between sleep apnea and depression?

Substance Abuse

People are more likely to try drugs for the first time during the summer

Surgery

How long does a surgery take? Researchers create model

Characteristics in older patients associated with inability to return home after operation

Delaying Elective Surgery in Geriatric Patients

Ventilator Mode Does Not Influence Blood Loss or Transfusion Requirements During Major Spine Surgery
England could become smoke-free by 2030 under new Government pledge

Paying Smokers to Quit Really Works

Daily e-cigarette use may help smokers quit regular cigarettes

Is My Period Normal? How To Know When It's Time To See A Doctor

Diagnosing the Onset of Menopause

Women missing out on the best heart care

Why the HIV epidemic is not over

WHO recommends dolutegravir as preferred HIV treatment option in all populations

WHO applauds Rwanda’s Ebola preparedness efforts
Wound Management

Enhanced recovery pathway for bariatric operations cuts hospital stays by half

Antibiotics before liver transplants lead to better results

SOCIAL AND COMMUNITY CARE

Social Care

Children’s services ‘fundamental lack of understanding’ of domestic abuse risks slammed by case review

Duties to report restraint in schools must now be brought into force

New Mental Health Act must require minimum number of AMHPs, says parliamentary inquiry

Care in places: inequalities in local authority adult social care spending power

Social workers and a new Mental Health Act: final report

Sharpen your strengths-based practice skills at Community Care Live

Ofsted pleased by ‘transformed culture’ as London borough jumps two grades to ‘good’

Debbie Jones: ‘My team of experts got children’s services off the naughty step’

The government wants to deport rough sleepers. We must resist this immoral act

Council to keep children’s services as social workers tell review of ‘considerable improvement’

80-20 campaign – Upholding relationship-based social work

'I decide who, what, where': why social care thrives when users help design services

Safeguarding study reveals knowledge gaps in applying MCA to cases of alcohol-based harm

New PM promise to fix social care and upgrade hospitals welcomed by NHS Confederation

Emergency admissions to hospital from care homes: how often and what for?

Ongoing staffing crisis crippling children’s trust improvement efforts

Shifting the focus to the child: how one council went from ‘inadequate’ to ‘good’ in two years

‘Now I understand why social workers split up my family’

Less than one in ten social workers have workload covered when they do training, survey finds
HEALTH MANAGEMENT

New Deputy Chief People Officer to help make the NHS the 'best place to work'
NHS celebrates race equality ambassadors
Heat-health watch alert: level 2 – alert and readiness
NICE announces details of health technology evaluation methods review
Allied health professionals (AHPs) — professional leadership
Better Care Fund planning requirements for 2019-20
Chief Medical Officer annual report 2019
Drink Free Days 2018: campaign evaluation
Failures in communication or follow-up of unexpected significant radiological findings

Health and justice annual review: 2018 to 2019
NHSX CEO takes questions from Summer School delegates
Outgoing NHS England CIO reflects on three-year national role
Round up of the best reactions to Digital Health Summer Schools 2019
The NHS bursary scheme new rules: 8th edition for the academic year 2019 to 2020
The Sir Peter Carr Award: inspiring the next generation of NHS leaders 2017/18
The Sir Peter Carr Partnership Award: inspiring the next generation of NHS leaders 2019/20
Consultants and SAS doctors in England to get 2.5% pay rise
Fast follower Royal Oldham trials video technology for translation services
Hear My Record links medical record to Alexa at Hack Day
Investing in global health will “improve our NHS,” says England’s CMO
Leading the charge on digital at Homerton University Hospital
Members of the Digital Health Networks Advisory Panels revealed NHS is spending more on private providers despite government pledges
NHS pension: doctors’ views sought on “50:50” proposal
The Guardian view on NHS privatisation: the £9.2bn question
NMC publishes annual report for 2018-2019
Active travel: increasing levels of walking and cycling in England
Advancing our health: prevention in the 2020s
Carers Action Plan 2018-2020: one-year on progress review
Consultants have responsibility to community, not just inpatients, says chair of GP partnership review
Employment Advisers in Improving Access to Psychological Therapies: process evaluation report
Genome sequencing and the NHS: the views of rare disease patients and carers
Health, care and the 100-year life
Healthy places: Improving and protecting the nation's health?

