IN THE KNOW: Keeping Staff Informed

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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

Letter from the Editor: The importance of accurate reporting

New material could turn clothing into a health monitor
STAFF HEALTH & WELLBEING

Is hand sanitiser better against coronavirus than hand washing?

From siestas to saunas: the 10 European wellbeing traditions everyone should try

How To Boost Your Mood In This Endlessly Dreary Weather

6 Ways To Channel Your Anger When You’re Raging

A Five-Step Guide To Washing Your Hands Properly

Caffeine boosts problem-solving ability but not creativity, study indicates

Useful links

Patient.co.uk

NHS Website

Mental Health Foundation

World Health Organisation
Manx Skeet

Stronger powers against Coronavirus introduced
Diabetes monitors now available on island NHS
Flybe collapse - patient transfer advice
Patient Transfer Office opening hours extended
No doctor's appointments when GPs meet today

Hot off the press

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

Fish oil supplements offer 'little or no benefit' against cancer
Coronavirus: 'Nothing ruled out' in government's virus battle tactics
Coronavirus: Three more people test positive in England
Coronavirus: Widespread transmission in UK 'highly likely'
Coronavirus: Drive through testing begins at Edinburgh hospital
Digital 'flying doctor' aids air travellers
NHS gender clinic 'should have challenged me more' over transition
Coronavirus: 'The NHS will cope with outbreak'
Women with endometriosis 'finally being believed'
Coronavirus: World in 'uncharted territory'
Faster access to cannabis medicines in UK
'How I recovered from coronavirus and isolation'
Coronavirus: Up to fifth of UK workers 'off sick at same time'
Coronavirus: Big increase in tests carried out in Northern Ireland
Record high child mental health waiting numbers in Scotland
Coronavirus could peak in May or June, Wales' top doctor says
Coronavirus: Face mask ads banned for 'misleading' claims
Coronavirus: Drug shortage fears as India limits exports
'I have sensation in my breasts again'
Coronavirus: Hospital patients to be seen via video link
TikTok and mental health: The psychologist sharing advice
Coronavirus: Torbay GP surgeries closed to 'contain outbreak'
Coronavirus: Three days more sick pay for self-isolating workers
Coronavirus: Emergency talks trumped New York trip
Extra cash to cover health staff bullying claims

Welsh children's respite care cut due to hospice funding 'crisis'
Glan Clwyd surgeon 'got into difficulty' before man's death
Women in labour refused epidurals, government finds
East Kent baby deaths: 'Hospital did not learn from mistakes'
Coronavirus: California declares emergency after death
NHS is 'failing' patients living with HIV
Coronavirus: Will NHS buckle under the strain?
Coronavirus: UK moving towards 'delay' phase of virus plan as cases hit 90
Londonderry: New family justice centre approved by planners
Domestic abuse: Support for children 'needs more money'
Charlotte Nokes death: Peterborough Prison mental health 'concerns'
Coronavirus: Woman in 70s becomes first virus fatality in UK
Shropshire baby deaths: Trust will return £1m it received for 'good care'
Coronavirus: Cork University Hospital staff to self-isolate
Calls about children witnessing domestic abuse 'rise 25%'
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
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.

Frequent teeth brushing may be linked with lower risk of diabetes

"No evidence" that full-fat milk and dairy products lead to overweight children

Eating an egg a day does not raise risk of heart attack or stroke

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

Adult Protection & Safeguarding Domestic Violence

Domestic abuse bill fails to protect children and migrant women – charities

Film and TV shows to warn viewers if scenes show domestic abuse

Domestic abuse: how to help someone you think might be at risk

Addiction

Addiction psychiatry can reduce homelessness – and yet it’s at risk

On the path toward non-addictive painkillers

What to know about food addiction
Cardiovascular Disease

More evidence that sitting may raise heart disease risk

How sugary drinks could raise heart disease risk

Egg consumption and risk of cardiovascular disease: three large prospective US cohort studies, systematic review, and updated meta-analysis

