## Alcohol misuse

**Local alcohol services and systems improvement tool**

Guidance and tools to help plan and improve local alcohol systems, services and interventions to reduce alcohol harm, using the CLeaR approach.

**Commission on Alcohol Harm calls for evidence**

The Commission on Alcohol Harm is today launching a call for evidence as part of its inquiry into alcohol harm and the changes needed to reduce the harm caused by alcohol.

**Local Alcohol Profiles for England: January 2020 data update**

Update of Indicators in the Local Alcohol Profiles for England (LAPE) interactive tool.

## Black and ethnic minority groups

**Exploring the realities of life for Gypsies and Travellers**

For decades Gypsies and Travellers have been characterised as criminal offenders who prey upon the British communities where they choose to live. Now, a team of ESRC-funded researchers has launched a
potentially ground-breaking study that will look at the crime and criminal justice experiences of Gypsies and Travellers in England dating back to the 1960s.

### Children and young people

**Joint targeted area inspection of the multi-agency response to children’s mental health in Plymouth**

Between 18 November 2019 and 22 November 2019, Ofsted, the Care Quality Commission (CQC), HMI Constabulary and Fire & Rescue Services (HMICFRS) and HMI Probation (HMI Prob) carried out a joint inspection of the multi-agency response to ‘front door’ services, evaluating all forms of abuse, neglect and exploitation, as well as an evaluation of the responses to children’s mental health in Plymouth.

**Scottish FA expected to ban children heading footballs within weeks**

A ban on children heading the ball in Scotland could be in place in a matter of weeks due to fears over the links between football and dementia.

**Newcastle children talk mental health thanks to puppets**

The show Curious Beasts, developed by charity Action For Children, visits schools to identify early signs of psychological and emotional issues in a bid to prevent them from developing in the future.

**Are packed lunches less healthy than school dinners?**

"Packed lunches worse for kids than school dinners," Sky News reports, while Mail Online reports they are as unhealthy as they were a decade ago.

### Chronic conditions

**'No evidence' that talcum powder causes ovarian cancer new review finds**

"Using talcum powder does NOT raise the risk of ovarian cancer as study of 250,000 women debunks fears after decades of uncertainty," reports the Mail Online.

**Healthy habits add up to 10 disease-free years to your life, study reveals**

"Healthy habits extend disease-free life 'by up to a decade'," reports The Guardian.

**Ex-footballers urged to sign up for early dementia tests**

A former Wales and Norwich City footballer has agreed to brain tests for the rest of his life as part of a study into early signs of dementia.

**'Huntington’s has affected everyone I ever loved’**

Sandy, originally from Avoch on the Black Isle and now living in Inverness, is among only nine people in Scotland and 801 globally to be taking part in the Generation-HD1 study, being led in Aberdeen by Professor Zosia Miedzybrodzka.

**Fatty tongues could be main driver of sleep apnoea**

A sleep disorder that can leave people gasping for breath at night could be linked to the amount of fat on their tongues, a study suggests.

**Languages affected differently by brain disease**

There are differences in the way English and Italian speakers are affected by dementia-related language problems, a small study suggests.
NHS to pioneer cholesterol-busting jab

A twice-a-year injection that reduces bad cholesterol to protect the heart is to be pioneered by the NHS in England.

MRI and ultrasound scans are both helpful in assessing Crohn’s disease; MRI is slightly more accurate

Two types of scan, MRI and ultrasound, work well when used for staging and monitoring Crohn’s disease. MRI is more accurate.

MND: The search for new treatments

There is no effective treatment or cure and half of the 1,500 people diagnosed each year die within 24 months. But now, the largest clinical trial in a generation, led by a team of researchers based in Edinburgh, may offer some hope.

Prostate specific antigen testing: summary guidance for GPs

This prostate cancer risk management programme (PCRMP) summary sheet helps GPs advise men who ask about prostate specific antigen (PSA) testing.

Stroke consultant shortage 'hurting towards crisis'

Almost half of hospitals have a shortage of specialist stroke consultants, new figures suggest. One charity fears "thousands of lives" will be put at risk unless action is taken, with others facing the threat of a lifelong disability.

Immune discovery 'may treat all cancer'

A newly-discovered part of our immune system could be harnessed to treat all cancers, say scientists.

New heart disease drug to be made available for NHS patients

The government is collaborating with pharmaceutical company Novartis to launch a clinical trial for new cholesterol treatment.

