



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

[New pilots to support people self-isolating](#) Health Secretary unveils new self-isolation support pilots for 9 areas across England with higher COVID-19 rates.

[The high mental health burden of “Long COVID”](#) This paper suggests that adults discharged from hospital with COVID-19 may experience 'Long COVID', where mental health symptoms are significant and linked to physical symptoms such as breathlessness. Clinicians should use brief screening questionnaires to support their recovery.

[COVID-19: guidance for commissioners and providers of services for people who use drugs or alcohol](#) Updated guidance for commissioners and service providers for those dependent on drugs or alcohol.

Cochrane Review

[Internet-based cognitive and behavioural therapies for post-traumatic stress disorder \(PTSD\) in adults](#) While the review found some beneficial effects of I-C/BT for PTSD, the certainty of the evidence was very low due to the small number of included trials.

Cochrane Clinical Answer

[How effective and safe are electronic cigarettes \(ECs\) for smoking cessation?](#)

Moderate-certainty evidence shows that more people probably quit smoking using nicotine ECs compared with other interventions, but the proportion of people quitting may be very low for all interventions.

Guidance

[Breast screening: digital breast tomosynthesis](#) Information on the use of digital breast tomosynthesis in the NHS breast screening programme.

[Heavy menstrual bleeding: assessment and management](#) Updated guidance from NICE.

[Epilepsies: diagnosis and management](#) Updated guidance from NICE.

Studies

[Better access to healthcare for Traveller communities is key to increasing vaccination rates](#) New research suggests that easier access is more important than addressing beliefs about vaccine safety or the need for vaccination. Of particular importance is training in cultural competence for front-line staff in general practice.

[Three effective treatments for frozen shoulder have different costs and benefits, study shows](#) The three treatments most often offered by the NHS are physiotherapy, manipulation of the shoulder under general anaesthesia, and a form of keyhole (minimally-invasive) surgery called arthroscopic capsular release.

Report

[First Report - The Government's White Paper proposals for the reform of Health and Social Care](#) The Health and Social Care Committee has published its report on the Government's White Paper proposals for the reform of Health and Social Care.

Publication

[Integrated care systems explained: making sense of systems, places and neighbourhoods](#) This updated explainer from The King's Fund describes Integrated Care Systems in England.

E-Learning

[NHS Patient Safety Syllabus launched to save lives](#) The multi-professional syllabus has been developed for all staff in the NHS and is a first of its kind which will help identify risks proactively in order to prevent errors before they occur.

News

[One million admissions linked to obesity in 2019/20](#) There were more than one million admissions to NHS hospitals in 2019/20 where obesity was a factor, according to new figures published by NHS Digital.

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