

Cochrane Reviews

[Exercise versus airway clearance techniques for people with cystic fibrosis](#)

Can exercise replace other methods of airway clearance for people with cystic fibrosis?

[Mobility training for increasing mobility and functioning in older people with frailty](#)

Frailty is common in older people and is characterised by decline across multiple body systems, causing decreased physiological reserve and increased vulnerability to adverse health outcomes. It is estimated that 21% of the community-dwelling population over 65 years are frail.

Cochrane Clinical Answers

[What are the effects of self-management for people with chronic obstructive pulmonary disease \(COPD\)?](#)

For people with COPD, moderate-certainty evidence shows that self-management (including an action plan, self-recognition of COPD exacerbations, and medication, exercise, diet, or coping components) probably improves anxiety and depression scores (both, on average around 0.5 points on the Hospital Anxiety and Depression Scale (0 to 21)).

Guidance

[Who can issue fit notes: guidance for healthcare professionals and their employers](#)

Guidance to provide advice to doctors, nurses, occupational therapists, pharmacists, physiotherapists and their employers about certifying fit notes.

[Virginity testing and hymenoplasty multi-agency guidance](#)

Guidance for organisations and anyone who may come in to contact with women and girls affected by virginity testing and hymenoplasty.

Reports

[Health profiles for English regions: 2021](#)

These profiles bring together data and knowledge to give a broad picture of health in the nine English regions. The reports provide a regional view of health and indicators presented in the Health Profile for England 2021.

[New analysis of health behaviours by ethnicity published by NHS Digital](#)

The report presents findings from Health Survey for England (HSE)1 data collected between 2011 and 2019, analysed by ethnicity2. The analysis was conducted by the National Centre for Social Research (NatCen) and University College London (UCL).

Framework

[A reflective learning framework for partnering: insights from the early work of the Healthy Communities Together partnerships](#)

As integrated care systems develop, NHS, local authority and voluntary sector organisations working in health and care in England are coming together and working in partnership to improve the health and wellbeing of local populations. Partnering can be tricky, but the rewards, for both participants and communities, are potentially great. What does it take to ensure these new partnerships succeed?

Briefing

[Integrated care systems \(ICS\): parliamentary briefing](#)

On 1 July 2022, integrated care systems (ICSs) will become responsible by statute for planning and funding health and care services.

Survey

[Healthcare professionals' attitudes to shared decision making](#)

A survey by PIF member the Patients Association found most healthcare professionals back patient involvement in their own care.

Policy Papers

[A plan for digital health and social care](#)

The Department of Health and Social Care's new plan for digital health and social care.

[Draft Mental Health Bill 2022](#)

The government is publishing a draft Mental Health Bill for pre-legislative scrutiny, to modernise the Mental Health Act for the 21st century.

Blogs

[For better health, focus on the environment, not on the individual](#)

Three things we want to see in the health disparities white paper.

[Five things you can do to help you have a more positive birth experience](#)

Whether you're a first-time parent or have had children before, you're probably willing to try anything to ensure you have the most positive birth experience you can. After all, the kind of birth experience you have can not only affect your own mental health but can have an affect on parent-child bonding, as well as partner-to-partner relationships for years after giving birth.

[England appoints first ever women's health ambassador – here's what she should focus on](#)

The government recently appointed Dame Lesley Regan, professor of obstetrics and gynaecology at Imperial College London, as the first women's health ambassador for England. The new role has been created to help close the gender health gap.

News

[NHS checks and treatment on patients' doorsteps part of new changes to health and care in England](#)

Dedicated mental health staff to help children and young people in GP practices, and blood pressure checks in betting shops, are among initiatives devised and delivered by new integrated care systems that come fully into force today.

[Rates of Intimate Partner Abuse and Substance Misuse reduced with combined care](#)

New research led by the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London, in collaboration with researchers from the Universities of Edinburgh, Bristol, Manchester and York, has explored the mechanisms behind Intimate Partner Abuse (IPA).

[Mobile app successfully tested with veterans seeking to reduce their alcohol consumption now available to the public](#)

A new smartphone app, which has been made available to the public today, has been found to be successful in helping UK veterans to reduce alcohol consumption.

[RCN welcomes moves to extend the range of health care professionals who can certify and issue fit notes for patients needing time off work due to illness](#)

Registered nurses, pharmacists, occupational therapists and physiotherapists are now able to sign fit notes, along with doctors. The new legal powers apply in England, Wales and Scotland, and are being mirrored in Northern Ireland.