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**

'Know your cholesterol like you know your Pin code'
STAFF HEALTH & WELLBEING

Lovesick: What are the adverse effects of love?

5 menstruation myths you must leave behind

Why playing board games could improve your love life

Useful links

Patient.co.uk

NHS Website

Mental Health Foundation

World Health Organisation

MANX SKEET

Work on Capacity Bill will begin this year

Patient died after cardiac arrest following surgery

External review of facility following claims

Staff shortage in physiotherapy

Some doctors have double the number of patients
Mouldy jam: Should you eat what's beneath?

Having HPV 'isn't rude or shameful'

Cannabis use in teens linked to depression

Glasses in school scheme to aid pupils' reading

Send patients email not letters, GPs told

Spina bifida: Keeping fit when you are in a wheelchair

How will Brits in Spain cope with no-deal Brexit?

'Dr Evil': Wolverhampton modification artist admits GBH

Cervical cancer victim: 'I'm going to die'

Fear wrong metal plates used to fix fractures

Birmingham family's 'nightmare' over £200k medical bill

Young people told - become a care worker

Southmead Hospital cervical cancer inquiry 'too small'

Essex baby's spine 'repaired' in the womb

Lyme disease can be diagnosed by 'bull's eye' rash alone

Catherine Wreford: The dancer with an 'invisible disease'

Smoking in pregnancy: Stigma 'causes women to do it in private'

Would you be happy to see your doctor online?

Teen has vaccinations after asking Reddit

Teen kickboxer Scott Marsden's death 'tragic fluke'

Partner of man who killed himself calls for mental health review

Brain injury boy learns to shop and bake

Muckamore Abbey: 'Insufficient evidence' to suspend nurses

Breast cancer: Scan younger women at risk, charity says

Pencoed academy tackles NHS Wales radiologist shortage

Is young people's mental health getting worse?

Calls for change in law on PTSD related deaths

Patients owe Scots NHS £3.2m in treatment costs

Tinnitus: What it is like living with the condition

Codilia designs false lashes for cancer patients.

The battle for lipoedema surgery: 'I'm in constant pain'

Knife crime: 1,000 young victims hospitalised last year

Hangovers tips: Does mixing your drinks make a difference?

Tanzania male MPs face circumcision call to stop HIV spread

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

Women cold water swimming in Gower to help menopause
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.

**Teenage cannabis use linked to depression in later life**

**Older people with depression ‘less likely to be referred for psychological therapy’**

**Do 'heavily processed' foods increase the risk of an early death?**

**Bulletins**

(click to open)

- Allied Health Professionals
- 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

Breast cancer: Cut down on alcohol to lower risk
Alcohol use disorder: A step toward better treatment?
Does drinking beer before wine ease the hangover?

Cardiovascular Disease

Top 12 healthful fruits
How to avoid getting sick
Blood-clotting protein contributes to Alzheimer's
Immunosuppressants reduce artery plaque in people with psoriasis
Dental

What to know about salivary stones

Is my jaw broken or dislocated?

What can cause gum pain?

Dementia

Alzheimer's: How do tau tangles grow?

Blood-clotting protein contributes to Alzheimer's

Does education really protect against dementia?

Diabetes

What causes cloudy urine?

What are the best foods for people with diabetes?

Diabetes: Could a pill replace insulin injections?

What are the health benefits of passion fruit?
Diet, Nutrition and Obesity

I'm An Eating Disorder Survivor & I'm Glad Veganuary Is Over

What to know about the warfarin diet

What types of food are surprisingly unhealthful?

How does exercise prompt fat to benefit metabolism?

Paleo diet meal plan: A simple guide

Weight loss: How important is eating breakfast?

Immunisation and Infection

Top 12 healthful fruits

How sleep can boost your body's immune response

What are examples of immunodeficiency disorders?

Just 8 weeks of yoga benefit rheumatoid arthritis
Learning Disability and Challenging Behaviour

How are bipolar disorder and ADHD different?

Men’s Health

Natural ways to boost fertility

Mental Health

Can social media really cause depression?

Could this chemical help explain anxiety?
Neurology

Does the birth control pill stop you from recognizing emotions?

Simple drug formula regenerates brain cells

What causes excessive yawning?

Obstetrics

What increases the odds of having twins?

Is my C-section scar OK?

Natural ways to boost fertility

What foods are off limits while pregnant?
Breast cancer screening saved over 27,000 lives in 2018

Stitching together a ‘Google Earth’ for cancer

New-onset diabetes: a link to help detect cancer earlier

Baby boomers are the ultimate promise-keepers

Recurring infections could lead to delayed bladder or kidney cancer diagnosis

Cancer Research UK’s Tiffany Hall wins CIO of the year at Women in IT awards

Aspartame and artificial sweeteners – helping or hindering weight loss?

