

## Evidence Review

### [Review calls for action on 'stark ethnic inequalities' across healthcare](#)

A major review into ethnic inequalities in healthcare has revealed 'vast inequalities' across a range of health services. The NHS Race & Health Observatory review found some of the largest inequalities were in mental healthcare, where treatment for black groups was particularly poor.

## Cochrane Reviews

### [Effects of a gluten-reduced or gluten-free diet for the primary prevention of cardiovascular disease](#)

Study results on the benefits of a gluten-reduced or gluten-free diet are conflicting, and it is unclear whether a gluten-reduced diet has an effect on the primary prevention of CVD.

### [Extended-release methylphenidate for attention deficit hyperactivity disorder \(ADHD\) in adults](#)

Attention deficit hyperactivity disorder (ADHD) is a psychiatric diagnosis increasingly used in adults. The recommended first-line pharmacological treatment is central nervous system (CNS) stimulants, such as methylphenidate, but uncertainty remains about its benefits and harms.

## Studies

### [Low health literacy and multiple medications in community-dwelling older adults: a population-based cohort study](#)

Adequate health literacy is important for patients to manage chronic diseases and medications. We examined the association between health literacy and multiple medications in community-dwelling adults aged 50 years and older in England.

### [New integrated treatment could transform the lives of adults with life-threatening anorexia nervosa](#)

Providing uninterrupted stepped care could transform outcomes for adults with anorexia nervosa, a new study suggests.

## Independent Reports

### [JCVI update on advice for COVID-19 vaccination of children aged 5 to 11](#)

Statement from the Joint Committee on Vaccination and Immunisation on vaccinating children aged 5 to 11.

### [Joint Committee on Vaccination and Immunisation statement on COVID-19 vaccinations in 2022](#)

For 2022, the primary aim of the COVID-19 vaccination programme continues to be the prevention of severe disease (hospitalisation and mortality) arising from COVID-19.

### [Social care reform: an independent review by Baroness Cavendish](#)

A report looking at how the government can lock in the lessons of the COVID-19 pandemic to build a more robust, sustainable and joined-up system of social care.

## Reports

### [Addressing the leading risk factors for ill health](#)

A review of government policies tackling smoking, poor diet, physical inactivity and harmful alcohol use in England.

### [Long-term conditions and vulnerable groups](#)

This QualityWatch update looks at a range of performance measures for the care of people with long-term conditions, disabilities and serious diseases such as stroke and heart attack, to give a view of how services have fared over the last decade and throughout the Covid-19 pandemic.

## Research

### [Care and decision-making in pregnancy: research reveals the support women need](#)

The goal of the Maternity Transformation Programme is to ensure personalised, safe care for every mother and baby. Key areas include supporting shared decision-making and personalised care, tackling inequalities, and providing a named midwife responsible for coordinating each woman's care.

## Policy Paper

### [England Rare Diseases Action Plan 2022](#)

The first action plan setting out how the Department of Health and Social Care and delivery partners will implement the UK Rare Diseases Framework in England.

## Briefing

### [Growing problems, in depth: The impact of Covid-19 on health care for children and young people in England](#)

This year's QualityWatch scrolling data story explores the dramatic and concerning effect of the pandemic on children and young people's health and the care they receive. This accompanying briefing explains the findings in more detail and discusses the potential implications for the younger generation.

## Consultation Response

### [Home use of both pills for early medical abortion](#)

In 2021, the government ran a public consultation seeking views on whether to revert to the pre-pandemic position or to make the temporary COVID-19 measure permanent. This is a summary of the responses received.

## Statistics

### [Decrease in women screened for breast cancer in 2020-21](#)

1.19m women aged 45 and over were screened for breast cancer in 2020-21, a 44.1% decrease on 2019-20 (2.12m).

## Blog Post

### [Harnessing social prescribing to support integrated care](#)

A look at the role of social prescribing in integrated care and supporting elective care.

## News

### [New guidelines to support disabled children to be more active](#)

UK's Chief Medical Officers publish first ever guidelines on physical activity for disabled children and young people.

### [Widespread support for proposed NHS mental health access standards for patients](#)

The NHS has set out new ambitions for patients to have timely access to community mental healthcare, following a consultation on proposed new standards, as it faces record demand following the pandemic.

### [Effects of the pandemic continue to add pressures on mental health services, worsening access to care and longstanding inequalities](#)

The Care Quality Commission (CQC) is highlighting the ongoing impact of the pandemic on mental health services, their staff and the people using them.

### [RCN publishes immunisation competencies to support members giving vaccines](#)

The RCN has updated their immunisation competencies toolkit to support the training and assessment of nursing staff who have a role in immunisation.

### [Increase in mental distress among young people from disadvantaged backgrounds following the start of the COVID-19 pandemic](#)

New research has examined the impact of Covid-19 and related school closures in the first months of the pandemic on adolescent mental health, particularly among disadvantaged, marginalised, and vulnerable groups.

### [Mental healthcare recovery plan urgently needed to tackle 'second pandemic'](#)

Mental health leaders warn that a generation of children and young people will face longer waits for treatment unless there is a comprehensive plan.

### [NHS launches online platform to empower patients as they wait for care](#)

Millions of patients on the waiting list for NHS care will be able to access support and check wait times at their fingertips thanks to a new online platform launching today. Built in conjunction with patient groups, My Planned Care is one of the latest measures in a major package of moves by the NHS to tackle the COVID backlog.