Cardiovascular Horizon Scanning Volume 12 Issue 1/2

Complementary Medicine / Alternative Medicine

Physiotherapy could be done at home using virtual reality

Omega-3 supplementation: Two major reviews find minor effects

Critical Care

I’m an ICU doctor. The NHS isn’t ready for the coronavirus crisis

If the coronavirus peaks fast, the NHS could be overwhelmed and critical care rationed
Dental

Word of Mouth: February 2020

The microbes in your mouth, and a reminder to floss and go to the dentist

Dementia

Could new discovery play a role in diagnosing Alzheimer's earlier?

Widowhood accelerates cognitive decline among those at risk for Alzheimer's disease

Alzheimer's: Can an amino acid help to restore memories?

Large study explores age of onset of frontotemporal dementia by genetics, family history

Diet, Nutrition and Obesity

When should you eat to manage your weight? Breakfast, not late-night snacks

Sugar gets the red light from consumers in new study

Eating a vegetarian diet rich in nuts, vegetables, soy linked to lower stroke risk

Diet, nutrition, and cancer risk: what do we know and what is the way forward?
**Digital Health Technology**

*Connected Nottinghamshire launches digital ‘front door’ for local services*

*New Rewired Network created for all digital health innovators*

**End of Life Care**

*The value of poetry therapy for people in palliative and end of life care*

*Improving children’s hospice care through innovation*

**Immunisation and Infection**

*COVID-19 a reminder of the challenge of emerging infectious diseases*

*Study unravels how our immune system deals with fungal and viral infections*
Mental Health

What one mental health helpline is doing to curb homeless suicides

New study reevaluates factors linked with anxiety disorders

More than half of people struggling with their mental health have experienced discrimination

Universities to get funding for student mental health 'innovations'

Mental health's capital needs have been completely overlooked by government

How transcendental meditation alters the brain

Neurology

Early intervention following traumatic brain injury reduces epilepsy risk

The neural basis of sensory hypersensitivity

The origin of satiety: Brain cells that change shape after a meal
Obstetrics

Antioxidant supplements do not improve male fertility
Length of pregnancy alters the child's DNA
Better Births four years On: a review of progress
The harmful effects of stress during pregnancy can last a lifetime

Oncology

NICE recommends new ‘chemotherapy-free’ treatment for lymphoma
400 cancer cases a day in the UK could be avoided by healthier lifestyles, says charity

Ophthalmology

COVID-19: What ophthalmologists need to know
AI-enabled radar: Pushing boundaries of glaucoma diagnosing, monitoring
Care delivery: Motivating patients with mobile devices
Kids eat more calories in post-game snacks than they burn during the game

UK in danger of failing a generation of children and young people, says new report

Breastfeeding and risks of allergies and asthma

Household chemical use linked to child language delays

Patient Experience

I Am A 29-Year-Old Who Dreads Going Outside. Here's How Agoraphobia Affects Me

Pharmacology

Artisanal CBD not as effective as pharmaceutical CBD for reducing seizures

Scientists identify drugs that prevent antibiotic resistance in bacteria
Sexual Health

Sex education: ‘We can’t let teachers perpetuate a homophobic or transphobic narrative’

This is why we should stop using “dirty” and “clean” on hook up apps

Sleep

Are grandma, grandpa sleepy during the day? They may be at risk for diabetes, cancer, more

Calls for sleep guidelines for people with type 1 diabetes

Can't sleep? Prebiotics could help

Irregular sleep may increase risk of cardiovascular problems

Sports Medicine/Fitness

Exercise advice for spinal cord injury

Sports doctors may accidentally prescribe banned steroids
Substance Abuse

Associations between stopping prescriptions for opioids, length of opioid treatment, and overdose or suicide deaths in US veterans: observational evaluation

Surgery

Handheld 3D printers developed to treat musculoskeletal injuries

New England Journal of Medicine reviews controversial stent study

Efficacy of antireflux surgery in children with or without neurological impairment: a systematic review

Vaping/Smoking

8 things to know about e-cigarettes

'False fears' about vaping stopping smokers using e-cigs: UK report
Women’s Health

Women from ethnic minorities face endemic structural racism when seeking and accessing healthcare

Ovarian Cancer Awareness Month: What are the symptoms and how is it treated?