Information on the community pharmacy contract settlement and funding for 2019/2020 to 2023/24
Never events in general practice: a focus group study exploring the views of English and Scottish general practitioners of ‘never events’
New PM must solve social care crisis, boost capital spending and reform NHS pensions, says NHS Confederation
NHS Mental Health Implementation Plan provides clear route to vision of Long Term Plan but local leaders need power to deliver
NHS Pay Review Body: thirty-second report 2019
NHSX to oversee data-sharing agreements under new DHSC guidance
Prevention green paper is a positive step towards government-wide approach but role of supported housing needs greater focus
Prevention green paper lacks ambition, say critics
Review Body on Doctors’ and Dentists’ Remuneration: forty-seventh report 2019
The community pharmacy contractual framework for 2019/20 to 2023/24: supporting delivery for the NHS long term plan
The King’s Fund responds to the government’s open consultation ‘Advancing our health: prevention in the 2020s’
Millions wasted in failed NHS hospital closure programme
‘It’s 70 years since Windrush and we’re still fighting for top jobs’: the programme backing BME nurses
NICE, British Thoracic Society (BTS) and Scottish Intercollegiate Guideline Network (SIGN) to produce joint guideline on chronic asthma as part of broader 'asthma pathway'

Capita admits further administrative errors in cervical screening programme

NHS CEO asks boards to set diversity targets

NHS data worth £9.6bn per year, says Ernst & Young

Significant challenges in out of hours GP services

Hancock survives Boris’ cabinet shake-up and remains health secretary

Proposed changes to NDTMS annual reports and young people’s report methodology: 2019

PATIENT INFORMATION

Involving patients and the public in research

Patients Know Best secures partnership with social prescribing company

QUALITY IMPROVEMENT AGENDA

Locally adapted QOF led to improvements in patient care for long term conditions

Longitudinal evaluation of a countywide alternative to the Quality and Outcomes Framework in UK General Practice aimed at improving Person Centred Coordinated Care

The Pharmacy Quality Scheme 2019/20
BMJ Evidence Updates

Combined flexor carpi ulnaris and flexor carpi radialis transfer for restoring elbow function after brachial plexus injury

Thymoma mimicking an aortic aneurysm: always expect the unexpected

Seizures, renal failure and acute respiratory failure: not your typical case of Henoch-Schonlein purpura

Carotid-cochlear dehiscence: a dangerous mimicker of inner ear pathologies

Cardiac tamponade and purulent pericarditis secondary to an oesophageal pericardial fistula as an initial presentation of squamous cell carcinoma of the oesophagus

Bleeding due to acquired dysfibrinogenemia as the initial presentation of multiple myeloma

Proton beam therapy for malignant transformation of intracranial epidermoid cyst
Cochrane

Carbamazepine versus phenytoin (given as a single drug treatment) for epilepsy

Surgical interventions for symptomatic mild to moderate knee osteoarthritis

Formula versus donor breast milk for feeding preterm or low birth weight infants

Community first responders for out-of-hospital cardiac arrest in adults and children

Buffered solutions versus 0.9% saline for resuscitation in critically ill adults and children

Tube feeding (mainly via the nose into the stomach or directly into the stomach) in people with cystic fibrosis

The effect of having nutrition within the first 24 hours after bowel surgery on length of hospital stay and postoperative complications

Can ethical case interventions improve healthcare?

Work-break schedules for preventing musculoskeletal symptoms and disorders in healthy workers

The risk of infertility in women with IBD who have had surgery

Speech and language therapy for chronic cough

Drugs to treat acute respiratory distress syndrome in adults

Do diet and physical activity strategies help prevent obesity in children (aged 0 to 18 years)?

Protein hydrolysate versus standard formula for preterm infants
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](#).

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**National Institute for Health Research (NIHR) Health Technology Assessment**

- [CBT could benefit mental health of children with long term conditions](#)
- [Efficacy and Mechanism Evaluation (EME) Programme welcomes new Chair](#)
- [Professor Miles Witham appointed new national lead for Ageing](#)
DoH Press Releases/New Publications

£10 million awarded to 9 air ambulance charities
Better Care Fund renewed for 2019 to 2020
CMO: we must work together to make our world safer and healthier
Pay rise announced for thousands working in medicine
Same-day pharmacy consultations offered to patients
Changes to NHS pensions for senior clinicians: have your say
Advancing our health: prevention in the 2020s – statement to Parliament
UK to innovate new life-saving treatment and diagnosis technology
£20 million funding to help 10,000 young people into NHS careers

LIBRARY “BITS AND PIECES”

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As usual, we welcome any feedback, so please let us know if you have any comments about format, content, length, arrangement or indeed, any other observations. If you know of anyone else who might like to receive the bulletin, or you would like your name removed from the distribution list, again, please let us know.

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