Implantable cardiac monitors detect atrial fibrillation after stroke of unknown cause recommended for routine NHS adoption

Doctors can check on their patients remotely using Reveal LINQ monitor

Breast cancer patients to have further NICE-approved drug combination option on Cancer Drugs Fund

Another potentially life-extending drug combination for some people with advanced breast cancer will now be available on the Cancer Drugs Fund (CDF) following its approval by NICE in final guidance published today (15 January 2020).

Delivering the Dementia Moonshot: A plan to find life-changing treatments

Alzheimer’s Research UK has called on government to invest in six priority research areas, which will help to deliver a life-changing treatment for dementia.

New stroke prevention partnership is prescription for success

Pharmacy customers in Knowsley are being offered a free pulse check as part of a project to reduce the
number of strokes in the region.

**New guidelines could get medicines to cancer patients faster**

New recommendations for cancer trials, made by the NIHR-funded Experimental Cancer Medicine Centre (ECMC) network, could reduce the time it takes to get innovative treatments to patients with cancer.

**£1.9million funding to help improve diagnosis and treatment of kidney disease**

NIHR-funded researchers will look at how novel methods of kidney MRI scanning can help improve diagnosis and treatment for people living with kidney disease.

### Communicable diseases

**Avian influenza A (H7N9): Public Health England risk assessment**

The risk to UK residents travelling to the affected areas is very low.

**High consequence infectious diseases (HCID)**

Guidance and information about high consequence infectious diseases and their management in England.

**Infants born to hepatitis B-infected mothers: immunoglobulin policy**

Policy on the use of passive immunisation with hepatitis B immunoglobulin (HBIG) for infants born to hepatitis B infected mothers.

**Wuhan novel coronavirus:**

**Wuhan novel coronavirus: infection prevention and control**

Guidance on infection prevention and control for Wuhan novel coronavirus.

**Wuhan novel coronavirus: initial investigation of possible cases**

Information on the initial assessment and investigation of possible cases of Wuhan novel coronavirus infection.

**Wuhan novel coronavirus: guidance for clinical diagnostic laboratories**

Information for clinical diagnostic laboratories on specimens associated with Wuhan novel coronavirus.

**New China virus: Cases triple as infection spreads to Beijing and Shanghai**

The number of people infected with a new virus in China tripled over the weekend, with the outbreak spreading from Wuhan to other major cities.

**Wuhan novel coronavirus and avian flu: advice for travel to China**

PHE is aware of a reported outbreak of a novel coronavirus in Wuhan City, China, and has offered advice to travellers to the area regarding this as well as the ongoing avian flu risk.

**New China virus: Fourth person dies as human-to-human transfer confirmed**

A fourth person in China has died from a new virus that has spread rapidly across the country, as authorities confirmed that it can be passed from person-to-person.

### Diet & nutrition
CES 2020: ‘Pork made from plants’ launched by Impossible Foods

A plant-based pork substitute has been launched in Las Vegas by one of the leading “alternative meat” producers.

Call to tax 'hidden' sugar in pre-mixed alcoholic drinks

Many "ready to drink" pre-mixed spirits are packed with excessive sugar and hidden calories and should be subject to a sugar tax like fizzy drinks, health experts say.

Disability

Annual information on the health and care of people with learning disabilities is published

Information on the health of people with learning disabilities in 2018-19 has been released today by NHS Digital

Drug Misuse

Misuse of illicit drugs and medicines: applying All Our Health

Evidence and guidance to help health professionals identify, prevent or reduce drug-related harm.

County lines gangs – a letter to the Editor of The Times

The Prime Minister’s decision to tackle the gang leaders who are targeting our kids through a cross-government Cabinet committee should be applauded.

Environmental health

Scottish project tackles 'environmental impact' of pills

A new Scottish health project aims to tackle potential harm caused to the environment by pharmaceuticals.

‘London throat’: Toxic brake dust could cause condition, scientists say

Dust from worn-out brake pads could have the same harmful impact as diesel emissions, according to scientists.

Cold weather alert issued by PHE

Regular updates on cold weather and how to stay well during low temperatures.

Indoor air quality at home

This guideline covers indoor air quality in residential buildings. It aims to raise awareness of the importance of good air quality in people's homes and how to achieve this.

Health protection

Immunisation of individuals with underlying medical conditions: the green book, chapter 7

Health services administration

NHS pressures 'put medical breakthroughs at risk'

Future medical advances are at risk because NHS pressures are hampering the ability of staff to take part in
NHS use of puberty blockers legal challenge begins
Legal action is being launched against the NHS over the prescribing of drugs to delay puberty.

GP shortages cause 'unacceptable' patient waits
Family doctors are under intense pressure and general practice is running on empty, warns the Royal College of GPs (RCGP).

