IN THE KNOW: Keeping Staff Informed

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IN THE SPOTLIGHT

Lockdown 3 begins

STAFF HEALTH, HELP, & WELLBEING

Can’t sleep because of anxiety? Here’s 5 techniques to help you relax
Guidelines to understand and compute the number needed to treat

Useful links

Patient.co.uk

NHS Website

Mental Health Foundation

World Health Organisation

MANX SKEET

84% in first two priority groups have received first jab

Lockdown 3 from midnight

Three unexplained Covid-19 cases recorded amongst eight

Covid is now widespread in the community

Public asked to wait until Saturday to call 111 to register for vaccination

Health care measures during lockdown
St John Ambulance is reactivating its prescription delivery service for residents in need.

Victim Support is asking those with an appointment not to attend its office

Hospital ward evacuated during fire callout

Maternity restrictions eased for this lockdown

HOT OFF THE PRESS

BBC News

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

Covid-19: More than 20 million in UK have had first jab

Covid-19: Free rapid testing for pupils' families in England

Covid-19: How would an NHS vaccine passport app work?

Covid vaccines cut risk of serious illness by 80% in over-80s

Professor Van-Tam: 'One dose of vaccine reducing hospitalisation by 80%'

How many cases in your area?

Prosthetist fundraising £300,000 for a bionic arm after cycling accident

Covid: Teachers' risk 'similar' to other under-65s

Covid-19: Brazil variant case in England hunted by officials

Covid-19: Critical care beds shortage prompts calls for review

What are the Brazil, South Africa and UK variants and will vaccines work?

Coronavirus: False vaccine claims debunked
Covid: Oxford vaccine does protect older people, Europe told

Covid-19: Dolly Parton marks vaccination with Jolene rewrite

Covid vaccine being tested in patients with low immunity

Covid and dementia - 'let them see their families'

Children's doctors given fabricated illness guidance

Covid: France approves AstraZeneca vaccine for over-65s

Covid Brazil variant 'may spread more easily'

Covid-19: Regular tests a 'game-changer' for schools, says science adviser

What does Covid testing in schools look like?

Prize-winning migraine experts hope for a cure

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
Critical Thinking
Do you believe everything you read? Is there truth behind the headlines? Why does false information spread so fast on social media? What can you do to make sure you don’t get taken in? Start by looking up the stories on websites such as the ones below:

Full fact https://fullfact.org/
Ferret Fact Service https://theferret.scot/ferret-fact-service/
BBC Reality Check https://www.bbc.co.uk/news/reality_check

Misinformation
Do you keep a look out for misinformation circulating online? Do you know the impact it could have on patients? How do you counter it?

The Influence of Media Coverage and Governmental Policies on Google Queries Related to COVID-19 Cutaneous Symptoms: Infodemiology Study

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

Adult Protection & Safeguarding Domestic Violence

Addressing domestic violence’s root cause: New Alberta program aims to help men with abusive behaviour

New laws to protect victims added to Domestic Abuse Bill

Addiction

A Multimodal Mobile Sleep Intervention for Young Adults Engaged in Risky Drinking: Protocol for a Randomized Controlled Trial

Evaluating the Effectiveness of a Web-Based Program (POP4Teens) to Prevent Prescription Opioid Misuse Among Adolescents: Randomized Controlled Trial
How COVID-19 Face Masks Can Reduce Outdoor Allergy Symptoms

Why some who can't get Pfizer or Moderna COVID-19 vaccine due to allergies might be allowed to get Johnson and Johnson

Food Allergy Symptom Self-Management With Technology (FASST) mHealth Intervention to Address Psychosocial Outcomes in Caregivers of Children With Newly Diagnosed Food Allergy: Protocol for a Pilot Randomized Controlled Trial

Cardiovascular Disease

Why sex differences in cardiovascular disease matter

Association of physical activity metrics with indicators of cardiovascular function and control in children with and without type 1 diabetes

Concrete Steps for Building an Antiracist Cardiovascular Culture

Digital Technology Interventions for Risk Factor Modification in Patients With Cardiovascular Disease: Systematic Review and Meta-analysis

Complementary Medicine / Alternative Medicine
Education, interest in alternative medicine associated with believing misinformation

Critical Care

The REMAP-CAP Investigators. Interleukin-6 Receptor Antagonists in Critically Ill Patients with Covid-19

Effect of High-Dose Baclofen on Agitation-Related Events Among Patients With Unhealthy Alcohol Use Receiving Mechanical Ventilation. A Randomized Clinical Trial.

Effect of Vitamin C, Thiamine, and Hydrocortisone on Ventilator- and Vasopressor-Free Days in Patients With Sepsis: The VICTAS Randomized Clinical Trial.

Freeze-dried plasma for major trauma – Systematic review and meta-analysis.

