Welcome to the latest issue of our weekly Current Awareness Bulletin, a publication from the Library and Knowledge Services at Hinchingbrooke Hospital. This bulletin provides a digest of information focusing on primary care and public health. If you are unable to access any of the internet links, please contact us and we can forward the relevant information to you.

If you would like to register for free to this on a permanent basis, or simply find out more about the service, please email Liza Alderman, Specialist Librarian, Primary Care and Public Health, at the address below.

If you would like to suggest any new headings for the bulletin, or other sources of information to be reviewed and included in subsequent editions, please contact Liza Alderman. (Tel no: 01480 416114 or liza.alderman@nhs.net). For information about other library services including NHS Athens, please go to our website: http://www.hinchingbrooke.nhs.uk/our-services/library-services/

News

The following training sessions are being held in the Library Computer/Training Room at Hinchingbrooke*:

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<td>Tuesday, 8th Sept</td>
<td>Introduction to searching the healthcare databases</td>
<td>10.30 – 12.30</td>
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<tr>
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<tr>
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To book a place on any of our training sessions, or to simply find out more, please email hch-tr.libraryteam@nhs.net

*Alternative training is available for those staff working within Peterborough, Luton and Suffolk. Please contact your local NHS library for details*

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Mental Health

Cancer

No items this week

Cardiovascular Disease

See also Eyes on Evidence section: Fractional flow reserve to guide percutaneous coronary intervention in people with stable coronary artery disease

Child & Adolescent Health

Guidance: Childhood flu programme: information for healthcare practitioners
[Updated: Information for healthcare practitioners on the national childhood flu immunisation programme 2015 to 2016]
Flu vaccination programme for children, information on the vaccination and how to administer it.
Source: PHE

See also Commissioning section: NHS England launches first stage of new programme to improve young people’s mental health services

See also Eyes on Evidence section: Quality of life in young people with cerebral palsy

Childhood factors and inactivity in adulthood

Commissioning

NHS England launches first stage of new programme to improve young people’s mental health services
NHS England has announced how it intends to distribute £30m of funding to improve eating disorder services aiming to achieve 95 per cent of patients being seen within four weeks or one week for urgent cases by 2020. NHS England has issued guidance to CCGs on submitting their Local Transformation Plans (LTPs) to improve mental health care for children and young people, including how they will develop eating disorder services.
Source: NHS England

CCG bulletin: Issue 93
Source: NHS England

Making Payment Work Better To Support New Models Of Urgent And Emergency Care: An Introduction
This document is for all organisations involved in the commissioning or delivery of urgent and emergency care services, including NHS 111, community pharmacy, community care urgent response and social care urgent response services, in-hours urgent primary care, GP out-of-hours, 999, ambulance, walk-in centres, urgent care centres, emergency department attendances and emergency admissions. It is intended for chief executives, clinicians and
others who require a broad understanding of a potential new payment approach being developed by Monitor and NHS England to support the service reform, but who do not need to access detailed guidance on payment design and implementation.

**Source:** Monitor/King's Fund

### Communicable Diseases

**An internet-delivered handwashing intervention to modify influenza-like illness and respiratory infection transmission (PRIMIT): a primary care randomised trial**

This RCT of 20,066 people recruited from general practice across England found that an automated web-based intervention to promote handwashing was associated with a reduction in individuals reporting respiratory tract infections (51% v 59% control) and in household transmission.

**Source:** The Lancet

See also Child & Adolescent health section: Guidance: Childhood flu programme; information for healthcare practitioners

### CQC Standards

No items this week

### Dental Services

No items this week

### Diabetes

**Diabetes medicines account for one tenth of all prescribing in primary care**

Medicines used to treat diabetes(2) in England have accounted for a tenth of the annual primary care prescribing bill for the first time, new figures show.

**Source:** HSCIC

### Diet & Nutrition

**Does red meat affect male fertility?**

"Want to be a dad? Cut out sausages and eat chicken," the Daily Mail reports, prompted by the findings of a recent study into diet and fertility outcomes for couples undergoing fertility treatment.

**Source:** Behind the Headlines

**Claims that 'butter is safe' and 'margarine deadly' are simplistic**

"Butter unlikely to harm health, but margarine could be deadly," The Daily Telegraph reports. A major analysis of data found no link between saturated fats and heart disease, stroke or diabetes, but there was a link with trans fats.

