Alcohol misuse

**Alcohol Change UK Conference 2019**

New insights into alcohol research, policy and practice - 19 June 2019 – London

**One in five ‘harmed by others’ drinking’**

One in five people in England have been harmed in the last year by somebody else’s drinking, a new study suggests.

**Latest health guidance missing from alcohol labels**

The alcohol industry has not updated health information labelling three years after health experts issued new guidelines, the BBC has found.

Children and young people

**‘When I try to talk to my grandad words won’t come out’**

“Communication with others is at the heart of our social functioning, enabling us to express ourselves, build and maintain relationships and get our needs met - all of which are important for our well-being and resilience,” says Anita McKiernan, adviser on selective mutism for the The Royal College of Speech and Language Therapists (RCSLT).
Peanut allergy: Could treatment change Wrexham boy’s life

The six-year-old’s family, from Wrexham, are hoping he can take part in a ground-breaking trial to reduce his sensitivity with tiny doses of peanut.

Cannabis oil mum: 'I'm forced to live abroad to save my child'

A mother who took her severely ill child to the Netherlands for cannabis oil treatment says she is now trapped living abroad.

The first step in redressing the balance of power between children and the tech giants

This year marks two important anniversaries: it is thirty years since the creation of the World Wide Web, and of the UN Convention on the Rights of the Child. The digital world and children’s rights should not be in opposition – indeed, the internet can be an extraordinary force for good in children’s lives. But for too long the tech companies have failed to acknowledge the specific views and interests of children on their platforms, leaving many children unhappy and exposing them to harm.

New anti-knife crime school lessons ahead of summer

School children across England are to benefit from extra lessons on the dangers of carrying knives.

The health effects of Sure Start

New evaluation finds Sure Start had major health benefits for children in poorer neighbourhoods.

Chronic conditions

Major study finds no link between night shift work and breast cancer

"Night shifts do not increase breast cancer risk, study concludes," reports The Guardian.

Prostate gel spacer reduces bowel and bladder damage

A man with prostate cancer is the first NHS patient in the UK to have a device implanted which can reduce the side effects of radiotherapy by 70%.

New NHS online support for Type 2 diabetes

NHS advice will be offered online to people with type 2 diabetes to help them manage their condition via a first of its kind service.

‘Pregnancy hormone’ may help treat frozen shoulder

"A hormone most commonly produced during pregnancy could be used to treat a painful joint condition according to new research," the Mail Online reports.

‘Pumping heart patch’ ready for human use

A “pumping” patch containing millions of living, beating stem cells could help repair the damage caused by a heart attack, according to researchers.

Advice on safety of gay sex after prostate cancer

UK cancer doctors have drawn up guidance for gay men on how long they should abstain from sex before and after prostate cancer treatment.
Cystic fibrosis drug campaign to be heard in Parliament

Ahead of a Parliamentary debate about access to a cystic fibrosis drug, the family of four-year-old Harriet Corr recorded a video diary to show the impact of living with the condition.

Nearly three quarters of a million patients set to benefit from world-leading innovations on the NHS

3D heart modelling to rapidly diagnose coronary disease and an advanced blood test which can cut the time it takes to rule-out a heart attack by 75% are among a raft of technological innovations being introduced for patients across the NHS.

Atezolizumab in combination for treating metastatic non-squamous non-small-cell lung cancer

Evidence-based recommendations on atezolizumab (Tecentriq) with bevacizumab (Avastin), carboplatin and paclitaxel for metastatic non-squamous non-small-cell lung cancer in adults.

Ertugliflozin with metformin and a dipeptidyl peptidase-4 inhibitor for treating type 2 diabetes

Evidence-based recommendations on ertugliflozin (Steglatro) with metformin and a dipeptidyl peptidase-4 inhibitor for treating type 2 diabetes in adults.

Warning that strobe lighting used at music festivals could trigger seizures

Music festival lighting ‘can trigger epileptic fits’,” reports BBC News. Dutch researchers used records from a company providing medical services to music festivals to investigate the number of festival goers treated for epileptic seizures (fits).

Blood donation: What are the rules about giving blood?

The number of men giving blood has dropped by 24.8% over the past five years, and the number of women giving blood has dropped by 6%, according to NHS Blood and Transplant (NHSBT).