Valproic Acid as an Adjuvant Treatment for Generalized Convulsive Status Epilepticus in Adults Admitted to Intensive Care Units: Protocol for a Double-Blind, Multicenter Randomized Controlled Trial

Dental

Mouth cancer – consultant reports spike after dental access troubles

Life-changing dental therapy – why a patient-led approach is best

Dementia

Charity “extremely concerned” by fall in dementia diagnosis rates

“Action on Rights” team will smooth path to visiting in Scotland
**Diabetes**

*A Novel User Utility Score for Diabetes Management Using Tailored Mobile Coaching: Secondary Analysis of a Randomized Controlled Trial*

**Diet, Nutrition and Obesity**

*Interplay of Support, Comparison, and Surveillance in Social Media Weight Management Interventions: Qualitative Study*

*The Kurbo App: The Freemium Model and Developmental Behavior Concerns. Comment on “Impact of a Mobile App–Based Health Coaching and Behavior Change Program on Participant Engagement and Weight Status of Overweight and Obese Children: Retrospective Cohort Study”*

**Digital Health Technology**

*Challenges for Nontechnical Implementation of Digital Proximity Tracing During the COVID-19 Pandemic: Media Analysis of the SwissCovid App*

**End of Life Care**
How Covid-19 hit Oxfordshire's palliative care services
When should patients with dementia receive palliative care?

Equality
Covid-19 must be a tipping point for tackling inequalities
The Global Society on Migration, Ethnicity, Race and Health: why race can’t be ignored even if it causes discomfort

Immunisation and Infection
Early Detection of Dengue Fever Outbreaks Using a Surveillance App (Mozzify): Cross-sectional Mixed Methods Usability Study
Expert Opinions on the Most Promising Treatments and Vaccine Candidates for COVID-19: Global Cross-sectional Survey of Virus Researchers in the Early Months of the Pandemic

Learning Disability
£2.5m fund launches to support digital inclusion for people with learning disabilities
Men's Health

Research: men get more actionable feedback than women

Exercise, Not Testosterone Therapy, Improves Artery Health in Middle-Aged and Older Men

Mental Health

Why is Black History Month important to psychiatry?

Using a Tablet-Based App to Deliver Evidence-Based Practices for Suicidal Patients in the Emergency Department: Pilot Randomized Controlled Trial

Suitability of Text-Based Communications for the Delivery of Psychological Therapeutic Services to Rural and Remote Communities: Scoping Review

Assessing the Mental Health of Emerging Adults Through a Mental Health App: Protocol for a Prospective Pilot Study

Using Fitbit as an mHealth Intervention Tool to Promote Physical Activity: Potential Challenges and Solutions
**Neurology**

Neurocognitive Assessment Tools for Military Personnel With Mild Traumatic Brain Injury: Scoping Literature Review

**Obstetrics**

More deaths, worse care: inquiry opens into NHS maternity 'systemic racism'

Cognitive behavioral therapy can reduce stress, improve mood in pregnant women

**Oncology**

Artificial Intelligence Techniques That May Be Applied to Primary Care Data to Facilitate Earlier Diagnosis of Cancer: Systematic Review

How repurposing a drug in a COVID-19 trial could benefit people with cancer

**Ophthalmology**
Noninvasive angiography with OCT offers definite value

Estimating the Incidence of Conjunctivitis by Comparing the Frequency of Google Search Terms With Clinical Data: Retrospective Study

Paediatrics

Acute covid-19 and multisystem inflammatory syndrome in children

Children’s mental health referrals expected to surge when schools return

Patient Experience

Personal Accounts of Young-Onset Colorectal Cancer Organized as Patient-Reported Data: Protocol for a Mixed Methods Study

Pharmacology

Safety and efficacy of intensive blood pressure lowering after successful endovascular therapy in acute ischaemic stroke (BP-TARGET): a multicentre, open-label, randomised controlled trial
FDA grants regulatory approval of fosdenopterin (Nulibry) for molybdenum cofactor deficiency (MoCD) Type A

Sodium-glucose co-transporter 2 inhibitor therapy: mechanisms of action in heart failure

A living WHO guideline on drugs to prevent covid-19

Primary Care

The inverse care law and the potential of primary care in deprived areas

Seniors and Aging

Effects of Information Architecture on the Effectiveness and User Experience of Web-Based Patient Education in Middle-Aged and Older Adults: Online Randomized Experiment

Sexual Health

COVID-19 hindering progress against female genital mutilation
The Influencers Normalising Conversations Around Sexual Health and Wellbeing

Longitudinal Cohort Study of Gender Affirmation and HIV-Related Health in Transgender and Gender Diverse Adults: The LEGACY Project Protocol

Sleep Medicine

Study: Treatable sleep disorder common in people with thinking and memory problems

Sports Medicine/Fitness

What Sports Medicine Has Done for Healthcare During Pandemic

Using Fitbit as an mHealth Intervention Tool to Promote Physical Activity: Potential Challenges and Solutions

