IN THE KNOW: Keeping Staff Informed

Volume 14 (46) December 2019

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

In this issue:

IN THE SPOTLIGHT

MANX SKEET

STAFF HEALTH & WELLBEING

HOT OFF THE PRESS

PUBLIC HEALTH

EVIDENCE BASED PRACTICE

SOCIAL AND COMMUNITY CARE

HEALTH MANAGEMENT

PATIENT INFORMATION

LIBRARY BITS AND PIECES

IN THE SPOTLIGHT

'You Don't Have To Earn A Pizza': Exercise-Based Food Labelling Could 'Demonise' What We Eat
Five ways to stop feeling tired all the time

How can you conquer ordinary, everyday sadness? Think of it as a person

Ice baths and deep breaths: How ‘rewilding’ myself left me feeling superhuman

Cholesterol Should Be On Everyone’s Radar – Can You Control It?

'Safety Signals' Might Help Slow Down Your Anxiety – But What Are They?

Have you found meaning in life? Answer determines health and well-being

Useful links

Patient.co.uk

NHS Website

Mental Health Foundation

World Health Organisation
MANX SKEET

Events to help elderly heat their homes

Crackdown on prescription cheats

DHSC projected to be more than £5million over budget
Mental health: North Wales A&E support scheme extended

General Election 2019: NHS boss - Parties 'ducked' big issues

Group B Strep: 'A common bug could have killed my baby'

Microblading: Therapist tattoos eyebrows for cancer patients

'I was addicted to exercise'

NHS e-health systems 'risk patient safety'

Doddie Weir: The rugby legend who won't give in to MND

Surgeons withdraw support for heart disease advice

Yeovil Hospital agrees patient not properly anaesthetised

Health workers' strike: Nurses begin further 48 hours of action

Boy slept on hospital floor due to lack of beds

Online prescribing 'must get safer'

A third of hospitals 'increased parking charges'

GP Manish Shah guilty of sex assaults on 23 female patients

'Four hours to walk off pizza calories' warning works, experts say

Health workers' strike: Nurses continue industrial action

Care home owner John Allen guilty of child sex abuse

Why can't this doctor work in the UK?

'My boss lets us book hangover days'

Chemists demand clarity on cannabis-related goods

The NHS robots performing major surgery

Teddy bears help children as young as three learn first aid skills

Drug that prevents half of breast cancers carries on working

Men 'at greater risk of infertility' if small at birth

Hospital waiting times worsen again
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.

- No link found between caesarean section and obesity in boys
- Obesity in children may be linked to brain structure
- Exercise advice on food labels could 'change eating habits'

**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

Under a Tory government, domestic violence victims will continue to die

Domestic violence: Hundreds of domestic abuse calls made at Christmas

Level of domestic violence ‘stark, shocking, disturbing’ says Minister

'Lily is 83. Her son has moved in - and he's taken control of her pension'

Social workers support court-imposed removal orders to protect adults from abuse, report shows

Addiction

New protein function could be key to treatment of drug addiction and behavioral disorders

Psychedelic drug aims to cure addiction
Allergies

Kissing bug bites: Symptoms, risks, and treatments

Dramatic health benefits following air pollution reduction

Prenatal and early life exposure to multiple air pollutants increases odds of toddler allergies

Cardiovascular Disease

Lighting up cardiovascular problems using nanoparticles

Medications as effective as stents for most with coronary artery disease

Heart attack metric ‘will reduce waiting times’

Complementary Medicine / Alternative Medicine

Pressure points to help you fall asleep

Half of U.S. Physicians Recommend Complementary Health Approaches
Critical Care

NHS England 'covering up' true scale of 12 hour hospital waits

Dental

UK action triggers European-wide coalition to eliminate HPV cancers

Keeping a healthy smile – the best gift you can give yourself this Christmas

General public tells GDC to shift its focus to prevention

Starting Well campaign having a positive impact

Dementia

Repairing leaky blood-brain barrier may rejuvenate brain function

Cognitive symptoms of Alzheimer’s disease: clinical management and prevention

Eating more ketones may fight against Alzheimer’s disease

Mouse study tests a novel approach against Alzheimer's

How two experimental Alzheimer's drugs reverse aging
Diabetes

New diet that matches biological clock may be better for diabetes

Lower BMI means lower diabetes risk, even among non-overweight people

Brain function abnormal in children with Type 1 diabetes

Diet, Nutrition and Obesity

Can peanut butter affect weight gain?