Honey ‘as good as antiviral creams’ for cold sores

"Honey is 'just as effective at treating cold sores as anti-viral creams','" the Mail Online reports.

TB outbreak: Residents offered screening at Llwynhendy

People are being advised to undergo screening to help control an outbreak of tuberculosis that has been linked with one death.

GM fungus rapidly kills 99% of malaria mosquitoes, study suggests

A fungus - genetically enhanced to produce spider toxin - can rapidly kill huge numbers of the mosquitoes that spread malaria, a study suggests.

Vaccine for older adults gives significant protection against flu

Flu vaccine effectiveness data shows newly available adjuvanted influenza vaccine provided about 60% effectiveness for those aged 65 years and over.

Llwynhendy TB outbreak: Hundreds queue for screening

Hundreds of people have been queuing for tuberculosis screenings following an outbreak of the disease in Carmarthenshire.
Large Ebola outbreaks new normal, says WHO
The world is entering "a new phase" where big outbreaks of deadly diseases like Ebola are a "new normal", the World Health Organization has warned.

Avian influenza: guidance for managing human cases
Information to assist with the management of possible and confirmed human cases of avian influenza.

Measles: exposure information
Information for individuals exposed to a case of infectious measles.

Flu vaccination in schools
Flu vaccination guidance and resources for schools.

Big data 'can stop malaria outbreaks before they start'
A ground-breaking study in Bangladesh has found that using data from mobile phone networks to track the movement of people across the country can help predict where outbreaks of diseases such as malaria are likely to occur, enabling health authorities to take preventative measures.

DR Congo Ebola outbreak: Child in Uganda dies of virus
A five-year-old boy in Uganda has died from Ebola, health officials have said.

Diet & nutrition

Does ‘ultra-processed’ food cause earlier death?
"Heavily processed food like ready meals and ice-cream linked to early death," reports The Guardian.

Claims that tomato juice is good for the heart not backed by evidence
"Drinking tomato juice can reduce your risk of heart disease," is the overenthusiastic headline in the Daily Mirror.

Why is intermittent fasting so popular?
Intermittent fasting is becoming an increasingly popular way to lose weight. What's its appeal and is it safe to fast?

Are we more constipated than we think?
Doctors and the public are at odds over the symptoms of constipation, leaving some people without the advice or treatment they need, researchers say.

Make all confectionary, crisps and sugary drinks have plain packaging like tobacco, says IPPR
Simple wrappers and TV ad restrictions for unhealthy food and drinks among measures urged to combat ‘major’ threat of preventable disease.

Disability

Twins learn to walk at Norwich boxing sessions
A mother who was told her twin sons would never walk has said watching them take their first steps unaided has been "out of this world".
Drug Misuse

Inside Scotland’s first addiction recovery village

Scotland’s first recovery village offers a rehabilitation programme to people dealing with addiction issues.

Environmental health

Hospital patients die in sandwich listeria outbreak

Three hospital patients have died in an outbreak of listeria linked to pre-packed sandwiches.

Health protection

Bleed control kits scheme launched in Birmingham pubs and bars

Birmingham is set to become the first "control the bleed" city in the UK, by equipping venues with kits aimed at helping to save minutes when someone suffers an injury.

Scientists discover new compound that kills antibiotic-resistant superbugs

A new compound which visualises and kills antibiotic-resistant superbugs has been discovered by UK scientists.

Could computers be the next tool to help tackle hospital superbugs?

Hospital superbugs such as MRSA or E.coli could soon be under attack from a new generation of drugs designed with the help of advanced computing technologies from STFC and IBM Research.

Health services administration

PIP breast implant scandal: Victims visited by bailiffs

Women given faulty breast implants fear thousands of them may have to pay back compensation after visits by bailiffs warning them of legal proceedings.

English 'short-changed on care funding'

Public spending on care for the elderly and disabled is much higher in Scotland and Wales than England, figures show.

Whorlton Hall abuse: Care watchdog launches investigations

The health watchdog is launching a review into how it handled a 2015 report raising concerns about Whorlton Hall hospital.

