

Studies

[Team work and proactive healthcare could help people with severe mental illness receive good end-of-life care](#)

Collaborative team working, training, and proactive physical health care are needed to ensure that people with severe mental illness receive appropriate end-of-life care. These are some of the recommendations from a new study which analysed previous research, case studies, policy and guidelines.

[Children with tics can be helped by a new online treatment](#)

Access to behaviour therapies for tic disorders in children is limited. Research found that online behaviour therapy, which is supported by therapists, is both effective and safe. The researchers say it could greatly increase the number of children who are helped.

[Are you at risk of diabetes? Research finds prevention should start at a different BMI for each ethnic group](#)

Interventions to prevent diabetes should be triggered at a different body mass index (BMI) for each ethnic group. New research found that some ethnic groups would benefit from prevention at a much lower BMI than is currently used.

Cochrane Reviews

[Pharmacotherapy for post traumatic stress disorder \(PTSD\)](#)

Posttraumatic stress disorder (PTSD) is a prevalent and disabling disorder. Evidence that PTSD is characterised by specific psychobiological dysfunctions has contributed to a growing interest in the use of medication in its treatment.

[Physical environmental designs in residential care to improve quality of life of older people](#)

The demand for residential aged care is increasing due to the ageing population. Optimising the design or adapting the physical environment of residential aged care facilities has the potential to influence quality of life, mood and function.

[Inhaled corticosteroids for the treatment of COVID-19](#)

The anti-inflammatory action of inhaled corticosteroids might have the potential to reduce the risk of severe illness resulting from hyperinflammation in COVID-19.

Report

[Breathing space: how we help communities use, create and improve outdoor spaces](#)

This report explores the impact of the projects and programmes that make up this investment, and the difference they have helped communities to make. It looks at natural outdoor spaces such as woodlands and waterways, developed outdoor spaces such as parks and playgrounds, outdoor activities such as food growing and fitness, and access to the outdoors to ensure everyone feels welcome.

Advice

[Coronavirus: Top 10 tips on what to do in primary care](#)

Practical advice from the Royal College of GPs on the balance between remote and face to face care and how it might need to change in the months to come.

Review

[The Impacts of Benefit Sanctions: A Scoping Review of the Quantitative Research Evidence](#)

In recent decades, the use of conditionality backed by benefit sanctions for those claiming unemployment and related benefits has become widespread in the social security systems of high-income countries. Critics argue that sanctions may be ineffective in bringing people back to employment or indeed harmful in a range of ways.

Publications

[At Your Service](#)

A proposal from Policy Exchange to reform general practice and enable digital healthcare at scale.

[Integrating additional roles into primary care networks](#)

Research focused on four roles — social prescribing link workers; first contact physiotherapists; paramedics and pharmacists — to examine the issues related to the implementation of these roles, looking at the experiences of working in these roles and of the people managing them.

Guidance

[Substance misuse: providing remote and in-person interventions](#)

Guidance for alcohol and drug treatment services to help them get the balance right between providing remote and in-person interventions for service users.

[Disabled children and young people up to 25 with severe complex needs: integrated service delivery and organisation across health, social care and education - NICE guideline \[NG213\]](#)

This guideline covers support for disabled children and young people with severe complex needs, from birth to 25 years. It aims to encourage education, health and social care services to work together and provide more coordinated support to children and young people, and their families and carers.

[3C Patch for treating diabetic foot ulcers - Medical technologies guidance \[MTG66\]](#)

Evidence-based recommendations on 3C Patch for treating diabetic foot ulcers.

[Mental wellbeing at work - NICE guideline \[NG212\]](#)

This guideline covers how to create the right conditions for mental wellbeing at work. It aims to promote a supportive and inclusive work environment, including training and support for managers and helping people who have or are at risk of poor mental health.

[PPE portal: how to order COVID-19 personal protective equipment \(PPE\)](#)

Eligible health and social care providers can order PPE through the portal to meet the increased need that has arisen as a result of the COVID-19 pandemic.

Randomised Controlled Trial

[Does antenatal betamethasone prior to elective caesarean section at term help improve neonatal outcomes?](#)

A single RCT contributed to the analysis of antenatal betamethasone prior to elective caesarean section for improving infant outcomes. Given the limitations of the RCT data, no conclusions can be drawn as to the benefits or harms of this intervention.

Strategy

[PIF member publishes Breaking the Silence strategy](#)

The Royal Osteoporosis Society has vowed to raise awareness of the condition as part of its new four-year strategy. Breaking the Silence outlines the charity's plans to raise awareness and inspire action among the public and policy-makers, demanding change for the millions of people living with osteoporosis.

Information Tool

[New Long Covid support and information tool](#)

PIF member Asthma UK and the British Lung Foundation has worked with 15 other VCSE organisations to create a new tool designed to support those with Long Covid. My Long COVID Needs helps users understand their current Long Covid symptoms and helps them explain them to a GP. The tool also signposts further advice and support.

Blog Posts

[Social prescribing as a way of tackling health inequalities in all health settings](#)

Social Prescribing is gaining momentum in the NHS as a way of addressing the wider social determinants of people's health.

[Community pharmacies' role in supporting people to live a healthy lifestyle: more help for people to stop smoking](#)

A new service is being introduced across England to enable people leaving hospital to access support for their tobacco dependence through a local community pharmacy at a time convenient to them.

Podcast

[What women want: addressing women's health inequalities](#)

To mark International Women's Day, host Helen McKenna speaks with Professor Dame Lesley Regan and Dr Janine Austin Clayton about women's health journeys from start to finish. They explore why women can struggle to get medical professionals to listen to them and the impact this has on diagnosis and treatment, as well as the mental and physical effects on women themselves.

News

[Regulations making COVID-19 vaccination a condition of deployment to end](#)

The legal requirement for health and social care staff to be double jabbed will be removed from 15 March.

[New campaign promotes advice to introduce babies to solid food](#)

The Office for Health Improvement and Disparities have launched a new campaign to promote NHS advice on introducing babies to solid food from around 6 months.

[NHS treating record number of young people for eating disorders](#)

More young people than ever before are receiving treatment for eating disorders according to the latest figures.

[NHS booster bookings open for most vulnerable 12 to 15 year olds](#)

12 to 15 year olds who are most at risk from COVID, including those who are severely immunosuppressed and with underlying health conditions, can now book in their booster online.