IN THE KNOW: Keeping Staff Informed

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STAFF HEALTH & WELLBEING

Does tinnitus lead to hearing loss?  Why forgetting at work can be a good thing

How to support someone with cancer  Being kind to yourself has mental and physical benefits

'You will have an emotional reboot': the ultimate guide to stress at every age
Useful links

Patient.co.uk

NHS Website

Mental Health Foundation

World Health Organisation

MANX SKEET

Inquest into the death of Aimee Woodward

Manannan Court acute mental health in-patient unit

Views of public sought on medicinal cannabis and industrial hemp

Coaches Breakfast Club Returns to Colby

Sunday free parking at three Douglas sites scrapped

Public views sought on zero hour contracts

Police investigating assault video

Public views wanted on cannabis and hemp use

Family wanted recommendations for change at inquest
Beer before wine? It makes no difference to a hangover

Venezuela crisis: A health system in a state of collapse

Instagram vows to remove all graphic self-harm images from site

Mosquitoes 'put off biting' by human diet drugs

Legal advice 'could be given in GP surgeries’

Five pregnant women deaths in 18 months prompt probe

Girl, 13, dies one day after getting cancer diagnosis

Extreme morning sickness: 'You become a shell of a person'

Giving a voice to my friend’s songs

Celebrity ads for diet aids should be banned, says top doctor

Dry January: Does it lead to binge-drinking in February?

More veg, fewer burgers - can a family learn to like the planetary health diet?

Provide sanitary products free in all hospitals, says doctors’ union

Fighting 'all you can eat' waste

French rugby players' deaths raise concern over safety

Opt-out organ donation shift wins backing

Pharmacists call for regular reviews of medicines

More over-75s should take statins, experts say

Health screening 'not meeting targets', report finds

Januhairy: What I learned when I stopped shaving

Saving my daughter from Instagram self-harm

'X-factor' golf swing linked to back pain

Carers quitting jobs from pressure

Yemen conjoined twins: Doctors appeal for help evacuating boys

'Xanax' linked to more than 200 deaths

Measles outbreak declared in Philippines

Dementia risk factors not known by half of population

Son's 200-mile London-Devon journey beats ambulance

Screen time: Children advised not to use electronic devices at dinner

Chronic conditions: What does ‘healthy’ mean when you have a long-term illness?

Can tech help plug the healthcare gap?

Assisted dying: 'I just wish the law would allow me to have him for a little longer'
Nearly 500 children 'took shelter in women's refuges'

Smear tests: Drop in uptake among younger NI women

How running helped me beat my drug addiction

Nurses 'working from car boots' after Teifi Surgery shuts

Universal credit 'hits people with poor mental health'

'I nearly aborted my baby because of an unreliable test'

Discrimination: ‘I can't take your guide dog, I've got an allergy'

'Why I broke silence surrounding my sister's suicide'

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.

**Could smaller portion sizes from your 'local chippy' help combat obesity?**

**Women's brains 'may age slower' than men's**

**Eating more fruit and veg 'improves mental wellbeing'**

**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**
PUBLIC HEALTH

Health e-News Bulletin/NLH Public Health Newsletter

Alcohol

Baby boomers driving up hospital alcohol admission numbers as millennials turn their backs on drink

Heavy drinking in teens causes lasting changes in emotional center of brain

Cardiovascular Disease

Cardiovascular deaths on the rise in the US

Salt reduction in heart failure: where has the uncertainty come from?

Aspirin Reduces CV Event Risk in Individuals Without Cardiovascular Disease

Study links psoriasis treatment and improvement in heart artery disease

Use of the CHA2DS2-VASc Score for Risk Stratification of Hospital Admissions Among Patients With Cardiovascular Diseases Receiving a Fourth-Generation Synchronous Telehealth Program: Retrospective Cohort Study

Vegan or Mediterranean diet – which is better for heart health?
Complementary Medicine / Alternative Medicine

Is fenugreek good for you?

Dental

What can cause gum pain?

Removing plaque and tartar from teeth

More than 1 million patients unable to get NHS dentist amid rising tooth decay crisis

Patients resort to DIY dentistry as NHS options disappear

Kids start brushing too late, use too much toothpaste

Dementia

Does education really protect against dementia?