NHS turns to Mumsnet to fill nurse vacancies

The NHS in England will turn to Mumsnet to help recruit nurses as part of a package of measures to fill vacancies in the health service.

NHS WiFi now available to millions of patients

Free NHS WiFi is now available in 6,749 GP practices and 212 acute, mental health and community NHS Trusts across England, benefitting millions of patients.
Thousands more GP staff recruited across England

NHS England has recruited 300 more family doctors and thousands more nurses, pharmacists and other staff to work alongside GPs delivering better care in the community.

Shrewsbury and Telford Hospital chief Simon Wright to leave

An under-fire hospital trust’s chief executive is to leave the organisation after nearly four years in the job.

Inside the UK’s drug buyers’ clubs

This group of patients and parents are hoping to buy a copy or generic version of Orkambi - a drug which helps slow the decline in lung function and decrease the risk of infections in people with cystic fibrosis.

Trump state visit: President rows back on NHS trade remarks

Donald Trump has rowed back on his remarks that the NHS should form part of a future trade deal between the UK and US.

Inquiry launched into Liverpool Community Health failures

An independent inquiry has been launched into the running of a failed NHS trust - amid concerns 150 deaths were not properly investigated.

NHS report on trust board diversity ‘a wake-up call’

The process for appointing senior roles in NHS hospitals and trusts in England should be reviewed, after figures showed boards have become less diverse.

Medicines in health and adult social care: Learning from risks and sharing good practice for better outcomes

Our new report describes lessons for better medicines optimisation across health and social care providers and the positive impact of involving pharmacy professionals in health and social care settings.

CQC launches new Equality Objectives for 2019-21

These objectives ensure that equality is front and centre, both in our regulatory work, and for our staff.

The NHS of the future will always put its people first

Secretary of State for Health and Social Care Matt Hancock spoke at the East London Foundation Trust on the launch of the NHS People Plan.

Apps Library assessment portal launches

A digital assessment portal which will streamline and improve the process for developers seeking to have their app included on the NHS Apps Library has launched.

Interim NHS People Plan

Our Interim NHS People Plan, developed collaboratively with national leaders and partners, sets a vision for how people working in the NHS will be supported to deliver care and identifies the actions we will take to help them.

Ending the blame game: The case for a new approach to public health and prevention

Too many people in the UK are suffering from preventable ill-health with progress on prevention stalling in recent years.
LGA responds to public health announcement

"We are delighted that the Secretary of State has accepted the LGA’s powerful case for councils to keep their vital role and valued responsibilities for providing public health services, rather than transferring them back to the NHS."

Triumph for College as recommendation made for GPs to be added to Shortage Occupation List

Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, has responded to news that the Migration Advisory Committee has recommended that GPs should be added to the Shortage Occupation List (SOL).

The worst places for cancer care waits revealed

Nearly three-quarters of services are failing to treat cancer patients quickly enough, BBC research shows.

Postcode lottery for speech therapy, says commissioner

Children in England face a postcode lottery when it comes to getting speech and language therapy, a report claims.

MSPs vote to approve opt-out organ donation system

MSPs have voted to approve an "opt-out" system for organ donation in Scotland.

Australian nurses fill Scots shortages after NHS Grampian recruitment drive

Almost 100 Australian nurses could be working in hospitals in the north east of Scotland by the end of the year after a successful recruitment drive to tackle shortages.

Newham General Hospital apology over woman’s cat bite death

A woman with an infected cat bite died from sepsis after she was sent home from hospital without the proper treatment.

Independent review of gross negligence manslaughter and culpable homicide

Leslie Hamilton and his working group have published their independent review into how the laws on gross negligence manslaughter and culpable homicide are applied to medical practice.

Men’s health

Fertility paradox in male beauty quest

Scientists have uncovered an evolutionary paradox where men damage their ability to have children during efforts to make themselves look more attractive.

Men’s health week 2019: by numbers

One man in five dies before he is old enough to retire. Together, by knowing our numbers, we can change this statistic.

Mental health

Instagram: 'I don’t want people to be ashamed of their scars'

Instagram users are debating the social media platform’s censoring of images of healed self-harm scars.

