



## **Key COVID-19 Resources**

These resources are regularly updated

[Government Guidance](#) Find updated guidance about coronavirus (COVID-19) for health professionals and other organisations.

[NICE Guidance](#) Advice and guidance from the National Institute for Health and Care Excellence.

## **Other COVID-19 resources**

[Good communication with patients](#) The challenge COVID-19 poses means that clear, concise and timely communication with patients is more critical than ever. This guidance, and these supporting documents, present providers with core principles that will help deliver personalised, patient-centred communications to patients who are waiting for care.

[Managing the family impact of shielding](#) The BPS has produced this guidance for parents to support families where a child is shielding.

## **Publication**

[NHS reform: Five key questions about the future of primary care networks in England](#) Given plans for significant changes to NHS structures and legislation, our long read sets out five key questions the proposals raise about the future of primary care networks in England.

## **Systematic Review**

[Intermittent fasting for the prevention of cardiovascular disease](#) This systematic review sought to determine the role of intermittent fasting in reducing the risk of cardiovascular disease. There was no significant clinical difference between intermittent fasting and continuous energy restriction in improving cardiometabolic risk factors to reduce the risk of cardiovascular disease.

## **Guidance**

[Suspected cancer: recognition and referral](#) This updated guideline covers identifying children, young people and adults with symptoms that could be caused by cancer. It outlines appropriate investigations in primary care, and selection of people to refer for a specialist opinion.

[New guidance on supporting people with neurodegenerative conditions](#) New BPS guidance provides psychologists (and other health professionals) with evidence-based recommendations for providing psychological support to people living with four motor neurodegenerative conditions: Huntington's disease, Parkinson's disease, motor neurone disease and multiple sclerosis.



## Study

[Aspirin could reduce the risk of heart attack or stroke in people with pneumonia](#) This large observational study was based on a primary care database. It found that people taking aspirin had a lower risk of cardiovascular events after pneumonia than those not taking aspirin. The researchers suggest that a randomised, controlled trial is warranted to investigate this relationship further.

## Research

[Shared decision-making when birth defects are suspected: new research brings fresh insight](#) Shared decision-making is expected throughout the NHS. The new research highlights the difficulty of putting this into practice when birth defects are diagnosed or suspected. The research finds that parents and clinicians have different approaches to making a difficult decision. It describes various approaches taken by parents, and the reactions of clinicians.

## Report

[New report reveals more than 2.8m people were in contact with secondary mental health services in 2019/20](#) Data published in the Mental Health Bulletin: 2019-20 Annual Report show that the number of people reported to be in contact with secondary mental health services in England is reported to have increased from 2,726,700 in 2018-19 to 2,878,600 in 2019-20.

## News

[Antibiotic may improve outcomes for depression in people with low level inflammation](#)

King's College London researchers have found evidence that minocycline, a widely used antibiotic with anti-inflammatory properties, gave greater improvement in depressive symptoms in patients with treatment resistant depression with low-grade peripheral inflammation.