The GP practice where patients can share appointments
Faced with a wait for a GP appointment, would you choose a group session with the doctor instead? It is an idea some surgeries are investigating.

Pensions row 'making bad situation worse in NHS'
The continuing dispute over pensions that has seen doctors stop working overtime is "making a bad situation worse", hospital bosses are warning.

Care firm's leadership criticised by Care Quality Commission
Concerns have been raised by inspectors about the leadership at a firm at the centre of a BBC expose over allegations of abuse at a mental health hospital.

Number of NHS App users double in three months as ambassadors get to work
NHS Digital has reported that the number of patients using the NHS App has more than doubled since the introduction of its NHS App Ambassadors scheme three months ago.

Primary Care Networks Service Specifications
We are now seeking feedback on a key feature of that contract, the five national service specifications, which will be delivered by Primary Care Networks (PCNs) - in collaboration with community services and other providers - from April 2020.

Assessing the quality of Cannabis-Based Products for Medicinal Use (CBPM) and cannabis-based food supplements available in the UK (January 2020): NHS Pharmaceutical QA Committee
This document has been written to inform purchasing decisions and other professional judgements which pharmacists may need to make when supporting the care of patients who are taking cannabis-based medicines or food supplements.

Unprofessional TikTok medical videos 'not the norm'
Viral videos made by US doctors and nurses made headlines this week after they were accused of being unprofessional and spreading misinformation.

RCGP launches trailblazing LGBT e-learning suite for family doctors
The Royal College of GPs, in partnership with the Government Equalities Office (GEO) has launched a suite of e-learning resources to support GPs and other healthcare professionals to deliver the best possible care for Lesbian, Gay, Bisexual and Trans (LGBT) patients.

Patients get same-day appointments with local pharmacists
People with minor illnesses or who need medicine urgently have been referred to local pharmacies, relieving pressure on doctors.
Community pharmacies: promoting health and wellbeing

Quality standard consultation. You can now comment on this draft quality standard. Closing date for comments: Friday 14 February at 5pm.

More patients to benefit from single secure access to healthcare apps as NHS Digital launches NHS login toolkit

Approved digital health and care app and website developers can now integrate NHS login into their products thanks to a new toolkit launched by NHS Digital.

HIV & AIDS

HIV infections among gay and bi men fall by 73% in UK

The number of people diagnosed with HIV in the UK has dropped substantially since 2014, according to figures released by Public Health England.

HIV in the UK: towards zero HIV transmissions by 2030

A new report by Public Health England shows that HIV transmission in the UK has continued to fall.

Men's health

Sperm donations from dead men should be allowed, study says

Sperm donations taken from men after they have died should be allowed, a study says.

More men needed to donate blood 'high in iron'

The NHS has launched a campaign calling for more men to register to give blood. Male blood contains more iron and can be given to newborn babies and people with massive blood loss.

NHS campaign for male blood sparks controversy

The NHS has revealed it is desperate for more male blood donations but the campaign has led some men to speak out about the difficulties they have experienced trying to donate.

Mental health

Beyond parity of esteem report

Doctors remain extremely concerned about the state of mental health services and the ability to deliver on commitments to achieve parity. Mental health services remain a long way behind most physical health services in terms of their resourcing, patient ability to access care and overall patient outcomes. This report outlines our findings about the state of mental health in England and recommendations for improvements.

NHS tells betting firms to stop 'vicious gambling cycle'

The head of mental health services in England has written to five major gambling companies, demanding urgent action on tackling gambling addiction and its impact on people's health.

Social media data needed for 'harm' research, say doctors

Leading UK psychiatrists say they will never understand the risks and benefits of social media use on children's mental health unless companies hand over their data to researchers.

Mental health: needs of gang-affiliated young people
A briefing on the burden of mental illness faced by young people involved with gangs, part of the 'Ending Gang and Youth Violence' programme.

**Older people encouraged to ditch “stiff upper lip” approach to mental ill health**

NHS England and Age UK have joined forces in a campaign to encourage older people to access treatment for mental health conditions, as new analysis shows a majority of older people do not seek help.

**NHS tells gambling giants to improve the odds for mental health**

The head of mental health care in England has written to the heads of top gambling firms, demanding urgent action to tackle betting-related ill health.

**Access to child and adolescent mental health services in 2019**

The Education Policy Institute (EPI) has published its Annual Report on access to child and adolescent mental health services (CAMHS).

**Worst-performing mental health trust NSFT ‘still has a way to go’**

A mental health trust dubbed England's worst will remain in special measures despite showing improvements in care.