World Health Organisation

UN releases US$15 million to help vulnerable countries battle the spread of the coronavirus

Shortage of personal protective equipment endangering health workers worldwide

Nursing homeless people in Ireland

Helping children learn, be happy and thrive

Wound Management

New algorithm tracks pediatric sepsis epidemiology using clinical data
Social Care

Social care can’t cope alone with the cost of the living wage

Agency social worker numbers up 10% over last year, statistics reveal

City’s children ‘exposed to significant risk’ as social worker shortage bites, Ofsted warns

Children’s social workers: take our survey and tell us about your caseloads

Average social work caseloads range from 12 to 33 between councils, according to official figures

Council jumps two grades to ‘outstanding’ on back of strong corporate parenting

Social worker suspended for copying and pasting information between DoLS forms

Strong management helping children’s services trust turn a corner, Ofsted finds

AMHPs favour investment over legal changes amid rising Mental Health Act detentions, study finds

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

Is it time for a new National Beds Inquiry, or a national policy decision?  

Life changing fever, headache and painkilling drug for children on the NHS  

NHS comments on coronavirus ‘drive through’ testing service  

Delivering health and care for people who sleep rough: going above and beyond  

Babylon Health tries to rubbish noted Twitter critic as ‘troll’  

Covid-19: school closures and bans on mass gatherings will need to be considered, says England’s CMO  

East Anglian hospital rolls out e-rostering across medical community  

Emerging tensions will affect how the NHS uses its new money  

Hancock vows to stamp out “absurd” rationing of some NHS services  

John Wyn Owen: former director of the NHS in Wales, who introduced the concept of “health gain”  

Clinical negligence costs: taking action to safeguard NHS sustainability  

An inclusive approach to disability leave  

Cera Care rolls out new analytics platform after securing £54m funding  

Child protection: duties to report concerns (England)  

Coroner to ask GMC to check vulnerability of doctors it investigates  

Covid-19: retired doctors could be asked to return to work, says Hancock  

Driving innovation and long-term growth in the UK’s life sciences sector  

NHS 111 Online To Help People With Coronavirus  

NHS Staff Council statement on Covid-19  

Public service pensions: the cost control mechanism  

Race inequality in the workforce: exploring connections between work, ethnicity and mental health  

Sharp increase in hospital admissions related to homelessness  

Time to light the FHIR and get to grips with standards  

Unleashing the digital premium  

Strategic collaboration announced by NICE and Health Technology Wales  

Are cost-effectiveness thresholds fit for purpose for real-world decision making?  

Coronavirus: action plan - a guide to what you can expect across the UK  

Covid-19: hoarding and misuse of protective gear is jeopardising the response, WHO warns  

Covid-19: UK could delay non-urgent care and call doctors back from leave and retirement
Euston, we have a problem: is Britain ready for an infrastructure revolution?

Ligature and ligature point risk assessment tools and policies

NHS action saves 3,000 more babies’ lives

NHS to celebrate ‘health and care heroes’ with parliamentary awards

Obesity: medical leaders call for end to “stigmatising” language

Protecting front line services key as coronavirus action plan published

Recruitment is only part of the solution to address the workforce challenge

State of child health in the UK

TechUK president: Diversity in tech will underpin the future of the NHS

The Shuri Network: Diversity ‘cannot be outsourced’

AMBULANCE WORKFORCE IMPROVEMENT

Association between ethical leadership, ethical climate and organizational citizenship behavior from nurses’ perspective: a descriptive correlational study

Budget is opportunity for Government to address nursing shortage

Criado-Perez: Men are not a standard women fail to live up to

Mental health crisis services rolled out across England

Covid-19: 90% of cases will hit NHS over nine week period, chief medical officer warns

Government should challenge ‘nanny state’ critics on using tax and regulation to improve public health, says The King’s Fund

Is there a place for servant leadership in nursing?