Blood-clotting protein contributes to Alzheimer's

Dementia: Could gut bacteria play a role?

Dementia: The worrying 'rise of pseudomedicine'

Hearing loss and cognitive decline: Study probes link
Diabetes

*Artificial Intelligence for the Detection of Diabetic Retinopathy in Primary Care: Protocol for Algorithm Development*

*Quality of overall diet is key to lowering type 2 diabetes risk*

*Combination treatment, diabetes drug and immunotherapy, may help to fight breast cancer*

*Diabetes Type 2 Horizon Scanning*

*Diabetes does not appear to affect children's test scores*

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**Diet, Nutrition and Obesity**

*Body building supplement could be bad for the brain*

*More than enough on our plates*

*What are the health benefits of passion fruit?*

*Rise in obesity-related cancers in young will lead to 'disease burden in older adults'*

*Graphene biosensor could provide early lung cancer diagnosis, research shows*

*High-calorie desserts might not be all bad*

*AGS updates its guide to potentially inappropriate medication use in older adults*

*Flaxseed fiber could help reduce obesity*
Integrated respiratory and palliative care leads to high levels of satisfaction: a survey of patients and carers

Delivering end of life care in prison

New resource highlights successful approaches to widen access to end of life care

Excellence in palliative and end-of-life care provision for people with intellectual disability

Helping homeless people access end of life care

The NHS long term plan

NHS England announces £25 million boost for children’s hospices

End of Life Care Horizon Scanning Bulletin Volume 9 Issue 11

Assisted dying: why the BMA does not poll members on nuanced ethical questions

Hospitals serving more minorities may offer less palliative care

Immunisation and Infection

What happens when sand fleas burrow in your skin?

Putting female mosquitoes on human diet drugs could reduce spread of disease

How skin cancer becomes invasive

Are we 'approaching an era where no antibiotics work?'
Learning Disability and Challenging Behaviour

If you’re a woman with a learning disability, getting a cervical cancer screening can be traumatic – here’s why

Big data approach shown to be effective for evaluating autism treatments

Men’s Health

Does Clomid work for male infertility?

Male birth control for the malaria parasite

Mental Health

How can bipolar disorder affect relationships?

Gut bacteria might influence depression, and this is how

A diet rich in fiber and vegetables can relieve depression

Time To Talk: These Are The Questions Parents Should Ask Kids About Mental Health

Lifestyle training for schizophrenia: STEPWISE fails to make a difference

Normal brain aging patterns occur at a faster rate in people with psychosis
Neurology

Are we facing a Parkinson's pandemic?

Simple drug combination creates new neurons from neighbouring cells

Identifying brain's preparation for action

RNAs play key role in protein aggregation and in neurodegenerative disease

Oncology

HPV infection may be behind rise in vocal-cord cancers among young nonsmokers

Bladder cancer: What to know about BCG treatment

Study examines aspirin use to prevent colorectal cancer

Colorectal cancer: TV viewing tied to risk of early onset

HPV cervical screening test switch ‘effective’, says pilot study

Mapping oesophageal cancer genes leads to new drug targets

News digest – vaping as a stop-smoking aid, an NHS first, cervical screening samples and why cancer won’t be ‘cured in a year’

Thousands of cervical screening samples are waiting to be tested, says report

Our response to the Plan S implementation guidance
Smokeless tobacco: 5 common questions about ‘heat not burn’ products answered

Half a million fewer deaths from lung cancer in 40 years

Skin cancer can spread in mice by hijacking the immune system

First patient receives CAR T cell therapy on NHS

E-cigarettes almost twice as effective as nicotine replacement therapies for quitting smoking, says trial

Emerging cancer trends among young adults in the USA: analysis of a population-based cancer registry

Oncology continued.