What are the best foods for diverticulitis?

How diet may lead to insomnia

Digital Health Technology

Technology 'should not be an add-on when developing an ICS'

Virtual workers predicted to save FT £2.1m in first year

End of term report for healthcare IT
End of Life Care

Machine learning can help us understand conversations about death

Link found between advance care planning and prolonging survival

Immunisation and Infection

Novel way to ID disease-resistance genes in chocolate-producing trees found

Current treatment for fungal meningitis is fueling drug resistance

Probiotics: Benefits for immunity may depend on sex

Learning Disability and Challenging Behaviour

I have a question: are you scared of people with learning disabilities like me?

Understanding autism: new research dispels common assumptions

‘National disgrace’: Hundreds of disabled people detained in UK hospitals for more than 10 years
Men’s Health

Being active reduces risk of prostate cancer

Boys born underweight 'more likely to have infertility problems'

Mental Health

Facing an existential crisis: What to know

Side effects of pediatric medications for anxiety, OCD

'Loneliness epidemic' may be due to increasing aging population

Mental health: we're failing our young people

Study reveals increased cannabis use in individuals with depression
**Oncology**

**Breast cancer: Does hair dye increase risk?**

'Junk DNA' affects inherited cancer risk

**Tick box questionnaire could significantly improve esophageal cancer survival rates**

Long-term study finds faster breast cancer radiation treatment as effective as long course

**Technique shows how individual cancer cells react to drugs**

Evolutionary connection between pregnancy and cancer metastasis

**Cancer: Common antibiotic may boost immune system**

**Ophthalmology**

Imaging of conjunctival goblet cells helps diagnosis of dry eyes

**Study: Therapy reduces proptosis, diplopia in TED**

Fluorometholone acetate: More benefit than meets the eye
Paediatrics and Obstetrics

Study debunks notion that C-section would increase risk of obesity in the child

Infant morbidity decreases with incentive-based prenatal tobacco interventions

Possible early test for fetal heart health

Water births are as safe as land births for mom, baby

Patient Safety

What Can Patient Safety Teach Us About Clinician Burnout?

Deaths of 4,600 NHS patients linked to safety incidents

Royal Bolton Hospital declares 'black alert' meaning patient safety is at risk as winter pressures hit A&E

Patient safety: over-reliance on temporary nurses heightens risk of ward deaths

Seniors and Aging

Alzheimer's drug candidates reverse broader aging, study shows

The secret to better sex, sleep, stress and fitness in your 60s
**Sexual Health**

Once-a-month oral contraceptive pill in development

Sexually transmitted infections are on the rise: Should you worry?

People Are Struggling To Access At-Home STI Tests Due To Daily Caps

**Sleep**

9 tips for sleeping with a stuffy nose

Stroke: Excessive sleep may raise risk by 85%

**Sports Medicine/Fitness**

Athletes are better at tuning out background brain noise

From mental health gyms to intuitive fitness: the biggest fitness trends of 2020
Substance Abuse

Is marijuana use associated with a higher risk of cancer?

Medical marijuana cards often sought by existing heavy users

Regional trends in overdose deaths reveal multiple opioid epidemics

Prioritising action on alcohol for health and development

Vaping/Smoking

Smoking May Cause Mysterious White Scars on the Brain – More Harmful Than Previously Thought

Women’s Health

How to look after your vulva

Study seeks to answer whether effects of 'abortion pill' can be reversed
World Health Organisation

More complex foodborne disease outbreaks require new technologies, greater transparency

WHO gets new advice on curbing deadly noncommunicable diseases

WHO commemorates the 40th anniversary of smallpox eradication

Wound Management

Manuka honey 'sandwich' could be key to fighting infections

SOCIAL AND COMMUNITY CARE

Social Care

NHS Confederation and OVID Health win campaign award on fixing social care

The new children’s social work model aiming to increase ‘face-to-face time’ by 60%

Adult social care and wellbeing policy in the four nations of the UK

Guidance on removing newborns planned to tackle inconsistent practice and legal knowledge gaps

Gender pay gap opens up in social work

Supporting young people with violent and aggressive behaviours

Judge’s interactive drama shines compassionate light on closed world of family court

What the Conservatives’ election victory means for social care
HEALTH MANAGEMENT

**NHS warning as winter vomiting bug closes 1,000 hospital beds**

**Digital Healthcare Council outlines four principles for a sustainable industry**

**Ex-Oxford chief information officer admits lying about degree**

ICSs ’must consider how to attract sustainable supply of future leaders’

