

## Studies

### [Evaluating the implementation of interdisciplinary patient-centred care intervention for people with multimorbidity in primary care: a qualitative study](#)

This study evaluated the implementation of a patient-centred care interdisciplinary pragmatic intervention to support self-management for patients with multimorbidity which was implemented in one region of Quebec, Canada.

### [NDNS: Diet and physical activity – a follow-up study during COVID-19](#)

Results from a follow-up study of National Diet and Nutrition Survey (NDNS) participants for food consumption, nutrient intakes and physical activity.

### [Schoolchildren who switch to walking or cycling may have a healthier body weight](#)

Children who walk or cycle to school may have a healthier body weight than those who arrive by car. A new study followed more than 8,000 schoolchildren over a period of years. The findings showed that even using public transport instead of taking the car led to a reduction in body fat.

### [Home-based rehabilitation after a knee replacement is as effective as physiotherapy](#)

The results of this study show that home-based rehabilitation given by assistants supervised by physiotherapists is an effective alternative to traditional clinic-based physiotherapy.

### [People with cognitive impairment are missing out on sight and dental checks](#)

People with memory loss, confusion or difficulty concentrating (cognitive impairment) are far less likely than others to visit a dentist or have their eyesight checked, according to new research. It suggests they need more support to access preventive health services.

### [Biofeedback offers no additional benefit to pelvic floor muscle training](#)

Women whose pelvic floor has become weakened, for example through pregnancy and childbirth, benefit from pelvic floor muscle training. Specific exercises can strengthen muscles and improve bladder control. Women are sometimes offered a biofeedback device which allows them to see their muscles working as they exercise. New research found that the device offered no benefit over the exercises alone.

## Cochrane Reviews

### [Nutrition-specific interventions for preventing and controlling anaemia throughout the life cycle: an overview of systematic reviews](#)

Compared to no treatment, daily iron supplementation may increase Hb levels and reduce the risk of anaemia and IDA in infants, preschool and school-aged children and pregnant and non-pregnant women. Iron fortification of foods in infants and use of iron pots with children may have benefits for low-risk populations.

### [School-based physical activity programs for promoting physical activity and fitness in children and adolescents aged 6 to 18](#)

Across all included studies, only very small changes were noted in the number of students undertaking physical activity or in minutes per day of moderate to vigorous physical activity or sedentary time, although these programmes were found to improve students' physical fitness.

## Government Response

### [Safety of maternity services in England: government response](#)

The government's response to the Health and Social Care Committee report: 'The safety of maternity services in England'.

## Guidance

### [Promoting children and young people's mental health and wellbeing](#)

Guidance on the 8 principles of a whole school or college approach to promoting mental health and wellbeing.

### [COVID-19: provision of immunisation sessions for outbreaks in schools](#)

Guidance for School Age Immunisation Services on the provision of immunisation sessions in schools where there are cases or an outbreak of COVID-19.

### [Coronavirus \(COVID-19\) testing for adult social care settings](#)

Outlines the COVID-19 testing available for testing staff, residents and visitors for all adult social care settings. Updated to reflect changes in policy.

### [Breast screening: identifying and reducing inequalities](#)

Guidance and shared practice for breast screening providers, commissioners and other stakeholders on addressing inequalities.

### [Culture, spirituality and religion: migrant health guide](#)

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

### [Newborn hearing screening programme \(NHSP\) operational guidance](#)

This updated guidance supports healthcare professionals and stakeholders delivering and managing newborn hearing screening programmes in England.

### [Delivering better oral health: an evidence-based toolkit for prevention](#)

This is an updated evidence-based toolkit to support dental teams in improving their patient's oral and general health.

## Publications

### [DHSC and ONS: Direct and Indirect health impacts of COVID-19 in England](#)

Supporting paper prepared by the Department of Health and Social Care (DHSC) Office for National Statistics (ONS).

### [Severe mental illness: inequalities in cancer screening uptake](#)

Comparing the uptake of NHS bowel, breast and cervical cancer screening services between people with and without severe mental illness.

### [Mouth Care Matters in End-of-Life Care](#)

This publication has been developed for people who work in health and social care to support the delivery of safe and effective mouth care for adults in end-of-life care.

## Campaign

### [Time to play campaign](#)

School play offers benefits to children's wellbeing and is essential for their social development. But time assigned for play in the school day has been eroded. That's why the BPS has launched the Time to Play Campaign, which is calling for an additional 10 minutes of play at school every day.

## News

### [Folic acid to be added to flour to prevent spinal conditions in babies](#)

Folic acid will be added to non-wholemeal wheat flour across the UK to help prevent life-threatening spinal conditions in babies.

## Briefings

### [Building back inclusively](#)

This paper from the NHS Confederation advocates the need for radical, whole-system changes to tackle the elective backlog inclusively.

### [Community pharmacy: no longer the silent 'P' in PCNs](#)

Practical steps to ensure community pharmacy resource is effectively engaged to best support improved outcomes for primary care networks' populations.

### [The investigation of stillbirth](#)

This Commons Library briefing paper deals with the way stillbirth is investigated at present and proposals for change.

### [Identifying, caring for and supporting women at risk of/victims of domestic abuse during COVID-19](#)

This updated document from the Royal College of Midwives highlights the increased risks of domestic abuse and offers practical tips for midwives to recognise signs of abuse and provide aid.

## Reports

### [National overprescribing review report](#)

The findings and recommendations of the national overprescribing review led by Dr Keith Ridge, Chief Pharmaceutical Officer for England.

### [Racial inequality and mental health services in Scotland](#)

This report finds differences in the ways the Mental Health Act is applied when people from ethnic minorities are detained for mental health care and treatment compared to white Scottish people, particularly between black women and white Scottish women.

### [Care and treatment for people with alcohol related brain damage in Scotland](#)

This report focuses on people with a diagnosis of alcohol related brain damage (ARBD) who are also subject to a welfare guardianship order.

### [Health Profile for England 2021 published](#)

Public Health England (PHE) has published its annual Health Profile for England. This year's profile contains a summary of the wider impact of COVID-19 on health and health inequalities.

### [Barriers to wellbeing for migrants during the pandemic](#)

This report outlines difficulties registering with a GP and accessing remote healthcare services, suggesting significant unmet healthcare needs.

### [Population screening: access for people with severe mental illness](#)

Updated with evidence from Severe mental illness: inequalities in cancer screening uptake report.

### [Working collaboratively in an ICS](#)

Exploring the opportunities for greater collaborative working between community pharmacy, primary care networks and federations within ICSs.

### [Manifesto for recovery](#)

How the health and care sector can address the challenges, and sustain the beneficial changes, brought about by the pandemic.