

IN THE KNOW: Keeping Staff Informed

Volume 14 (34) September 2019

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IN THE SPOTLIGHT

[How do superstitions affect our psychology and well-being?](#)

[Boris Johnson confronted by angry father on hospital visit: 'The NHS has been destroyed'](#)

STAFF HEALTH & WELLBEING

[Just not sporty: how to embrace exercise as an adult if you disliked it as a child](#)

[Fragrance sensitivity: why perfumed products can cause profound health problems](#)

[I Thought I Was 'Driven.' Actually, I Was Addicted To Work.](#)

[The happiest introverts may be extraverts](#)

[Don't make major decisions on an empty stomach](#)

[Vegan? Here's why you might not want a slice of lemon in your drink](#)

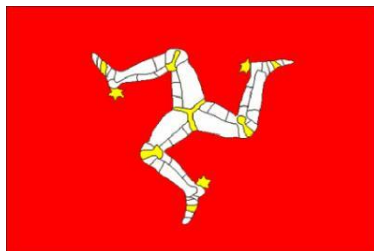
Useful links

[**Patient.co.uk**](#)

[**NHS Website**](#)

[**Mental Health Foundation**](#)

[**World Health Organisation**](#)



MANX SKEET

[Physiotherapy waiting lists for Tynwald discussion](#)

[Officials to 'carefully consider' Manannan Court report](#)

[DHSC regrets the loss of Red Cross chair service](#)

[Douglas 73-bed care home planning app submitted](#)

[DHSC disciplinary case numbers revealed](#)

[Hyperbaric Oxygen Therapy charity has 'long way to go' for donations](#)

[Duo take on '3 Country Challenge' for Alzheimer's awareness](#)

[Too scared to tell the boss](#)

HOT OFF THE PRESS

BBC News

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

[Universities 'in dark' over student mental health needs](#)

['Time outs' don't do any harm, parents told](#)

[Meningitis: 'I'm no longer Miss Independent'](#)

[The parents keeping their child's sex a secret](#)

[Patient TV charges to be scrapped at Edinburgh Royal Infirmary](#)

[Review launched into Aberdeen hospital project costs](#)

[Director to oversee delayed Edinburgh children's hospital delivery](#)

[Gareth Thomas takes on Ironman Wales to 'break HIV stigma'](#)

[Oscar Saxelby-Lee: Cancer returns after stem cell transplant](#)

[Common cold stopped by experimental approach](#)

[Nurse numbers rise 'eclipsed by jump in patients'](#)

[Prostate drug may slow Parkinson's disease](#)

[Scotland's midges carrying 'previously unknown viruses'](#)

['No-one asks new dads how they're feeling at work'](#)

[Inquiry into safety and wellbeing concerns at two hospitals](#)

[Soot pollution particles 'cross the placenta'](#)

[Baby Pia: Belgian parents raise €1.9m for life-saving treatment](#)

[Can you turn around the health of an entire town?](#)

[Boots £5 prescription delivery charge 'a disgrace'](#)

[Gambling addiction: Mum's hopes for new Leeds NHS service](#)

['Systemic' failings with 999 call-handling service criticised](#)

[South Wales Metro: Lack of toilets tram-trains 'dehumanising'](#)

[Instagram clamps down on diet and cosmetic surgery posts](#)

[Boris Johnson 'glad' about new father's NHS confrontation](#)

[Vaginal birth and Caesarean: Differences in babies' bacteria](#)

[Where not to live if you want a good care home](#)

[Northern Ireland's nurses to be balloted on strike action](#)

[Scotland's poorest 'three times' more likely to die young](#)

[NHS hospitals and buildings' £261m backlog of urgent repairs](#)

[Sussex 'send ill kids to school' campaign sparks anger](#)

[Surgeon's patients were 'deliberately misled'](#)

[Diabetes drug also treats heart failure, researchers say](#)

[Hospitals relying on 'emergency' loans to cover costs](#)

[MPs demand action over wrongly-issued NHS fines](#)

[Sertraline: Antidepressant works 'by reducing anxiety symptoms first'](#)

[Children being denied new cancer drugs](#)

[Owen Mor: Patients moved as specialist unit closes](#)

[Young people helping teachers handle bereavement](#)

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](#)



nhs.uk

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.