**King’s College London to deliver healthcare AI model**

**New government is urged not to stoke “unrealistic expectations” about NHS performance**

**Norovirus: hospitals in England close over 1,100 beds in past week**

**Unconventional health and care: five organisations delivering care differently**

**Thousands of patients die waiting for beds in hospitals – study**

**Next NHS staff shortages will include radiographers, as courses close**

**Government hands Amazon free access to NHS information**

**A place to work: system approaches to workforce challenges in the NHS**

**GMC ends private screening offering for staff after BMJ evidence review finds no benefit**

**GP patients to be offered whole-genome screening in UK-first study**

**NHS pilot site prize up for grabs for Pitchfest 2020 winners**

**TIP: Tailoring Immunization Programmes**

**If major reform of the NHS is on the horizon, can we fly less blind to its impact this time?**
Doctors at West Suffolk hospital 'too scared' to report safety issues
Children born now face longer period of ill health in old age
Antibiotic prescribing without documented indication in ambulatory care clinics: national cross sectional study
Privacy organisation raises concerns over NHS and Amazon deal
University Hospitals Birmingham live with new Carestream VNA

PATIENT INFORMATION

- How to drink sensibly over the festive season
- How to support someone through a panic attack

QUALITY IMPROVEMENT AGENDA

The emotional labour of quality improvement work in end of life care: a qualitative study of Patient and Family Centred Care (PFCC) in England

EVIDENCE BASED PRACTICE

- Chronic pleuritis leading to severe pulmonary restriction: a rare complication of Degos disease
- Trichoblastoma of lid: a masquerading tumour
- Visceral leishmaniasis presenting as haemophagocytic lymphohistiocytosis
- Isolated uterine metastasis from a lung adenocarcinoma

- Hoffa fracture accompanied by dissection of the popliteal artery
- Recurrent leiomyoma of the vulva mimicking peripheral nerve sheath tumour
- Case of atypical cutaneous Mycobacterium chelonae infection in patient of systemic lupus erythematosus after cyclophosphamide therapy
Mycobacterium mucogenicum skin and soft tissue infection of the breast mimicking idiopathic granulomatous mastitis

Hodgkin’s lymphoma with HLH and complete remission with brentuximab-based therapy

An 18-year-old woman with pulmonary nodules found to have cytotoxic T-lymphocyte-associated antigen 4 deficiency

Importance of clinical tests in ocular myastenia

Digital dry gangrene as a primary manifestation of systemic lupus erythematosus

Endometrial stromal sarcoma in a 20-year-old woman

Anticoagulation-induced unilateral adrenal haemorrhage and pseudoaneurysm

Strongyloides, HTLV-1 and small bowel obstruction

Robotic-assisted laparoscopic resection of a primary renal neuroendocrine carcinoma

Apert syndrome: prenatal diagnosis challenge

Sore throat turned to be a bronchogenic carcinoma with superior vena cava syndrome

Meningeal rheumatoid nodules in a 55-year-old man presenting with chronic headaches and oculomotor nerve palsy: an uncommon extra-articular manifestation of rheumatoid arthritis

Hyponatraemia: the importance of obtaining a detailed history and corroborating point-of-care analysis with laboratory testing

Kangaroo mother care: need of the day

Prosthetic joint infection: an extremely rare complication of intravesicular BCG therapy

Tubercular involvement of the lateral malleolus and adjacent calcaneus: presentation of a rare case and review of the literature

Involuntary movements in an adolescent: what are the causes?

Intrascrotal lipoblastoma in adulthood

Conjoined twins presenting with foot deformities: insights to management and challenges

Surgical-site mucormycosis infection in a solid-organ transplant recipient and a concise review of the literature

Congenital chloride diarrhoea
Iron treatment for low red blood cell count prior to surgery

Does repair of torn rotator cuff tendons work?

Treatments for primary delusional infestation

Keyhole (laparoscopic) surgery through the abdomen for treating urinary incontinence in women

Losigamone add-on therapy for focal epilepsy

Interventions for managing bad breath

Drug treatment for spinal muscular atrophy type I

Ustekinumab and briakinumab for the treatment of inactive Crohn's disease

Shorter treatment regimens for people with pulmonary tuberculosis

Modafinil for schizophrenia

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.
DoH Press Releases/New Publications

Child death overview panels: contacts
NHS injury cost recovery scheme: April 2019 to March 2020
The Department of Health and Social Care's agencies and partner organisations

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.