Developing a Web-Based Comic for Newly Diagnosed Women With Breast Cancer: An Action Research Approach

Mobile Phone App–Based Pulmonary Rehabilitation for Chemotherapy-Treated Patients With Advanced Lung Cancer: Pilot Study

How a light-activated metal could destroy cancer cells

How nanoparticles may drive the spread of cancer

Antitumor protein can sometimes promote cancer

Colorectal cancer: TV viewing tied to risk of early onset

Paediatrics

Hearing and deaf infants process information differently

Screen time and social media: Interventions to protect our children’s health

Child health experts warn air pollution is damaging children’s health

The NHS 10-year plan doesn’t do enough for children

Sociologists study the impact religion has on child development
Patient Safety

Government payment policies tied to hospital performance fail to improve patient safety, study finds

Pharmacology

Revised SPC: Lumigan (bimatoprost) 0.1mg/ml eye drops

Revised SPC: Zinacef (cefuroxime) injection

Tisagenlecleucel for treating relapsed or refractory diffuse large B-cell lymphoma after 2 or more systemic therapies [ID1166]: Final appraisal document

Acute care assessment of older adults living with frailty

Mental Capacity (Amendment) Bill

National Tariff Payment System 2019/20: consultation

Mental health trial launches in schools in England

Efficacy and safety of statin therapy in older people: a meta-analysis of individual participant data from 28 randomised controlled trials

Derivation of Anthracycline and Anthraquinone Equivalence Ratios to Doxorubicin for Late-Onset Cardiotoxicity

European CHMP recommends adalimumab (Idacio and Kromeya) for treatment of certain inflammatory and autoimmune disorders

European CHMP recommends atazanavir (Atazanavir Krka) for treatment of HIV-1 in adults and children 6 years of age and older

European CHMP recommends dacomitinib (Vizimpro) for treatment of advanced or metastatic non-small cell lung cancer with EGFR mutations

European CHMP recommends license extension of alirocumab (Praluent) for established atherosclerotic cardiovascular disease in adults

European CHMP recommends license extension of dapagliflozin (Edistride and Forxiga) as first oral add-on treatment to insulin for treatment of type 1 diabetes

Rationalising medications through deprescribing

Suicide prevention profile
Physical and Sports Therapy

Just 8 weeks of yoga benefit rheumatoid arthritis

Best exercises and remedies for plantar fasciitis

Seniors and Aging

Working it out: Researchers find exercise may help fight depression in seniors

Article 8: the forgotten right for older patients

Internet Access and Hypertension Management Among the Elderly Population: A Nationally Representative Cross-Sectional Survey in China

Sexual Health

What is the secondary stage of syphilis?

Adolescent Trials Network for HIV-AIDS Scale It Up Program: Protocol for a Rational and Overview

An unusual presentation of syphilis

Finding clues to a functional HIV cure
Sleep

Blood leukocytes mirror insufficient sleep

Sleep apnea may stop you from forming life memories

Humans can learn new foreign words while asleep

Substance Abuse

“The sale of opioids and the treatment of opioid addiction are ‘naturally linked’”

How does smoking marijuana affect sperm?

Technology

I Tweet, Therefore I Learn: An Analysis of Twitter Use Across Anesthesiology Conferences

This fake news can kill. Lessons from fighting the anti-vaccine movement.

Tobacco

Thirdhand smoke residue exposes children to chemicals
Women’s Health

Digital Marketing to Promote Healthy Weight Gain Among Pregnant Women in Alberta: An Implementation Study

World Health Organisation

Ebola virus disease – Democratic Republic of the Congo

House by house, telling girls and families the dangers of female circumcision in Kenya
IRO service needs radical improvement to promote effective challenge

Experiences of young people in care and care leavers

Social work leaders back plans to increase number of NHS social prescribers despite frontline concern

Proposed immigration system could present challenges in maintaining adequate social care workforce

Fire safety failures found in over half of London care homes 'only tip of iceberg'

Valentine heartbreak: Care home owner's husband never told her he'd 'months to live'

NHS using smart meters to monitor people with dementia

Council to replace social workers’ IT system first installed in 1995

A new deal for children’s social workers

Huge social work recruitment drive won’t upset local job market, council says

Evidence database for children’s social workers launched

More people face paying for residential care as charging thresholds frozen for ninth year

Social workers: let us know how car parking and hotdesking affects your job

Blame and shame in social work is not just about media headlines

Strengths-based assessments can improve outcomes but flaws must not be ignored

County lines response demands children’s safeguarding reform, experts tell select committee

Social workers moving away from agency and part-time work

PSWs cannot fulfil Munro’s vision within closed leadership systems

Government deprivation of liberty ‘definition’ added to DoLS replacement bill but criticised as contrary to case law

