IN THE KNOW: Keeping Staff Informed

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IN THE SPOTLIGHT

What ingredients are in vaccines?

Professional confessionals: why are memoirs about work topping the charts?
STAFF HEALTH & WELLBEING

‘I’m glad you reached out but I’m at capacity’: is corporate jargon ruining our friendships?

Kindness: an underrated currency

How To Get Through Work If You've Had A Terrible Night's Sleep

Why the office Secret Santa is the worst Christmas tradition

The Worst Christmas Gifts Employees Have Ever Received (And How To Do Better)

Six ways to improve the wellbeing of workers

Useful links

Patient.co.uk

NHS Website

Mental Health Foundation

World Health Organisation
MANX SKEET

GP surgeries experiencing IT issues
DHSC could seek extra funding
Vine Fund's £11,500 donation to hospital
Midwives to hold memorial service for bereaved parents
New oral health strategy due for the Isle of Man

HOT OFF THE PRESS

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

Young suicides in Wales due to 'complex' reasons, says study
Boy, 5, given prosthetic arm that lets him hug brother
Broadmoor Hospital: High security £250m site opens in Crowthorne
Poorest countries facing both obesity and malnutrition
Many at risk of flu this Christmas, experts say
Welsh draft budget: Extra £340m for NHS in Wales next year
Glangwili Hospital shuts to visitors over norovirus outbreak

Rhod Gilbert fronts male infertility campaign HIMfertility
NHS 'should not pay' US surrogacy costs after cancer misdiagnosis
Health strike: Staff cover warning by health trust boss
Glasgow health board to take legal action over hospital contractor
What's the best colour lighting for sleep?
Medway Secure Training Centre: latest damning Ofsted report
Boy, 5, given prosthetic arm that lets him hug brother
Lip filler was 'like having golf ball injected'

West Midlands Ambulance Service sued over bowel death

Royal Derby Hospital: Disposable sterile hijabs introduced

Motor neurone disease 'linked to cholesterol'

Nurses' strike NI: Thousands of nurses go on strike

GPs 'shun full-time work as pressures take toll'

Are more people sleeping rough in Scotland?

Cancer treatment trial: Chemotherapy 'could become more effective'

Julian Smith does not want 'blame game' over health crisis

Vegans 'need to be aware of B12 deficiency risk'

Stafford Hospital scandal: The real story behind Channel 4's The Cure

Nurses' strike NI: 'They gave us wedding memories of our daughter'

Could we end homelessness in Scotland?

NHS Wales: A&E record low performance as ambulance service struggles

People with epilepsy targeted in Twitter attack

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
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 2 apples a day help keep the doctor away?

Weight loss linked to lower chance of getting breast cancer for women over 50

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
PUBLIC HEALTH
Health e-News Bulletin/NLH Public Health Newsletter

NHS In Touch Issue 104 December 2019

NICE News December 2019

Adult Protection & Safeguarding Domestic Violence

Housing crisis worsens impact of domestic violence - research

'I had to grow up so quick': How witnessing domestic abuse as a child affected me as an adult

Cardiovascular Disease

Cholesterol check: two apples a day keep heart disease away *

How fish oil might reduce inflammation

Could hot chili peppers reduce mortality risk?

FDA approve fish oil drug for cardiovascular disease
Complementary Medicine / Alternative Medicine

What is a heavy metal detox?

Critical Care

Critical Care Bulletin December 2019

ED innovation boosts access for patients with opioid-use disorder

ED pressures force nurses to compromise clinical decision-making

Dental

Free dental check-ups: shortage of dentists in England

How to solve the NHS dentistry access crisis

Dementia

How a protein in your brain could protect against Alzheimer's disease
Diabetes

Researchers outline profiles of diabetes burnout

Diabetes and anxiety: What is the link?

Diet, Nutrition and Obesity

New food labeling system may reduce calorie intake

Eggs and cholesterol: Is industry funded research misleading?

Ultra-processed foods may raise the risk of type 2 diabetes

Digital Health Technology

Get plugged into the latest AI and analytics in health at Rewired

Digital Health Technology: Global Case Studies

‘More than half’ of NHS trusts engaged in AI projects, report suggests

Digital therapeutics service My Online Therapy bags £4.2m funding
End of Life Care

Patients who plan their death end up living longer, study finds

How visualising death can help us accept it – video

Hospice UK responds to new study highlighting that advance care planning could be linked to longer survival in terminally ill patients

Only 14% of people in world can access top level palliative care, study finds

Mental Health

Breathe Therapies: The unique holistic Preston mental health service

Mental health services for young people

New measures to treat mental illness and opioid use

With novel technique, new study is first to definitively map the early development of PTSD

Early-life exposure to dogs may lessen risk of developing schizophrenia

Nurse’s podcasts tell true story of life on mental health wards

Trusts told to create ‘dedicated A&E space’ for mental health patients
Neurology

Conscious visual perception occurs outside the visual system

Drumming makes your brain more efficient

Why is it so difficult to make people change their minds?

