IN THE KNOW: Keeping Staff Informed

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**IN THE SPOTLIGHT**

*Turmeric may contain dangerous levels of lead*

*Society is rejecting facts; medical researchers can help*
STAFF HEALTH & WELLBEING

Relaxation makes worriers more anxious

Are pets really good for us – or just hairy health hazards?

Five ways to fight the winter blues

“You burned my bagel!”: how to let go of a workplace grudge

I’m Not Surprised 17% Of Young Women Miss School Or Work Because Of Their Appearance – I’m One Of Them

Useful links

Patient.co.uk

NHS Website

Mental Health Foundation

World Health Organisation

MANX SKEET

Disabled access to Douglas Prom for discussion

MHK to query assaults on medical staff

Police taser man who tried to end life

Baby loss is being marked

What sort of state are we in? Quayle will tell us

Number of assaults on medical staff revealed

More than 3,600 operations cancelled in last 12 months

Committee told Manx border ‘isn’t protected’

Minister responds over DHSC property auction

Manx Lottery Trust funds new three-tier mental health and well-being programme
HOT OFF THE PRESS

Having children more a priority for Westerners - Swansea uni study

Mother's sepsis warning after hospital failure

Batten disease girl given custom-made drug

Slow walking at 45 'a sign of faster ageing'

Domestic violence: NI crime rates highest on record

Royal National College for the Blind threatened by financial crisis

Social media has 'little effect on girls' wellbeing'

Sharp rise in babies facing being taken into care

Spikes - and other ways disabled people combat unwanted touching

Vaping: 'I'm 17, and rarely ID'd for e-cigs'

More than half of A&Es 'not good enough'

Head injuries: Cheap drug 'could save thousands of lives a year'

Muckamore Abbey: First arrest made in connection with hospital abuse

Woman with severe head condition seeks Spain operation

Mental health sick leave rises for emergency workers

Royal Papworth Hospital rated 'outstanding' in all categories

Liquid food safety alert leaves woman with no food for 10 days

Deadly parasite 'jumped' from gorilla to humans

How dad saved son from 'scalding cuppa' scars

NHS screening 'needs to fit with busy lives'

Missed cancer diagnosis widower criticises Southmead Hospital report

Child gambling a 'growing problem' - study

Dark web child abuse: Hundreds arrested across 38 countries

Milton Keynes Council: Man 'struggled to feed himself after care cut'

Genetic tests: Experts urge caution over home testing

Microphone could diagnose 'noisy' arthritic knees

Milton Keynes Council: Man 'struggled to feed himself after care cut'

Surgery wait tops one year for 1,000 people in Swansea

A&E waiting times in Wales hit worst-ever levels

Suspected mumps among south Wales university students

Fat found in overweight people's lungs
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
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.

- **Anti-bleeding drug could prevent death after brain injury**
- **Steroid injections to treat arthritis pain may worsen joint damage**
- **Would people at low risk of heart disease benefit from statin treatment?**

**Bulletins**

(click to open)

- [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](#)
Adult Protection & Safeguarding Domestic Violence
'I work with LGBT domestic abuse survivors. No one day is the same'
#MeToo and the justice system: complaints up, but convictions down

Addiction
Brain Research Could Help ID People At Risk For Addiction
Mindfulness may reduce opioid cravings, study finds

Allergies
Heavier birth weight linked to childhood allergies
What is an epinephrine injection?
**Cardiovascular Disease**

Female heart attack victims half as likely as men to receive treatment

Tissue damage caused by a heart attack to be reduced by 30%?

Type 2 diabetes: Weight regain reduces cardiovascular benefits

**Critical Care**

Emergency management of burns: part 1

Intensive care patients put at risk after Glasgow nurse blunders

Less is more in critical care is supported by evidence-based medicine

More than half of A&Es provide substandard care, says watchdog

**Dental**

Shocking dental decay figures lead to call for Northern Ireland oral strategy

Dentaid launches second charity dental unit

Scottish Government seeks assurances over Uist dental plan
Dementia

Alzheimer's disease: Brain immune cells may offer new treatment target

Non-pharmacologic treatments may be more effective for psychiatric symptoms of dementia

Dementia spreads via connected brain networks

Dementia: Brain mapping method may predict progression

Protein misfolding as a risk marker for Alzheimer's disease

Dementia Horizon Scanning Bulletin Volume 5 Issue 4

Diabetes

Type 2 diabetes and obesity could be treated by new, less invasive procedure

Type 2 diabetes: Weight regain reduces cardiovascular benefits

Top diabetes professor warns older people with type 1 are being overlooked

Diabetes: A next-generation therapy soon available?

Does the rotavirus vaccine prevent type 1 diabetes?