Psychiatrists call for warnings over antidepressant withdrawal
Patients suffering severe symptoms when they come off antidepressants too quickly need more help and support, the Royal College of Psychiatrists says.

**Dating apps users 'more likely to have unhealthy attitudes to weight'**

Men and women who use dating apps may be at increased risk of controlling their weight in unhealthy ways, a study suggests.

**Mental health: 'Breaking is the one thing that saved me'**

After years of bullying, when he was just 13 Jamie Berry tried to take his own life.

**New mental health and suicide prevention resources launched**

Today we joined the Minister for Mental Health at the launch of a new set of mental health and suicide prevention learning resources. NHS Health Scotland and NHS Education for Scotland (NES) were jointly commissioned to develop these as part of the Scottish Government’s ‘Suicide Prevention Action Plan’.

**'Alarming rise in self-harm - but only half get care'**

There has been an "alarming" rise in the rates of self-harm in England, research suggests.

**Domestic abuse survivors 'more at risk of serious mental illness'**

Women who experience domestic abuse are three times more likely to develop a serious mental illness, Birmingham University research suggests.

**Night owls: Simple sleep tweaks boost wellbeing**

Tweaking sleeping habits can shift people's body clocks and improve their wellbeing, say scientists in the UK and Australia.

**Football clubs to receive suicide prevention training**

Football clubs across Scotland will be among the first to receive a new mental health and suicide prevention training resource for their players and staff.

**£575k boost for student mental health provision in Liverpool**

A University of Liverpool led partnership has been awarded £575k worth of funding from the Office for Students for a project to further develop mental health provision for students across Liverpool.

**Cochrane and Mental Health Foundation Partnership**

Our partnership with the Mental Health Foundation is about helping us to produce evidence that is relevant to people with everyday lived experience of common mental disorders.

**Optimal dose of selective serotonin reuptake inhibitors, venlafaxine, and mirtazapine in major depression: a systematic review and dose-response meta-analysis**

Second-generation antidepressants are the first-line option for pharmacological management of depression. Optimising their use is crucial in reducing the burden of depression; however, debate about their dose dependency and their optimal target dose is ongoing. We have aimed to summarise the currently available best evidence to inform this clinical question.

**Number of girls and young women reporting self-harm in England on the rise**

A study based on 3 surveys of people in England aged 16 to 74 found a worrying rise in people who say they have ever self-harmed. The overall numbers rose from 2.4% in 2000 to 6.4% in 2014. The increase in
reported self-harm was biggest among women and girls aged 16 to 24, with 19.7% of those questioned in 2014 saying they'd self-harmed.

**Transgender no longer recognised as ‘disorder’ by WHO**

Transgender health issues will no longer be classified as mental and behavioural disorders under big changes to the World Health Organization's global manual of diagnoses.

**Obesity**

**Chief medical officer considers recommending tax on unhealthy food**

England's chief medical officer says she is considering recommending a tax on unhealthy food to persuade parents to buy more fresh fruit and vegetables.

**Sleeping with light or TV on linked to weight gain in women**

"Falling asleep in front of the TV could increase the risk of obesity," The Daily Telegraph reports, while the Daily Mirror suggests it's specifically women who sleep with a light who are more likely to gain weight.

**Physical activity**

**Ultimate limit of human endurance found**

The ultimate limit of human endurance has been worked out by scientists analysing a 3,000 mile run, the Tour de France and other elite events.

**Physical activity: applying All Our Health**

Evidence and guidance to help healthcare professionals embed physical activity into daily life.

**Physical activity: encouraging activity in the community**

This quality standard covers how local strategy, policy and planning and improvements to the built or natural physical environment such as public open spaces, workplaces and schools can encourage and support people of all ages and all abilities to be physically active and move more.

**Screening**

**Heart scan may detect young people at risk of sudden cardiac death**

Heart scan "could pick up signs of sudden death risk", BBC News reports.

**Diabetic eye screening programme: standards**

Screening standards for the diabetic eye screening programme.

**Diabetic eye screening: identifying differences in grading outcomes**

Quality assurance method used to compare grading outcomes between local diabetic eye screening providers.

**Cervical screening: coverage and data**

Resources to help improve cervical screening coverage and access to screening services.