[Can taking paracetamol in pregnancy lead to child behavioural problems?](#)

[New research raises concerns that unborn babies may be directly exposed to pollution](#)

[Electromagnetic 'bathing cap' shows promise in early Alzheimer's disease trial](#)

Bulletins

(click to open)

[Bulletin for clinical commissioning groups \(CCGs\)](#)

[Primary Care Bulletin](#)

[Chief Nursing Bulletin](#)

[Specialised Commissioning Stakeholder Bulletin](#)

[Chief Scientific Officer Bulletin](#)

[Revalidation Matters](#)

[Compassion in Practice strategy and 6Cs Live!](#)

[Liaison and Diversion Bulletin](#)

[Liaison and Diversion Bulletin](#)

[Specialised Commissioning Stakeholder Bulletin](#)

[Pharmacy and Medicines Bulletin](#)



PUBLIC HEALTH

Health e-News Bulletin/NLH Public Health Newsletter

[NHS In Touch Issue 98](#)

[Stroke Horizon Scanning Bulletin Volume 11 Issue 8](#)

Adult Protection & Safeguarding Domestic Violence

[Domestic violence murders at five-year high, amid warning of 'hidden victims of knife crime'](#)

[Thousands of EU nationals 'could be kicked out of domestic abuse shelters' after Brexit](#)

Addiction

[Funding for councils' child addiction services slashed](#)

[The machine always wins: what drives our addiction to social media – podcast](#)

[Young addicts: 'For every two pints friends drank, I drank four'](#)

[Medications underused in treating opioid addiction](#)



Allergies

[Few people with peanut allergy tolerate peanut after stopping oral immunotherapy](#)

['Eating that meal could kill you': when cooks don't take food allergies seriously](#)

Audiology

[Hearing aids lower the chance of dementia, depression, and falling](#)



Cardiovascular Disease

[Predicting risk of heart failure for diabetes patients with help from machine learning](#)

[Defective cilia linked to heart valve birth defects](#)

[Vitamin E found to prevent muscle damage after heart attack](#)

[Potential target for cardiac fibrosis treatment](#)

Critical Care

[Developing the nursing associate role in a critical care unit](#)

[Emergency care village will 'shorten' Royal Blackburn Hospital A&E waiting times](#)

[Researchers find new ways to improve CPR](#)



Dental

[Does poor oral health impact brain function?](#)

[Improvements in child dental health](#)

[New campaign set to warn against DIY Orthodontics](#)

[Better oral health care needed for hospital patients](#)

[Enquiries to the Dental Complaints Service increases](#)

[Tooth decay: Parents 'put fizzy drinks' in baby bottles](#)

Dementia

[Legal & General teams with Samuel L. Jackson and Alzheimer's Research UK in powerful dementia campaign](#)

[Can exercise slow down Alzheimer's?](#)

[Exercise could slow withering effects of Alzheimer's](#)

Diabetes

[Shorter people are at higher risk of type 2 diabetes, study shows](#)

[Light drinking may be beneficial in type 2 diabetes: Further research needed](#)

[Adult type 2 diabetes markers found in kids as young as eight](#)

[Gestational diabetes tests are carried out too late, researchers say](#)

[Child's gluten intake during infancy, rather than mother's during pregnancy, linked to increased risk of developing type 1 diabetes](#)

[Effect of Linagliptin vs Glimepiride on Major Adverse Cardiovascular Outcomes in Patients With Type 2 Diabetes](#)

[New mechanism for dysfunctional insulin release identified](#)

[Circulating molecules in blood may be stepping stone for type 1 diabetes early prediction](#)



Diet, Nutrition and Obesity

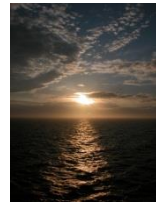
[Deeper understanding of early life experiences can help combat chronic obesity and frequent bingeing](#)

[Short-term study suggests vegan diet can boost gut microbes related to body weight, body composition and blood sugar control](#)

[Iron-rich foods may cancel out tomatoes' anticancer benefits](#)

[Despite growing burden of diet-related disease, medical education does not equip students to provide high quality nutritional care to patients](#)

[Obesity associated with abnormal bowel habits -- not diet](#)



End of Life Care

[How can doctor-patient communication be improved in palliative care?](#)

[Variation in end-of-life hospital spending in England: Evidence from linked survey and administrative data](#)



Immunisation and Infection

[How IL-6 allows the immune response to develop for a key cell, the T follicular helper](#)