NHS chief pledges ‘head office’ will match diversity of health service

The NHS nursing workforce

PATIENT INFORMATION

Do 'superfoods' really exist?

What are the benefits of strength exercises?

Is DNA testing a good idea?

QUALITY IMPROVEMENT AGENDA

The BMJ Awards 2020: Clinical leadership

Venous thromboembolism (VTE) risk assessment: Q3 2019/20
BMJ Evidence Updates

Appendiceal Crohn’s disease: a rare differential of right iliac fossa pain

Endovascular repair of spontaneous popliteal artery pseudoaneurysm

Differentiating 11β-hydroxylase deficiency from primary glucocorticoid resistance syndrome in male precocity: real challenge in low-income countries

Postcardiomyotomy extracorporeal membrane oxygenation in a patient with Austrian syndrome

Flecainide toxicity: a presentation to the emergency department with literature review

Surgical excision of post-traumatic myositis ossificans of the adductor longus in a football player

A lumbar arteriovenous fistula presenting with intraventricular hemorrhage and hydrocephalus

Spinal arteriovenous malformation without endovascular arterial access: is a combined neurosurgical approach and direct venous puncture an option?

Adalimumab as a potential cause of drug-induced thrombocytopaenic microangiopathy

FOLFOX and capecitabine-induced hepatic granuloma mimicking metastasis in a rectal cancer patient

One size doesn’t fit all: contouring and addressing social vitals in reversing tobacco epidemic in Punjab, India

Paroxysmal head drops with ataxia-like symptoms presenting as Sandifer syndrome in a 3-year old girl

Aortobronchial fistula and Listeria endograft infection after repeated T/EVAR: a rare combination
Omega-3 intake for cardiovascular disease

How accurate is magnetic resonance imaging for the early diagnosis of dementia due to Alzheimer's disease in people with mild cognitive impairment?

Green tea for the prevention of cancer

Transcutaneous electrical nerve stimulation (TENS) for managing pain in people with sickle cell disease

Severe fatigue after treatment for childhood cancer

Intra-uterine insemination for unexplained subfertility

Probiotics for the treatment of active ulcerative colitis

Probiotics for maintenance of remission in ulcerative colitis

Oxcarbazepine add-on for drug-resistant focal epilepsy

Drugs for preventing lung cancer in healthy people

Drug treatments and electronic cigarettes for stopping smoking in pregnancy

Sclerotherapy versus sham or no intervention for primary prophylaxis of oesophageal variceal bleeding in children with chronic liver disease or portal vein thrombosis
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

Wine glass size may influence how much you drink in restaurants

Study estimates mental health impact of welfare reform

Largest ever study of eating disorders launches in England

NIHR develops interactive learning package to support embedding research in the NHS

Researchers develop mobile app to determine risk of preterm birth

Research discovers why some people are more likely to develop a devastating lung disease
DoH Press Releases/New Publications

Health Secretary sets out government 'battle plan' for COVID-19
Faster access to cannabis-based medicines as import restrictions are changed
National recruitment campaign for paramedics, radiographers and nurses begins
NHS prescription charges from 1 April 2020
Coronavirus action plan launched
Public information campaign focuses on handwashing
£1 million for innovative student mental health projects
Coronavirus shows that health and work are inextricably linked

LIBRARY “BITS AND PIECES”
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Check out our library website at www.librarykeylldarree.gov.im for details of all our services, facilities and any forthcoming events.