The Ofsted Interview: ‘One of the challenges we face in social work is about how we use technology’

Social worker struck off after inappropriate social media contact with woman he supported in 1980s

‘Sometimes you have to do a bit of paperwork to give someone freedom’

Munro: Managed hotdesking for social workers can work

IRO service needs radical improvement to promote effective challenge
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

Older patients spared dementia and falls by NHS tech roll-out

No snow day for NHS workers

Local government spending

Age UK’s Personalised Integrated Care Programme: evaluation of impact on hospital activity

Involving NHS staff in research

Research and development work relating to assistive technology: 2017–18

A review of the fit and proper person test

Does hospital competition reduce rates of patient harm in the English NHS?

Governance and accountability for integrated health and care

Juggling work and unpaid care: a growing issue

GPs create 100,000 extra patient appointments through Primary Care Network model

Top doctor calls for ban on ‘damaging and misleading’ celebrity social media ads

New chief executive for £1bn+ trust

Health staff could be asked to sleep at work after Brexit

NHS England bids to offset provider deficits

Daily Insight: Hello, is the health secretary there?

'Trailblazing' community service shuts under financial strain

'Disappointed' CQC forced to drop system inspections
NICE collaborates with the Canadian Agency for Drugs and Technology in Health to offer parallel scientific advice

The King's Fund Health Management and Policy Alert

The King's Fund Health and Wellbeing Bulletin

PATIENT INFORMATION

What is the cause of back pain and shortness of breath?

How to soothe a baby crying in their sleep

How to tackle winter depression

Should we all be taking probiotics?

EVIDENCE BASED PRACTICE

Sanitary products should be freely available in all hospitals, say BMA

New GP contract deal: a game changer for primary care?

Sixty seconds on . . . genome mapping

GPs should consider offering statins to all patients aged over 75, researchers say

Road injuries: tackling the leading killer of young people

GP contract: £2.8bn deal gives English practices core funding boost for five years

New personalised care plan for the NHS

Seven days in medicine: 23-29 Jan 2019
Vertebral augmentation in osteoporosis: common procedures for spinal fractures show no benefit

Kent is told not to cancel blood donor sessions around Brexit over traffic fears

Coca-Cola and obesity: study shows efforts to influence US Centers for Disease Control

Lack of public health resources leaves us all vulnerable

Acclaimed anti-obesity drug fails to impress scouts for clinically important research

Becky Haines: Care planning and campervanning

Assisted dying: the debate continues

Arthroscopic hip surgery compared with physiotherapy and activity modification for the treatment of symptomatic femoroacetabular impingement: multicentre randomised controlled trial

World Cancer Day

Cochrane Library Special Collection: Preventing falls and fall-related injuries in older people

Promoting patient uptake and adherence in cardiac rehabilitation

The aspiration of pneumothorax in the newborn with a small needle compared to a larger tube placed through the intercostal space

Treatments for urinary incontinence after stroke in adults

Interventions for intra-operative pain relief during postpartum mini-laparotomy tubal ligation

Featured Review: Promoting patient utilisation of cardiac rehabilitation
New Cochrane review assesses the benefits and harms of exercise for preventing falls in older people living in the community

The role of aerobic physical exercise for adults with haematological malignancies

Exercise for preventing falls in older people living in the community

Risk assessment tools used for preventing pressure ulcers

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

Upgrading the Industry Costing Template

Shrinking fish and chips for healthier portion sizes*
NIHR Roadshow heads to the south west

Study Support Service: National improvement plan for industry update

NIHR play 'key role' in major international stroke study

Welcome to our new visual identity

Physician Associates an asset to hospital medical and surgical teams, study finds

Liver drug being trialled to slow disease progression in people with Parkinson's disease

New review assesses the benefits and harms of exercise for preventing falls in older people living in the community

DoH Press Releases/New Publications

News story: One of the largest mental health trials launches in schools

Guidance: Drugs and pharmaceutical electronic market information tool (eMIT)

Transparency data: DHSC departmental spending over £500: 2018

Guidance: DHSC non-executive appointments

News story: NHS leaders: government commits to new support and improvement measures

Speech: Getting the right leadership is vital for patient safety

Consultation outcome: The regulation of medical associate professions in the UK

Guidance: UK CMO commentary on screen time and social media map of reviews

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.