[Physicians report high refusal rates for the HPV vaccine and need for improvement](#)

[Towards better hand hygiene for flu prevention](#)

[Needle-free flu vaccine patch effective in early study](#)

Learning Disability and Challenging Behaviour

[Learning disabilities: making reasonable adjustments in hospital](#)



Men's Health

[New prostate cancer blood test could reduce biopsies](#)

[New online men's health sites divide opinion](#)

[5 Lifestyle Factors That Could Be Making Your Skin Look Bad](#)

Mental Health



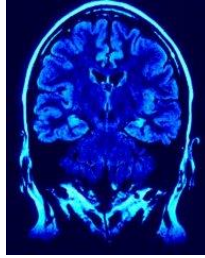
[LH dipeptide may improve mental health](#)

[UK students waiting up to three months for mental health care](#)

[Ian Hamilton: Prescription drugs are no cure for deprivation](#)

[Feeling depressed? Mahjong might be the answer](#)

[WHO: Global suicide crisis calls for widespread preventive action](#)



Neurology

[Physical fitness linked to better brain function](#)

[Brain tumors form synapses with healthy neurons](#)

[How people with psychopathic traits control their 'dark impulses'](#)

[Neurological signals from the spinal cord surprise scientists](#)

Obstetrics

[Overgrowth of baby in womb may begin weeks before women are tested for maternal diabetes](#)

[Taking paracetamol during pregnancy may affect the child's behaviour in early years](#)

[Babies' gut bacteria affected by delivery method](#)

[Autoantibodies in pregnancy: A cause of behavioral disorders in the child?](#)



Oncology

[Tiny bubbles in our body could fight cancer better than chemo](#)

[Electronic nose can sniff out which lung cancer patients will respond to immunotherapy](#)

[Novel anti-cancer nanomedicine for efficient chemotherapy](#)

[Screening mammography could benefit men at high risk of breast cancer](#)

[Cancer: Why drug testing needs to improve](#)

[Combination therapies could help treat fatal lung cancers](#)

[New drug target in fight against cancer](#)

[Cancer cells turn to cannibalism to survive chemotherapy, study suggests](#)

Ophthalmology

[Scanning the lens of the eye could predict type 2 diabetes and prediabetes](#)

[Scientists identify a possible new treatment for diabetic retinopathy](#)

Orthopedics

[Calorie restriction plus exercise can make bones more fragile](#)



Paediatrics

[Does taking paracetamol in pregnancy lead to behaviour problems in kids?](#)

[How a daughter's cancer treatment inspired an interactive app for sick kids](#)

[Play equipment that gets kids moving](#)

[Fast MRIs offer alternative to CT scans for pediatric head injuries](#)

[Supportive relationships in childhood leads to longer lives](#)

Patient Experience

[NHS admin: how does it affect patient experience?](#)

Patient Safety

[Brexit: European health experts emphasise dangers to patient safety of no deal](#)

[National Patient Safety Alerting Committee](#)

[WHO calls for urgent action to reduce patient harm in healthcare](#)



Pharmacology

[Speeding up the drug discovery process to help patients](#)

[Multidrug resistance: Not as recent as we thought](#)

[Off-label medication orders on the rise for children](#)

[Drug delivery: Thermo-responsive protein hydrogel](#)

[Innovative candidate drug against malaria](#)



Physical and Sports Therapy

[Female athletes seek specialty care for concussion later than males](#)



Seniors and Aging

[Microbiome may be involved in mechanisms related to muscle strength in older adults](#)

[Walking slower and pausing for rest may enable older adults to maintain outdoor mobility](#)

[AAN recommends people 65+ be screened yearly for memory problems](#)



Sexual Health

[I'm a sexual health nurse and want you to stop apologising for your pubic hair](#)

[As the private lives of trans people are dragged into public debate, it's time for facts](#)

[Sex and scoliosis: A conversation on disability and intimacy is long overdue](#)

[Sexual health service improvements earn trust 'outstanding' rating](#)

[Sexual health services at the touch of a button](#)

[Over 70% of US adults unaware of HPV-related cancer risks](#)

Sleep

[A simple guide to getting a good night's sleep](#)

[Lack of sleep affects fat metabolism](#)

[Importance of when adolescents sleep to obesity and cardiometabolic health](#)