**Source:** Behind the Headlines

**Low-fat diet ‘better’ than low-carb diet for getting rid of body fat**

"Low-fat diets 'better than cutting carbs' for weight loss," says BBC News. But wait, the Mail Online says: "Low-carb 'is best for weight loss". Confused?

**Source:** Behind the Headlines

### Disabilities

No items this week

### Drugs and Alcohol
**Recovery Partnership Review of Alcohol Treatment Services**
A review of alcohol treatment in England has been released, highlighting key issues and themes facing the sector. The report, based on extensive stakeholder consultation, was undertaken by Alcohol Concern on behalf of the Recovery Partnership. Key themes identified within the report are: 1. The enthusiasm of the alcohol field for being involved in a debate about its future; 2. The gap in meeting the needs of people with ‘dual diagnosis’; 3. Managing change resistant drinkers with chaotic patterns of behaviour; 4. The problems being experienced in the residential rehabilitation sector.

*Source: UK Health Forum*

**Health Inequalities**

**Inequalities In Life Expectancy: Changes Over Time And Implications For Policy**
This report assesses how the Marmot curve has changed over time and what that tells us about the success or otherwise of government policy on inequalities in health over the period 1999–2003 to 2006–10. This study brings together, for the first time at a small area level, data on a wide array of variables for 6,700 areas of England on wider determinants, lifestyles, demographics and public service variables widely thought to be significant in determining health and health inequalities.

*Source: The King’s Fund*

**Long Term Conditions**

**Improving liver health in the East Midlands**
This paper calls for action across the East Midlands to improve liver health, and draws on the evidence from the recent Lancet Commission on liver disease to identify the key actors in this fight and the key actions that they could take.

*Source: UK Health Forum*

See also Eyes on Evidence section: [Quality of life in young people with cerebral palsy](#)

**Medicines**

**Iodine supplements could help mums, babies and the economy**
"Providing pregnant women with iodine supplements could boost children’s intelligence and save thousands of pounds in future health costs," The Daily Telegraph reports.

*Source: Behind the Headlines*

See also Diabetes section: [Diabetes medicines account for one tenth of all prescribing in primary care](#)

See also Eyes on Evidence section: [Latanoprost for newly diagnosed open-angle glaucoma](#)

Evidence summaries from NICE’s Medicines and Prescribing Programme

**Mental Health**

**Checking emails out of work ‘can reduce wellbeing’**
"Checking your emails outside of work really IS bad for your health," the Mail Online reports. A German study recruited a sample of 132 workers and aimed to look at how extended working outside normal hours influenced people’s mood the next day.

*Source: Behind the Headlines*
See also Commissioning section: NHS England launches first stage of new programme to improve young people’s mental health services

Obesity

See also Diet & Nutrition section: Low-fat diet 'better' than low-carb diet for getting rid of body fat

Offender and Prison Health

No items this week

Older People

Treatment for dementia: Learning from breakthroughs for other conditions
This project analysed breakthroughs in the treatment of four selected conditions of ill health and seeks to identify potentially transferable lessons for the dementia context. Using evidence review and key informant interviews we sought to identify the series of 'events' that eventually led to a given breakthrough, and the key milestones in the process that have helped improve understanding and potential for treatment. We also aimed to capture the temporal and causal relationships between 'notable' events looking at a variety of factors implicated in the breakthrough pathway. The focus of this work was on political, economic, social, scientific and technological, and legal, regulatory and environmental factors.
Source: RAND

Physical activity

Urban designs that discourage physical activity
Claire Mookerjee, project lead for urbanism at Future Cities Catapult, writes in the Guardian about urban design mistakes that discourage physical activity.
Source: UK Health Forum

Under-desk pedalling to increase physical activity
Office employers who were given a pedalling device to use under their desks increased their levels of daily physical activity according to new research published in the American Journal of Preventive Medicine. Overweight and obese employees were given a pedal device and their usage was monitored over 16 weeks. The researchers found that on average, workers pedalled for 50 minutes a day. 70 percent of workers wanted to keep the device at the end of the study.
Source: UK Health Forum

See also Eyes on Evidence section: Childhood factors and inactivity in adulthood

Primary Care

GP and Practice Team bulletin – July 2015
Source: NHS England

CCG bulletin: Issue 93
Source: NHS England

Respiratory Conditions (including COPD)
Guidance: Respiratory tract infections: infection control
[Updated: New guidance published August 2015]
Guidance on transmission routes and precautions in healthcare settings.
Source: PHE