**Prostate cancer screening scan hope**

Hundreds of UK men are trying out a new screening test for prostate cancer to see if it should eventually be
Sexual health

Sex diseases on the rise in England
Cases of sexually transmitted infections are increasing in England. In 2018, there were 447,694 new diagnoses of STIs, a 5% increase on the 422,147 in 2017.

One million new STIs every day, says WHO
One million new sexually transmitted infections (STIs) occur every single day, the World Health Organization has estimated.

Syphilis: Public Health England action plan
Addressing the increase in syphilis in England.

National chlamydia screening programme (NCSP): data tables
Information on chlamydia testing and diagnoses in 15 to 24 year olds in England by demographic characteristics and geographical region.

People urged to practise safer sex after rise in STIs in England
New data from Public Health England show there were around 448,000 cases of sexually transmitted infections diagnosed in 2018, an increase of 5% from 2017.

Sexual health - Report Summary
This is a House of Commons Committee report with recommendations to the Government. The Government has two months to respond.

Smoking

PHE calls on all NHS Trusts to ban smoking on hospital grounds
Survey finds that more than two-thirds of NHS acute Trusts in England now prohibit smoking on site as part of their journey to becoming smokefree.

Social & economic issues

Homelessness: applying All Our Health
Evidence and guidance to enable healthcare professionals to make improvements against wider factors that affect health and wellbeing.

New national strategy to tackle Gypsy, Roma and Traveller inequalities
Communities Minister Lord Bourne launches a national strategy to tackle entrenched inequality and improve the lives of Gypsy, Roma and Traveller communities.

Ending Women’s Homelessness Grants Programme
Homeless Link has been awarded £2 million by the Department for Digital, Culture, Media and Sport (DCMS), from the Homelessness strand of the Tampon Tax Fund, to deliver onward grants to charities working with women who are homeless or at risk of homelessness in England.
Statistics

**Seasonal flu vaccine uptake in GP patients: winter 2018 to 2019**
Seasonal flu vaccine uptake in GP patients: winter 2018 to 2019.

**Seasonal flu vaccine uptake in children of primary school age: winter 2018 to 2019**
Report on the uptake of influenza vaccine in children of school years reception to year 5 during the 2018 to 2019 influenza vaccination programme in England.

**Seasonal flu vaccine uptake in healthcare workers: winter 2018 to 2019**

**Annual flu reports**
Public Health England publishes overviews each year of influenza surveillance results from the winter period.

Women’s health

**This invention from the 1930s is cutting period poverty**
Some girls can’t afford sanitary pads when they have their period, so they end up missing school.

**Period Poverty Taskforce - Minister announces next steps on Menstrual Hygiene Day**
On Menstrual Hygiene Day (28 May) Minister for Women and Equalities, Penny Mordaunt, has announced two co-chairs to help lead the government’s new Period Poverty Taskforce.

**He Jiankui: Baby gene experiment 'foolish and dangerous'**
The first people to be gene-edited - a pair of baby twin girls - may have been mutated in a way that shortens life expectancy, research suggests.

**'Severe PMS was so bad I had a hysterectomy'**
The National Association for Pre-Menstrual Syndrome has said the chronic condition affects about 800,000 women in the UK. Dr Richard Penketh, a consultant gynaecologist in Cardiff, said some of the most severe cases are in teenagers.

**The women from Northern Ireland 'crippled by contraception'**
The Essure implant is designed to stop eggs reaching the womb. It was removed from the UK market in 2017. Its manufacturer, Bayer Healthcare Pharmaceuticals, said the decision was “purely commercial”.

**New law to prevent female genital mutilation**
Women and girls considered at risk from Female Genital Mutilation (FGM) will receive enhanced protection under proposals in a new Bill.

**World not delivering quality maternal health care to poorest mothers**
Millions of mothers at risk due to prohibitive health care costs, lack of access to services and skilled professionals, and child marriage.
Female scientist's IVF contribution was 'unrecognised'

A female scientist's contribution to the discovery of IVF went "unrecognised", her colleague believed.

**Workplace health**

Employers encouraged to help their staff become active in fight against obesity

A fit and energised workforce is less likely to be off sick and more satisfied in their jobs.

For more up to date public health news visit our netvibes page

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