[Brain activity intensity drives need for sleep](#)

[Study questions routine sleep studies to evaluate snoring in children](#)



Substance Abuse

[Dishing out more drugs won't stop the pain. Doctors need new tools](#)

Surgery

[Winter cancellations of elective surgical procedures in the UK: a questionnaire survey of patients on the economic and psychological impact](#)

[3D virtual reality models help yield better surgical outcomes](#)

[More operations are scheduled if doctor is well rested](#)



Tobacco

[E-cigarette vapors, even without nicotine, may harm lungs](#)

[New York moves to ban sale of flavored e-cigarettes amid health concerns](#)



Women's Health

[Dr Jen Gunter On All The Things You Shouldn't Be Putting Anywhere Near Your Vagina](#)

[Heavy Periods? This Keyhole Surgery Could Help](#)

[The importance of 'sport-related hobbies' for middle aged women](#)

[Later puberty and later menopause associated with lower risk of type 2 diabetes in women](#)

[The importance of 'sport-related hobbies' for middle aged women](#)

Wound Management

[Anesthetic drug sevoflurane improves sepsis outcomes, animal study reveals](#)

[Study changes guidelines for sepsis management](#)

[Tailored 'cell sheets' to improve post-operative wound closing and healing](#)

SOCIAL AND COMMUNITY CARE

Social Care

[I'm a social worker but I'm still human: how being a professional doesn't shield you in times of crisis](#)

[Social worker struck off after bullying staff and allowing mother to practise while barred](#)

['It's my job to convince a survivor of sexual abuse that it wasn't his fault'](#)

[Sharp fall in social work vacancies at 'inadequate' council following offer of huge retention bonus](#)

[Help us address the gaps in social work knowledge and guidance on digital safeguarding](#)

['Ongoing contact between former children's home residents and staff is fraught with potential pitfalls'](#)

['Missing out is not a worry for me': the millennial foster carers](#)

[Prevalence of screening for social needs](#)

[Review of adult social care complaints 2018/19](#)

[Who cares?: the financialisation of adult social care](#)

[Good supervision, strong values and luck: three social workers look at what's kept them in the profession](#)

[Council and care agency 'failed to safeguard welfare or dignity' of man who died in squalid flat](#)

[Spike in ombudsman decisions against council adult social care practices 'shows impact of rationing'](#)

[Children's services trust 'may never repay' funds owed to parent authority, councillors warned](#)

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

[Healthy New Towns: how the NHS can help create healthy places](#)

[King's Fund position: Public Health](#)

[King's Fund position: Mental Health](#)

[King's Fund position: Integrated Care](#)

[A focus on culture and leadership](#)

[An end-of-year report card from NHS Resolution](#)

[Improving weekend discharges and reducing patient delays](#)

[Response to Scottish Government decision to fund Orkambi and next steps in England](#)

[Academic Health Science Networks launches first report on diversity](#)

[Changes to out-of-area GP rules 'would be burdensome' to CCGs'](#)

[Connecting Care has more MIG users 'than any other interoperability programme'](#)

[Government outsourcing: what has worked and what needs reform?](#)

[NHSE to create 'innovation greenhouse' to accelerate uptake of technology](#)

[NHS England explores funding options for cystic fibrosis drug](#)

[GP practices defraud health service out of £88m a year, NHS report suggests](#)

[Failure to remove GMC power of appeal leaves experts 'deeply concerned'](#)

[Call for evidence: pharmacy aseptic services review](#)

[Dr Foster to create integrated care system for Lambeth GP Federations](#)

[Health care's climate footprint: how the health sector contributes to the global climate crisis and opportunities for action](#)

[Policy briefing: social care funding and mental health](#)

[Regulation of physician associates: GMC is the best fit](#)

[UK's success in robotic surgery will be 'undermined' by Brexit](#)

[£300,000 funding call for Manchester-based healthcare innovators](#)

[Artificial Intelligence – Advisory Series, September 2019](#)

[Burnout in healthcare: medical educators' role](#)

[Caring, supportive, collaborative: doctors' vision for change in the NHS](#)

[Financing health promoting services: an information guide](#)

[Homing in on free personal care](#)

[Royal Derby goes live with DXC Technology's ClinicalAide](#)

[Social media sites act on NHS call for greater online protection](#)

[Tackling fraud, bribery and corruption: economic crime strategy, 2018-2021](#)