Double NHS decision for CAR T cell immunotherapy in Scotland

HPV shame could put women off cervical cancer screening

Lung cancer treatment combo given initial NHS ‘no’ in England

Cancer Research UK elevates its shop offering with launch of new premium concept store


Opinion: ‘NHS targeted lung health checks are another reason to be positive about lung cancer’

Breast cancer: Cut down on alcohol to lower risk

New drug shows promise against several aggressive cancers

Breast cancer screening saved over 27,000 lives in 2018

Blocking fatty acids slows prostate cancer progression

Colorectal cancer: Scientists halt growth with cannabinoid compounds
Ethosuximide, sodium valproate or lamotrigine for absence seizures in children and adolescents.

Reducing Invasive Care for Low-risk Febrile Infants Through Implementation of a Clinical Pathway.

Surgical management of pulmonary aspergillosis in pediatric population.

A pilot study of laparoscopic gastric plication in adolescent patients with severe obesity.

Physical and Sports Therapy

What are the best types of exercise for asthma?

How does exercise prompt fat to benefit metabolism?

How to prevent rotator cuff injuries
Seniors and Aging

Blood-clotting protein contributes to Alzheimer's

Sexual Health

Tracking HIV's ever-evolving genome in effort to prioritize public health resources

What causes cloudy urine?

Sleep

Early to bed, early to rise

How sleep can boost your body's immune response
Substance Abuse

How does smoking marijuana affect sperm?

Surgery

What to know about hemorrhoid surgery

What is a liver cyst?

Tobacco

How does smoking affect people with asthma?

How safe are e-cigarettes? The debate continues
World Health Organisation

Lassa Fever – Nigeria

Ebola virus disease – Democratic Republic of the Congo

Yellow fever – Brazil

Middle East respiratory syndrome coronavirus (MERS-CoV) – Oman

SOCIAL AND COMMUNITY CARE

Social Care

How I’ve used my Twitter interactions to reflect on my social work practice

Government gets DoLS replacement bill through Commons but now must secure peers’ agreement

Dates announced for Community Care Live 2019

Social work diary: ‘It’s a challenging day as the service user is very agitated at times’

Council failed to protect child seriously hurt by mother’s abusive partner, ombudsman finds

Over 100 care bodies urge ministers to halt deprivation of liberty bill because of ‘threat to human rights’

Adults’ social workers: take our survey on care package cuts

Why I’ve spent my 15-year social work career in one council

Experiences of young people in care and care leavers
HEALTH MANAGEMENT

Regional stroke plans given the green light
Busiest outpatient speciality 'relying on' locums and outsourcing
New chair announced for ICS
NHSI cautions trust over inaccurate mortality picture
Daily Insight: Blunder budget
A&E performance hits lowest level
Departing tech boss barred from lobbying for six months

Exclusive: DHSC gets £600m bailout to avoid budget breach
Former union boss made interim hospital chair
New chief executive for hospital group
New hospital to close after 'inadequate' rating
Exclusive: Hospitals to miss flagship winter target
Revealed: Long stay targets and performance for every trust

EVIDENCE BASED PRACTICE

Oral hormone pregnancy tests and the risks of congenital malformations: a patient perspective
The prominence of e-cigarettes is a symptom of decades of failure to tackle smoking properly

FDA considers regulatory action as vaping among US teens jumps 78% in a year

Royal college stops taking funding from formula milk firms

Women in gastroenterology: five minutes with . . . Helen Fidler

David Tovey replies to Melanie Newman and The BMJ

Graham Kramer: Making health literacy easy

Calcium antagonists for acute ischemic stroke

Desmopressin acetate (DDAVP) for preventing and treating acute bleeds during pregnancy in women with congenital bleeding disorders

Aquablation for the treatment of lower urinary tract symptoms in men with benign prostatic hyperplasia

Do any treatments help people who have successfully quit smoking to avoid starting smoking again?

Adding iodine to foods, other than salt, to prevent diseases caused by inadequate iodine intake

Exercise-based cardiac rehabilitation for adult patients with an implantable cardioverter defibrillator
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

- Virtual reality therapy helps children with autism cope with fears and phobias
- NIHR launches £56 million new funding competition for public health research
- Only ‘modest’ improvement in survival from heart failure since 2000
- NIHR appoints researcher-in-residence to investigate and support shared learning on impact, value and evaluation
- Online support for GPs reduces unnecessary antibiotic prescriptions for respiratory illness
DoH Press Releases/New Publications

Independent report: Modernising the Mental Health Act – final report from the independent review

NHS can move towards more coordinated and continuous care

The Quick-frozen foodstuffs (Amendment) (EU Exit) Regulations 2019

The Sprouts and Seeds (Amendment) (EU Exit) Regulations 2019

Guidance: Master indemnity agreement: approved suppliers

Guidance: Air ambulance capital funding: how to apply

Matt Hancock: email must replace paper in the NHS

News story: Funding for Commonwealth partnerships to improve antimicrobial stewardship

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.librarykeyllidarree.gov.im for details of all our services, facilities and any forthcoming events.