Nicotine addiction linked to diabetes through a DNA-regulating gene in animal models
Diet, Nutrition and Obesity

Overweight before age 40 increases the cancer risk
Can more vegetarian options tempt carnivores away from meat?
Can simply naming vegetables differently increase healthful eating?
Vitamins B-6 and B-12 linked with increased risk of hip fracture

Gut bacteria may counter the harmful effects of processed foods
Drinks, not food, with added sugar promote weight gain
Sweetened drinks represented 62% of children's drink sales in 2018
Some keto diets may exacerbate skin inflammation

Digital Health Technology

Bridgewater partners with IntelliCentrics to improve patient assurance
Microsoft reports ‘encouraging increase’ of AI in UK healthcare
Over 300,000 service users treated through digital NHS therapy
Outdated cancer IT systems ‘jeopardising patient care’
Barriers to GPs identifying patients at the end-of-life and discussions about their care: a qualitative study

Death Cafes Spur End-of-Life Care Conversations

Palliative care in humanitarian crises—an idea that’s time has come

UK in end-of-life care crisis as 100,000 people die each year without dignity

Immunisation and Infection

Why raw dog food could be harmful for pets and owners alike

Antibiotic-resistant urinary tract infections are on the rise

Learning Disability and Challenging Behaviour

Why films about learning disabilities need to be more than merely feelgood

Woman with severe learning disabilities to have abortion, judge rules
Mental Health

Mentally ill students risk academic penalties for missing classes

Is There A Connection Between Genetics & Psychotic Episodes?

Can neurofeedback training increase self-esteem in depression?

Paramedics to get access to mental health crisis plans

Hope is a key factor in recovering from anxiety disorders

Mental Health Disorders Rising Among Millennials

Neurology

Illumination of abnormal neuronal activities caused by myelin impairment

Microbleeds may worsen outcome after head injury

Happy, angry or neutral expressions? Eyes react just as fast

Sensory and motor brain plasticity is not limited by location

The brain does not follow the head
Obstetrics

‘A Taboo Within A Taboo’: The Prenatal Diagnoses That Led Expectant Mothers To End Their Pregnancies

Stress during pregnancy may affect baby's sex, risk of preterm birth

Alcohol advice for pregnant women

Is drinking coffee safe during your pregnancy? Get ready for some nuance

Oncology

Another treatment option for ovarian cancer approved for the Cancer Drugs Fund

Scientists help immune system find hidden cancer cells

Glowing particles in the blood may help diagnose and monitor brain cancer

Acceptance and commitment therapy may ease fear of recurrence in cancer survivors

Drug-light combo could offer control over CAR T-cell therapy
**Ophthalmology**

*Another reason to get cataract surgery: It can make you 48% safer on the road*

*Telescope technology used to take first accurate images of glaucoma-related eye structure*

*New approach to slowing nearsightedness in children shows promise*

*Dry eye disease: New treatment on the horizon*

**Paediatrics**

*Mandatory childhood vaccination could cause “irreparable damage,” says expert panel*

*How babies integrate new events into their knowledge*

*Repeated febrile convulsions linked to epilepsy and psychiatric disorders*

*New DNA ‘clock’ could help measure development in young children*

**Patient Safety**

*Improving patient safety in conflict-affected areas*

*New laws planned on patient safety and medicines*

*NHS maintenance backlog is a barrier to transforming care and ensuring patient safety*
Pharmacology

More evidence linking common bladder medication to a vision-threatening eye condition

Widely available drug reduces head injury deaths

Nanomesh drug delivery provides hope against global antibiotic resistance

AI could offer warnings about serious side effects of drug-drug interactions

Physical and Sports Therapy

Exercise especially important for older people with heart disease

Rise in testosterone level boosts young women's running capacity

Exercise guidelines for cancer survivors
Seniors and Aging

Slower walkers have older brains and bodies at 45

Targeting immune cells may be potential therapy for Alzheimer's

A consensus on healthy ageing

Frailty: The rising global health burden for an aging society

Sexual Health

Most common 3 STDs on the rise, according to CDC report

Circus performers launch sex education project in Swindon

Climate change concerns have largely ignored role of access to effective contraception

Sleep

Rare sleep disorder common among veterans with PTSD

Chronobiology: Sleep and synaptic rhythms
Surgery

Revealed: The best and worst places to have your hip operation

Weight-loss surgery tied to lower risk of birth defects

A career in cardiothoracic surgery

Vaping/Smoking

Lung injury outbreak: CDC warn against certain vaping products

Improving nursing students’ knowledge using online education and simulation to help smokers quit

Vaping: UK experts defend safety in face of US lung injury cases

Women’s Health

Recurrent Miscarriage Left Me Feeling Like A Ticking Time Bomb. We Have To Start Talking About It

Hormone therapy associated with improved cognition

‘Calm down dear, it’s only an aneurysm’ – why doctors need to take women’s pain seriously
World Health Organisation

WHO gravely concerned about humanitarian situation in northeast Syria

7 million people receive record levels of lifesaving TB treatment but 3 million still miss out

Universal Health Coverage Passes Key Global Milestone

Wound Management

Nonsurgical treatment options effective for sinus issues

SOCIAL AND COMMUNITY CARE

Twice as many children waiting to be adopted as families to adopt

At-risk teenager forced to live on series of caravan parks due to residential care shortage

BASW and SCIE launch Digital Capabilities for social workers report

Rough sleepers in homeless hotspots to benefit from NHS mental health outreach

Developing social workers’ digital capabilities

Government must end social care crisis - NHS Confederation response to Queen’s Speech