[The effectiveness and influence of the select committee system](#)

[What can England learn from the long-term care system in Germany?](#)

PATIENT INFORMATION

[Servelec updates Rio to provide real-time access to patient data](#)

[PIF partners with cross sector organisations to develop new quality mark for trustworthy health information](#)

EVIDENCE BASED PRACTICE BMJ|Evidence Centre

BMJ Evidence Updates

[Rare atypical presentation of phacolytic glaucoma as non-resolving microbial keratitis with endophthalmitis](#)

[Chronic thrombotic microangiopathy secondary to antiphospholipid syndrome, presenting with severe hypertension and chronic renal impairment](#)

[Rupture along with fibrin clot occluding the middle port of the triple lumen catheter: an uncommon complication of central venous catheterisation](#)

[Diet-induced oxalate nephropathy](#)

[Left atrial myxoma: an unusual cause of postpartum tachycardia and shortness of breath](#)

[A catastrophic antiphospholipid syndrome complicated with heparin-induced thrombocytopenia, successfully managed with double filtration plasmapheresis, steroids and a direct thrombin inhibitor](#)

[Autoimmune encephalitis: the clinical evolution as a key to the diagnosis](#)

[Non-islet cell tumour hypoglycaemia in a patient with a well-differentiated gastric neuroendocrine tumour](#)

[Encorafenib and binimetinib for the treatment of BRAF-mutated metastatic melanoma in the setting of combined hepatic and renal impairment](#)

[Leptomeningeal involvement by prostate carcinoma an ominous head of a well-known Hydra](#)

[Synchronous retroperitoneal Castleman's disease with clear cell renal cell carcinoma](#)

[High-grade chondrosarcoma of the larynx: treatment and management](#)

[Catastrophic antiphospholipid syndrome in pregnancy: a life-threatening condition](#)

[Failed knee replacement: incorrect indication?](#)

[Dural carotid cavernous fistula following hypertensive emergency](#)

[Acquired factor X deficiency in a patient with multiple myeloma: a rare case highlighting the significance of comprehensive evaluation and the need for antimyeloma therapy for bleeding diathesis](#)

[Simple hepatic cyst rupture exacerbated by anticoagulation](#)

[Glycogen storage disease type IV: dilated cardiomyopathy as the isolated initial presentation in an adult patient](#)

[Cardiac sarcoidosis in a patient with testicular seminoma](#)

[A silent compartment syndrome following elective minimally invasive mitral valve repair](#)

[Incidental endobronchial hamartoma in a patient with enchondroma](#)

[Vancomycin induced DRESS syndrome \(drug reaction with eosinophilia and systemic symptoms\) in a patient with tricuspid endocarditis](#)

[Primary osteosarcoma of the skull in teenager](#)

[Benign metastasising leiomyoma presenting with respiratory distress](#)



Cochrane

Treatment of hepatorenal syndrome

How accurate is the Mini-Cog in detecting dementia among patients in inpatient and outpatient hospital settings?

Imaging with positron emission tomography (PET) during chemotherapy to predict outcome in adults with Hodgkin lymphoma

Extra calcium in tablets before pregnancy, or in early pregnancy, for preventing high blood pressure complications of pregnancy

Antibiotic treatment for spontaneous bacterial peritonitis in people with advanced liver disease

Temperature of embryo culture for assisted reproduction

Removal of the spleen in people with thalassaemia major and intermedia

Interventions to support women who are overweight or obese to start and continue breastfeeding

Does delaying cord clamping or using cord milking at birth improve the health of babies born too early?

Conservative (non-pharmaceutical and non-surgical) treatments for children who have daytime urinary incontinence

Compression therapy for treating post-thrombotic syndrome of mild to moderate severity

Antibiotics for treating acute chest syndrome in people with sickle cell disease



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

[First global and first European patient successes](#)

DoH Press Releases/New Publications

[UK Public Health Rapid Support Team \(UK-PHRST\)](#)

[Actions for adult social care providers to prepare for Brexit](#)

LIBRARY “BITS AND PIECES”

The above current awareness bulletin has been produced by Keyll Darree Library and Information Service. We aim to produce the bulletin every week. If you need any help locating or accessing any of the items included in this issue, please contact the library staff on 642993/642974.

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.

Check out our library website at www.librarykeylldarree.gov.im for details of all our services, facilities and any forthcoming events.