Obstetrics

Association Between Fertility Treatment and Cancer Risk in Children

Women need professional emotional support during high-risk pregnancies, study finds

Oncology

Saliva test shows promise for earlier and easier detection of mouth and throat cancer

Finding a non-invasive way to predict effectiveness of cancer therapy
**Ophthalmology**

Dexamethasone insert reduces postsurgery burden

Turning light energy into heat to fight disease

**Paediatrics**

Study highlights high cost of fossil fuel pollution on children's health

Britain's postcode lottery for newborn deaths: Mortality rates on NHS wards twice as high in some areas, reveals report

**Patient Experience**

Understanding BPD can end the fear and stigma around it

**Patient Safety**

Nurses sleep less before a scheduled shift, hindering patient care and safety

Pharmacy staff are less concerned about prosecution when reporting patient safety incidents

Safety fears for hundreds of ‘hidden’ children on ventilators
Pharmacology

**Ultrasound blasts potent glioblastoma drug into brain tumor**

**Not all antipsychotics increase the risk of diabetes and raise cholesterol – some may be protective**

**Cancer drug shows promise in Parkinson's disease safety trial**

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Seniors and Aging

**What causes cells to age?**

**One in three over-80s 'provide vital unpaid care for loved ones' in UK**

**Changes in the immune system explain why belly fat is bad for thinking**
Sexual Health

New birth control pill provides contraception for a month

Charity works with health officials on HIV

Sleep

Refined carbs may trigger insomnia, finds study

Blue light may not be as disruptive to our sleep patterns as originally thought

Having trouble sleeping: What to know

Sports Medicine/Fitness

Hydration may affect cognitive function in some older adults

Surgery

Surgeons use virtual surgery to reconstruct patient’s jaw

Poorest die most often from emergency surgery, research finds
Vaping/Smoking

Study finds 'strong link' between vaping and depression

E-cigarettes: How high is the risk of chronic lung disease?

Number of men who smoke and use tobacco falling - WHO

Belfast university study finds vaping ‘could be worse than smoking for lung disease’

Research Fuels Debate Over E-Cigarettes as Smoking-Cessation Device

World Health Organisation

More than one in three low- and middle-income countries face both extremes of malnutrition

WHO prequalifies first biosimilar medicine to increase worldwide access to life-saving breast cancer treatment

WHO launches new report on global tobacco use trends

Drop in cholera cases worldwide, as key endemic countries report gains in cholera control

Wound Management

Hydrogels control inflammation to help healing

Chemical compound found in essential oils improves wound healing
The Family Secret documentary and what social workers need to know about sibling sexual abuse

Care Act safeguarding caseloads reach record levels following sharp rise in reported concerns

‘Many of our children don’t get presents’: schools open over Christmas for families with nothing

‘Inadequate’ county to lose control of children’s services as review finds toxic culture

Poor auditing holding back social work improvements at children’s services trust, inspectors find

Length of care proceedings lagging further behind 26-week target

Where there's a will...

Key Resources

Social Care TV

e–Learning

Social Care Online

Research Register for Social Care

Social Care Research Ethics Committee

All SCIE resources
Audit and assurance — a guide to governance
myGP available to 58m patients following assurance of SystmOne
NHS Wales automates critical prescriptions in Swansea hospital
Public urged to act fast to avoid festive flu
The 2019 voluntary scheme for branded medicines pricing and access: payment percentage for 2020
The King’s Fund responds to the latest NHS England hospital performance figures
Winter performance figures show NHS on its knees, says NHS Confederation
Bring me joy
General Dental Council patient and public research: report 2018–19
Joe’s View: NHS IT, the soft stuff is the hard stuff
Matt Hancock remains health secretary after UK general election
National Diabetes Audit 2017-18: report 2a – complications and mortality
National Neonatal Audit Programme (NNAP): 2019 annual report on 2018 data
National Vascular Registry: 2019 annual report
NHS Confederation announces new chair
NHS Confederation sets out actions for new government’s ‘top priority’
Paediatric Intensive Care Audit Network annual report 2019: summary report
Saving lives, improving mothers’ care: lessons learned to inform maternity care from the UK and Ireland Confidential Enquiries into Maternal Deaths and Morbidity 2015-17
The art of wellbeing
Trainee who exaggerated experience and claimed to have cancer is suspended for nine months
Medical education trends for future physicians in the era of advanced technology and artificial intelligence: an integrative review
PATIENT INFORMATION

