

## Systematic Review

### [Non-pharmacological interventions for stuttering in children six years and younger](#)

This systematic review indicates that the Lidcombe Program may result in lower stuttering frequency and higher speech efficiency than a wait-list control group in children aged up to six years at post-test. However, these results should be interpreted with caution due to the very low and moderate certainty of the evidence and the high risk of bias identified in the included studies.

## Studies

### [Self-testing for HIV could increase diagnoses in the trans community](#)

Kits for HIV self-testing are an effective and acceptable way of increasing HIV testing among trans people. Existing HIV testing services are often designed around men who have sex with men. This can create barriers for trans men and trans women, who are at high risk of HIV. Many go undiagnosed as a result.

### [A standing frame allows people with severe multiple sclerosis to enjoy a sense of normality](#)

The Standing Up in Multiple Sclerosis (SUMS) trial was set up to find out whether people with severe MS would benefit from using a standing frame at home to stand up for longer periods. Results showed that regular frame standing slightly improved motor function, and was feasible and cost-effective for the NHS to implement.

### [Even low doses of steroids increase the risk of cardiovascular disease in people with inflammatory diseases](#)

People who take steroids to treat long-term inflammatory diseases such as rheumatoid arthritis or inflammatory bowel disease have an increased risk of heart disease, stroke, and other cardiovascular disease. New research found that the risk of cardiovascular disease increases with the dose and duration of steroid treatment. A surprising finding was that even low daily doses increase the risk.

## Publication

### [The Health and Care Bill: six key questions](#)

The King's Fund explains what the proposed changes of the Health and Care Bill will mean in practice. The article explores issues ranging from who will hold power, to the impact of integration on patients, and potential for privatisation.

## Report

### [CQC report highlights how the right community support can improve outcomes for people with a learning disability, a mental health need and autistic people](#)

The report includes eight stories of people who have previously been placed in hospital settings, and how all are now thriving in community services across England. These stories describe how people's lives have changed when they are given the opportunity to live in their own home, with a supportive staff team where they can exercise choice, independence and control alongside real participation in the community.

## Cochrane Review

### [Integrated disease management interventions for patients with chronic obstructive pulmonary disease](#)

This review shows that integrated disease management probably results in improvement in disease-specific quality of life, exercise capacity, hospital admissions, and hospital days per person.

## Guidance

### [COVID-19: notification to organisations to share information](#)

Updated guidance for healthcare organisations, GPs, local authorities and arm's length bodies that they should share information to support efforts against COVID-19.

### [Afghanistan: migrant health guide](#)

Updated advice and guidance on the health needs of migrant patients from Afghanistan for healthcare practitioners.

### [Female genital mutilation \(FGM\): migrant health guide](#)

Updated advice and guidance on the health needs of migrant patients for healthcare practitioners.

### [Annual flu programme](#)

Updated: Seasonal influenza (flu) is an unpredictable but recurring pressure that the NHS faces every winter. Vaccination offers the best protection.

### [Flu vaccination: simple text information for adults and children](#)

An illustrated simple text version of the leaflets for the adult and child flu programme aimed at those with low literacy.

### [Guidance on working with people and communities](#)

NHS England has published guidance to help Integrated Care Systems (ICSs) work with people and communities.

### [End of life care for adults](#)

This updated quality standard covers care for adults (aged 18 and over) who are approaching the end of their life. This includes people who are likely to die within 12 months, people with advanced, progressive, incurable conditions and people with life-threatening acute conditions. It also covers support for their families and carers.

## Briefing

### [Children's Mental Health and the COVID-19 Pandemic](#)

This parliamentary briefing summarises the latest research about the effects on children throughout the pandemic, and factors that increase vulnerability to poor mental health.

## Blog

### [We need to move from person-centred to community-centred services](#)

This article from the Kings Fund state there is a need to shift from person-centred to community-centred ways of working and argues that we need to reframe what success would look like; promote more 'mutual' approaches; give community building the same billing (and resources) as public service reform, and be open and honest about what gets in the way.

## Online event

### [Free online event on October 8: The truth about mental health inequality](#)

This year's theme for World Mental Health Day is 'mental health in an unequal world'. [Join the Centre for Mental Health](#) as they mark World Mental Health Day by putting the spotlight on mental health inequalities. A year on from the report [Mental Health For All?](#), the Centre looks at the hard facts surrounding inequality in mental health: why some people are so much more likely to face mental health difficulties, or struggle to get the help they deserve.

## News

### [Lung cancer patients to get breakthrough drug on NHS](#)

NHS lung cancer patients will be the first in Europe to be offered a revolutionary new drug which stops tumours growing by targeting the so-called "death star" mutation. The cutting-edge therapy Sotorasib will be fast-tracked to NHS patients after being proven in clinical trials to stop lung cancer growing for seven months.

### [Thousands of Black, Asian and minority ethnic staff in mental health trusts experience harassment, bullying, or abuse at work](#)

Thousands of ethnic minority staff working in mental health trusts are subjected to harassment, bullying, or abuse at work from members of the public, colleagues, or their managers, new analysis of NHS data has found.

### [Young people from racialised communities re-imagining mental health support](#)

Due to ongoing systematic inequalities, young people from racialised communities have seen their mental wellbeing hit disproportionately hard by the Covid-19 pandemic. Thanks to funding of £650,000 raised by players of People's Postcode Lottery, UK Youth is collaborating with Centre for Mental Health and The Diana Award to reimagine mental health support for these young people through a new 'Young Changemakers' programme.

### [NHS launches world first trial for new cancer test](#)

The Galleri(tm) test checks for the earliest signs of more than 50 types of cancer in the blood and the NHS-Galleri trial, the first of its kind, aims to recruit 140,000 volunteers in eight areas of England to see how well the test works in the NHS.