See also Communicable Disease section: An internet-delivered handwashing intervention to modify influenza-like illness and respiratory infection transmission (PRIMIT): a primary care randomised trial

See also Eyes on Evidence section: Quality of life in young people with cerebral palsy

Safeguarding of vulnerable adults
No items this week

Sexual Health
No items this week

Smoking & Tobacco

Nicotine “no more harmful to health than caffeine”
This position paper published by The Royal Society for Public Health is calling for public confusion over nicotine to be addressed as a way of encouraging smokers to use safer forms of the substance. Tobacco contains nicotine along with many other chemicals, but nicotine by itself is fairly harmless. Electronic cigarettes and Nicotine Replacement Therapy (gum, lozenges, and patches) contain nicotine but don’t contain the harmful substances found in cigarettes. The Royal Society is now calling for measures to promote safer forms of nicotine products to smokers and make it harder to use tobacco.
Source: Royal Society for Public health

See also Eyes on Evidence section: ‘Positive’ and ‘negative’ emotive content in tobacco control TV adverts

Social Care & Social Work
No items this week

Stroke
No items this week

Waiting Times
No items this week

Women’s Services

See also Medicines section: Iodine supplements could help mums, babies and the economy
Statement from NHS England and the Health and Social Care Information Centre in response to the Daily Telegraph article, 'Tesco can see your medical records'
Source: HSCIC

Informed: Issue 44
Source: NHS England

NHS England publishes new monthly data
NHS England has today published its first set of monthly data covering key areas of urgent and emergency care, cancer treatment and patient waiting times.
Source: NHS England

Music can help ease pain and anxiety after surgery
"Listening to music before, during and after an operation can help reduce pain," BBC News reports. An analysis of data found evidence that people who listened to music had reduced anxiety and were less likely to request pain relief.
Source: Behind the Headlines

Higher risk of death associated with weekend hospitalisation
This document supports the following statement in Health Secretary Jeremy Hunt’s speech Making healthcare more human-centred and not system-centred: “Around 6,000 people lose their lives every year because we do not have a proper 7 day service in hospitals.”
Source: DoH

Improvements to care in the last days and hours of life
Progress report on the new approach to care in the last days and hours of life: one year on from the 'One Chance to Get it Right' report.
Source: DoH

Evidence Updates

Eyes on Evidence - August 2015

Quality of life in young people with cerebral palsy
A study of cross-sectional and longitudinal European data found that young people with mild or moderate cerebral palsy mostly had similar quality of life to young people in the general population, but had less social support from friends and peers.

Fractional flow reserve to guide percutaneous coronary intervention in people with stable coronary artery disease
An international multicentre randomised controlled trial reported that people with stable coronary artery disease who had significant stenosis according to fractional flow reserve values had better outcomes with percutaneous coronary intervention plus medical therapy than with medical therapy alone.

Latanoprost for newly diagnosed open-angle glaucoma
A randomised controlled trial found that, in people with newly diagnosed open-angle glaucoma, latanoprost eye drops significantly increased the time to visual field deterioration within 24 months compared with placebo eye drops.

Childhood factors and inactivity in adulthood
A British cohort study found that a number of physical, social and behavioural factors in childhood – such as height, social status and conduct problems – were associated with low physical activity in adulthood.
‘Positive’ and ‘negative’ emotive content in tobacco control TV adverts
A UK study reported that ‘positive’ televised tobacco control adverts increased the rate of calls per month to the NHS Stop Smoking quitline in line with how often the adverts were aired, whereas ‘negative’ campaigns increased the rate of calls only once exposure exceeded a certain threshold.

Evidence summaries from NICE’s Medicines and Prescribing Programme
NICE has recently published medicines evidence summaries on:

- Type 2 diabetes: insulin degludec/liraglutide (Xultophy)
- Type 2 diabetes: dulaglutide (Trulicity)
- Ulcerative colitis: budesonide multimatrix (Cortiment)
- Acute coronary syndrome: ezetimibe added to simvastatin (IMPROVE-IT study)
- Gastrointestinal bleeding: differences among anticoagulants
- Cardiovascular disease: risk of diabetes and statin treatment
- Risk of suicide, attempted suicide or self-harm with antidepressants

NICE

No items this week

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Other sources: APHO, CASH, NICE, NHS Choices, King’s Fund, BBC Health News.