**Obesity**

**Working in groups with ongoing support is valued by people with severe obesity trying to lose weight**

People with severe obesity, a BMI of 35kg/m² or more, value the support and motivation they get from weight management programmes that include group-based interventions. However, commissioners and service managers should consider how to maintain adequate support and motivation once programmes end.

**Oral health**

**Improving oral health: guideline development manual**

Description of the methods used to develop the guideline 'Delivering better oral health: an evidence based toolkit for dental teams'.

**Conversation with dental nurse can reduce risk of further tooth decay in young children**

Results from an NIHR-funded trial show that a single conversation with a trained dental nurse for families of children having teeth extracted can reduce the risk of further tooth decay by more than a quarter.

**Physical activity**

**Could running a marathon make your blood vessels ‘younger’?**

"First-time marathon runners can ‘reverse ageing’ on blood vessels by four years,” reports the Daily Mirror. The headline follows a UK study that recruited 138 healthy adults with no previous marathon experience. The participants then spent 6 months training for the London Marathon.

**Safety**

**The risks behind the hype of stem-cell treatments**

Some private clinics are charging UK patients thousands of pounds for unproven and unregulated treatments
using the “healing powers” of stem cells, the BBC has found.

Plan to regulate 'wild west' beauty filler industry

Non-healthcare professionals will need a licence to carry out cosmetic procedures under proposals being put forward by the Scottish government.

Hernia mesh implants used 'with no clinical evidence'

"Too many" types of hernia mesh implants are being used on NHS patients with little or no clinical evidence, the BBC has been told.

Fake drugs: How bad is Africa’s counterfeit medicine problem?

The proliferation of fake medicines in Africa is a public health crisis that can no longer be ignored, according to a UK charity.

Screening

Sickle cell and thalassaemia screening: information for fathers

Leaflet for expectant fathers explaining antenatal screening for sickle cell and thalassaemia.

Sexual health

Utah condom campaign halted over racy packaging

Utah Governor Gary Herbert has halted the distribution of 100,000 free condoms in the US state because of racy slogans on the packaging.

HPV puts 'strain' on sex and dating

Changes to the way smear tests work mean more women in the UK are about to be told they have HPV - but misconceptions around it can put a strain on sex, relationships and mental health.

Smoking

Many ways forward: Stop smoking services and tobacco control work in English local authorities, 2019

A new survey by Action on Smoking and Health (ASH) and Cancer Research UK has found a third of local authorities no longer provide a specialist stop smoking service. It also found in a quarter (23%) of local authorities, GPs did not prescribe any Nicotine Replacement Therapy to help smokers quit. Just 11% of local authorities offer smokers free e-cigarette starter packs through their stop smoking service.

Social & economic issues

Together in the 2020s: twenty ideas for creating a Britain for all ages by 2030

A new report highlights twenty radical ways to create ‘a country for all ages’ by 2030, countering ageism, loneliness and poor health, care, learning and housing in divided Britain.

Statistics

‘Alarming’ one in five deaths due to sepsis

One in five deaths around the world is caused by sepsis, also known as blood poisoning, shows the most comprehensive analysis of the condition.
**Women’s health**

**Diabetes drug ‘may help prevent a miscarriage’**

Some women who have recurrent miscarriages might benefit from taking a tablet designed to treat diabetes, researchers say.

**Miscarriage can lead to ‘long-term post-traumatic stress’**

One in six women who lose a baby in early pregnancy experiences long-term symptoms of post-traumatic stress, a UK study suggests.

**Period poverty: Schools urged to order free menstrual products**

State schools and colleges in England can now order free period products for students as part of a government scheme to tackle period poverty.

**Commercial weight management groups could support women to manage their weight after giving birth**

Women who were overweight at the start of their pregnancy would welcome support after they have given birth in the form of commercial weight management groups, NIHR funded research has found.

**Weekly sexual activity linked to later menopause**

"Having sex weekly may delay your menopause: Scientists say not getting enough action 'makes the body choose to stop ovulating',' reports the Mail Online.

**Sodium valproate Pregnancy Prevention Programme – updated Guide for Healthcare Professionals**

Changes include new sections titled “definition of specialist prescriber”, “contraception” and “does this apply to my patient”. The updated guide now also clarifies that provisions of prevent apply when a patient is switched from valproate to another treatment.

**Workplace health**

**Does your company nurture neurodiverse talent?**

How do you make your workplace more welcoming to neurodiverse employees, and ensure their talent is nurtured?

**New guidance calls for employers to step up and protect staff from harassment**

As the Equality Act enters its second decade, employers are being given support in protecting their workforces in the shape of [new guidance](#) published by the Equality and Human Rights Commission.

For more up to date public health news visit our [netvibes](#) page

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