What to do if you’re struggling with your mental health at Christmas
Marie Curie publishes managing breathlessness booklet

How representative are colorectal, lung, breast and prostate cancer patients responding to the National Cancer Patient Experience Survey (CPES) of the cancer registry population in England? A population-based case control study

QUALITY IMPROVEMENT AGENDA

CQC reports on safe use of radiation in health care settings

EVIDENCE BASED PRACTICE

BMJ Evidence Updates

Retrograde open superior mesenteric artery stenting: a novel approach to managing occluded illo-superior mesenteric artery grafts

Bilateral acute anterior uveitis: a rare ocular side effect of erlotinib

Refractory recurrent ocular graft versus host disease

Chronic intestinal pseudo-obstruction in a patient with metastatic gastro-oesophageal junction cancer receiving treatment with pembrolizumab

Acute macular neuroretinopathy (AMN) related to energy drink consumption

Laparoscopic reduction and repair of a left paraduodenal hernia

Ventricular arrhythmia and tachycardia-induced cardiomyopathy in Gitelman syndrome, hypokalaemia is not the only culpable

Severe haemolytic disease of a newborn with variant D mimicking blocked-D phenomenon

Association of Mondor's disease with oral contraceptive pills
Rare case of a proximal descending thoracic aorta mycotic aneurysm following intravesical BCG injections for the treatment of bladder cancer

Subcutaneous fat necrosis of the newborn

Ex vivo repair and renal auto-transplantation for treatment of a renal artery aneurysm after endovascular failure

Novel approach to locating a hypoplastic kidney in a unique variant of uterine didelphys syndrome presenting with continuous incontinence

Use of the Stafford Interview for assessing perinatal bonding disorders

Venous anomalies in renal transplantation: an accessory left-sided IVC in a live kidney donor

Meglumine antimoniate combination treatment for relapsing Kala-azar after treatment and secondary prophylaxis failure with liposomal amphotericin B in two HIV-coinfected patients

Chylothorax: complication attributed to dasatinib use

Generalised papular variant of elastolytic giant cell granuloma

Blue rubber bleb nevus: a rare cause of GI bleeding—review of management

Primary seminal vesicle adenocarcinoma: a lethal yet cryptic malignancy with review of literature

Oral focal mucinosis of the mandible in an adolescent patient

Late ventricular standstill following an elective TAVI

Successful emergency management of a bleeding tracheoinnominate fistula

Impact of radiological diagnostics in the survivor of disseminated Fournier gangrene patient with septic pulmonary embolism

Unindicated hysterectomies in India: the aftermath
Target of rapamycin inhibitors (TOR-I; sirolimus and everolimus) for primary immunosuppression in kidney transplant recipients

Scleral buckling and vitrectomy in retinal detachment

Treatments for preventing recurrence of infection with Pseudomonas aeruginosa in people with cystic fibrosis

Toric intraocular lenses versus limbal relaxing incisions for astigmatism in cataract surgery

Metformin for ovulation induction in women with a diagnosis of polycystic ovary syndrome and subfertility

How accurate are the Addenbrooke's Cognitive Examination III (ACE-III) and mini-ACE for the screening of dementia and mild cognitive impairment (MCI)?

Beta-blockers versus placebo or no intervention for patients with suspected or diagnosed myocardial infarction

Are there effective medications for treating depression that does not improve with the first medication used?

Title: Impact of food fortification with multiple micronutrients on health

Omega-3 and omega-6 polyunsaturated fatty acid supplements for dry eye 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.

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National Institute for Health Research (NIHR) Health Technology Assessment

New 'smart needle' could help diagnose lymphoma and other cancers

Commercial contract research: National contract value review update and National Coordinator appointments

NIHR joins forces with MRC and ESRC to fund multidisciplinary research in multimorbidity

Research for Social Care competition announces Committee Chair and Deputy

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DoH Press Releases/New Publications

Public health commissioning in the NHS: 2019 to 2020

What record NHS investment means for each of my priorities

Nursing students to receive £5,000 payment a year
LIBRARY “BITS AND PIECES”
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