Surgery

Robot named Bridget revolutionises surgery in Sussex

New cancer scan could guide brain surgery
**Vaping/Smoking**

Form of vaping could be banned for millions under new WHO guidelines

COVID-19 lockdown linked to uptick in tobacco use

**Women’s Health**

The impact of high-risk and chronic opioid use among commercially insured endometriosis patients on health care resource utilization and costs in the United States

New guidance to manage swollen lymph nodes after COVID-19 vaccination

Smoking cessation drug may treat Parkinson's in women

**World Health Organisation**

WHO Bulletin: March

**Wound Management**

Utility of Groin Flap in Penile Reconstruction
Bilateral Rectangular Musculocutaneous Advancement Flap: A Viable Alternative for Reconstruction of Large-Sized Forehead Defects with Exposed Bone

SOCIAL AND COMMUNITY CARE

Average pay for adult social workers up for first time in five years but salaries no higher than 2013 levels

How social work managers can manage stress

Children’s social worker caseloads continue year-on-year fall, according to DfE figures

Care review launches with focus on ensuring love, stability and safety for children in families and in care

A spectrum of opportunity: an exploratory study of social work practice with autistic young adults and their families

Analysis: Why nurses will be crucial to joining up health and social care

Scottish government extends mental health support for social care staff

Managing chaos, doing our best for patients and helping each other: hospital social work under Covid

Disabled people nearly three times as likely to experience domestic abuse as non-disabled - study

‘It’s many years since I’ve done direct work and I’m nervous’: returning to practice from academia

Supply of ultrasound gels suspended after bacteria outbreaks in multiple hospitals

Key Resources

Social Care TV

e–Learning
HEALTH MANAGEMENT

NHS invites people aged 60-plus to get life-saving COVID vaccination

NHS may ‘never catch up’ with surgery backlog caused by covid

Calls for GPs to ‘get back to being GPs’ as other vaccine centres ‘empty’

Suicide inquest sparks warning on ‘nine month wait’ for treatment

Trust with ‘suffocating prohibition on speaking plainly’ loses case against senior manager

Five trusts still have a fifth of beds filled by covid patients

Exclusive: NHS in London asked to plan for ‘possible covid surge later in 2021’

Controversial service closures to be reversed

Mental Health Matters: ‘A culture of risk taking’

Medical e-rostering: shifting towards a more inclusive, compassionate and flexible rota for the NHS

NHS starts reporting on vaccine wastage and stock as supplies about to double

Workforce Race Equality Standard: 2020 data analysis report for NHS trusts and clinical commissioning groups
A consultancy habit? The use of external management advice in the NHS

QUALITY IMPROVEMENT AGENDA

Well spotted: but now you need to do something

Addressing the ignored complication: chronic opioid use after surgery

Leveraging natural experiments to evaluate interventions in learning health systems

EVIDENCE BASED PRACTICE

BMJ Evidence Centre

BMJ Evidence Updates

Understanding the implementation (including women's use) of maternity waiting homes in low-income and middle-income countries: a realist synthesis protocol

Urinary albumin-to-creatinine ratio levels are associated with subclinical atherosclerosis and predict CVD events and all-cause deaths: a prospective analysis

Technology-assisted depression screening tools for patients with cancer: a systematic review protocol

Gendered economic, social and health effects of the COVID-19 pandemic and mitigation policies in Kenya: evidence from a prospective cohort survey in Nairobi informal settlements

Telehealth versus self-directed lifestyle intervention to promote healthy blood pressure: a protocol for a randomised controlled trial

'A silent epidemic of grief: a survey of bereavement care provision in the UK and Ireland during the COVID-19 pandemic

Risk of active tuberculosis in migrants diagnosed with cancer: a retrospective cohort study in British Columbia, Canada
Case of oculo-auriculo-vertebral spectrum: rare clinical features

Complete resolution of long pedunculated thrombus of the proximal ascending aorta following conservative management: an interesting case

Mimic of malignancy: delineating IgG4-related disease and lymphoma

Can other coronavirus infections cause a cryptogenic stroke in a young patient?

Silicone granuloma: a cause of cervical lymphadenopathy following breast implantation

Monomelic Maffucci syndrome

Cochrane

Cochrane in 2021: an opportunity to reunite with colleagues

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.
National Institute for Health Research (NIHR) Health Technology Assessment

**PRINCIPLE COVID-19 treatments trial widens to include under 50s**

**NIHR announces Senior Investigators for 2021**

**NIHR launches £20 million funding competition for blood and transplant research**

DoH Press Releases/New Publications

**Press release: All households with children of school age to get 2 rapid COVID-19 tests per person per week**

**Transparency data: DHSC major projects: appointment letters for senior responsible owners**

**Guidance: Restricting workforce movement between care homes and other care settings**

**Speech: Health and Social Care Secretary's statement on coronavirus (COVID-19): 1 March 2021**

**Detailed guide: Day 2 and day 8 testing for international arrivals: minimum standards for providers**

LIBRARY “BITS AND PIECES”

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