Home Office ‘infiltrating’ safe havens to deport rough sleepers

Just one in five councils have appeals processes for adult social care decisions, research finds

Skills gaps drive deterioration in mental healthcare for adults with learning disabilities or autism

Few social workers feel training provides ‘digital readiness’ for practice, research finds

Reviewing the case: the right to appeal in adult social care

DCS hails progress of systemic practice model as bi-borough councils score top Ofsted ratings

DfE appoints new commissioners to steer Northamptonshire children’s services towards trust handover

Social work cartoon: ‘Interview’

‘We are creating a social work education system where those in greatest need receive the least’
NHS bids to cut up to 100 million plastic straws, cups and cutlery from hospitals

Industry co-chair of IHE-England talks standards

Psychiatrist plans to leave NHS if his mother is refused permission to stay in UK

Supply issue to people on home parenteral nutrition from Calea

US jury orders Johnson & Johnson to pay $8bn to man with gynaecomastia linked to risperidone

‘No better place’ for med-tech start-ups, says Ireland’s trade minister

Authentic leadership, job satisfaction and organizational commitment: The moderating effect of nurse tenure

Best-of-breed and Big Box approaches to provider digital maturity

Digital health and genomics ‘should form new pillars of life science industry’

Making the NHS the best place to work — engagement

The King’s Fund responds to today’s Queen’s Speech

Analysis of inspection reports

Can patient centred care plus shared decision making equal lower costs?

EU reciprocal healthcare arrangements: Brexit guidance

Exclusive: CIO Andy Kinnear to leave NHS after 29 years’ services

GP who dishonestly recorded patients’ vital signs without measuring them is struck off
Integrated care: what physicians need to know about implementing the NHS long term plan

Making the NHS the best place to work: support for engagement to improve our people’s experience at work

Response to the Care Quality Commission’s (CQC) annual assessment of health and social care in England

Screening IT systems ‘unsafe’ and require ‘urgent’ upgrades, review finds

Structurally unsound: exploring inequalities - igniting research to better inform UK policy

The state of health care and adult social care in England 2018/19

Volume recruitment in the NHS: themes and recommendations

Workforce pressures and urgent need for building investment highlighted by CQC, says Mental Health Network

A healthy foundation for the future: the final report of the young people’s future health inquiry

Digital Health Award winner profile: Bradford Teaching Hospitals

Modern screening can be more personalised and convenient to save lives says new report

Report of the independent review of adult screening programmes in England

Sensyne Health CEO believes data sharing confidence ‘will increase’

Special Report: VNA and Data Storage

Start-ups and innovators to be at heart of Rewired 2020

UK must become more self reliant for sake of healthcare workforce, says top doctor

Independent investigation into sexism and sexual harassment at the BMA

Busiest September on record for emergency departments in NHS Wales

Consultant who put risperidone in wife’s tea without her knowledge is suspended for three months

Departmental overview: Department of Health and Social Care 2019

Exclusive: CIO Andy Kinnear to leave NHS after 29 years services

Migrant health: Trusts asked GPs to identify whether patients they refer are eligible for free NHS care

Structurally unsound: exploring inequalities: igniting research to better inform UK policy
QUALITY IMPROVEMENT AGENDA

Growing pressures on access and staffing risk creating ‘perfect storm’ for people using mental health and learning disability services

The King's Fund responds to the Care Quality Commission's State of care report

Several ‘barriers’ prevent adoption of technology in the NHS, CQC finds

EVIDENCE BASED PRACTICE

Off-label application of intravenous immunoglobulin (IVIG) for treatment of Cogan’s syndrome during pregnancy

Gallstone ileus managed with enterolithotomy

Toxic epidermal necrolysis-like subacute cutaneous lupus erythematosus associated with lung carcinoma

Acquired Pelger-Huët anomaly in a patient treated with valganciclovir

Concomitant presentation of IgG4-negative idiopathic retroperitoneal fibrosis and Addison’s disease

Retinoblastoma in an adult: a diagnostic dilemma

Concurrent fusobacterial pyogenic liver abscess and empyema

Coeliac trunk dissection causing splenic infarction: a comprehensive review
The use of standing devices for boys with Duchenne muscular dystrophy

What are clients' experiences and perceptions of receiving health information via their mobile phones?

Treatments for seizures in catamenial (menstrual-related) epilepsy

Treatment of epilepsy in people with neurocysticercosis

Tiagabine add-on therapy for drug-resistant focal epilepsy

Semen preparation techniques for intrauterine insemination

Review question

Fluoxetine for overweight or obese adults

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

Global trial is first clear evidence that widely available drug reduces head injury deaths

Commercial contract research - single contract review webinars

New report highlights how NIHR support for clinical research benefits the UK economy and NHS

DoH Press Releases/New Publications

First 'State of the Nation' report marks World Mental Health Day
Contracts awarded to deliver urgent medicines into UK after Brexit
Next phase of adult social care recruitment campaign begins

Review Body on Doctors' and Dentists' Remuneration remit letter: 2020 to 2021
Health Service Safety Investigations Bill

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