

## Systematic Review

### [Evaluating the Effectiveness of Internet-Based Communication for Public Health: Systematic Review](#)

Communicating strategically is a key issue for health organizations. Over the past decade, health care communication via social media and websites has generated a great deal of studies examining different realities of communication strategies. However, when it comes to systematic reviews, there is fragmentary evidence on this type of communication.

## Guidance

### [Access community-based treatments for coronavirus \(COVID-19\)](#)

Find out how to access coronavirus (COVID-19) treatments outside of hospital, including information on free prescriptions and lateral flow tests.

### [COVID-19 vaccination: autumn booster resources](#)

Information leaflet and sticker for the COVID-19 autumn booster vaccination.

### [Obesity: identification, assessment and management: Clinical guideline](#)

This guideline covers identifying, assessing and managing obesity in children (aged 2 years and over), young people and adults. In September 2022, we reviewed evidence on anthropometric measures for assessing health risks associated with overweight and obesity in adults and updated the [recommendations on identifying and assessing overweight, obesity and central adiposity](#).

## Consultation

### [Down Syndrome Act 2022 guidance: call for evidence \(easy read\)](#)

We want your views on what should go into the Down Syndrome Act statutory guidance. This consultation closes at: 11:45pm on 8 November 2022.

## Policy Paper

### [Our plan for patients](#)

The government's plans for the NHS and social care to deliver for patients, this winter and next.

## Studies

### [Cannabis users no less likely to be motivated or able to enjoy life's pleasure](#)

Adult and adolescent cannabis users are no more likely than non-users to lack motivation or be unable to enjoy life's pleasure, new research has shown, suggesting there is no scientific basis for the stereotype often portrayed in the media.

### [Patient perspectives on primary care for multimorbidity: An integrative review](#)

Improving healthcare for people with multiple chronic or ongoing conditions is receiving increased attention, particularly due to the growing number of people experiencing multimorbidity (MM) and concerns about the sustainability of the healthcare system.

## Cochrane Review

[Conservative interventions for treating urinary incontinence in women: an Overview of Cochrane systematic reviews](#)

Urinary incontinence (UI) is the involuntary loss of urine and can be caused by several different conditions. The common types of UI are stress (SUI), urgency (UUI) and mixed (MUI). A wide range of interventions can be delivered to reduce the symptoms of UI in women. Conservative interventions are generally recommended as the first line of treatment.

## Reports

[Getting started: lessons from the first year of implementing the Community Mental Health Framework](#)

Rethink Mental Illness's new report explores key learning from the first full year of implementation of NHS England's Community Mental Health Framework.

[Fuel Poverty, Cold Homes and Health Inequalities in the UK](#)

This is the third review of fuel poverty and cold homes from the Institute of Health Equity, following on from the briefing commissioned by PHE in 2014 the report commissioned by Friends of the Earth in 2011.

[Patient Experience in England](#)

It is now six years since we began producing our annual overview of patient experience evidence, and we never cease to be impressed by the quality and quantity of published research. The national patient surveys are produced with a commendable rigour in both the evidence gathering and the analysis. Their findings are always illuminating, and as the years pass, the trends and patterns in patient experience become clearer.

[#HealthNow Literature review update: how has patient experience changed for people who are homeless?](#)

Research on health and homelessness conducted over the past two years all took place under the shadow cast by the COVID pandemic. This update summarises a significant body of evidence which has been gathered during an unprecedented time for the health and homelessness sector.

[Public perceptions of health and social care: what the new government should know](#)

Health and social care services are under extreme strain and improvements in life expectancy are stalling. As the new prime minister sets out her agenda for government, understanding what the public thinks should inform policy. And the public perceives the standard of NHS and social care services as having declined in the past 12 months – and is more likely to expect that standards will get worse over the next year rather than improve. But the public also has strong support for the NHS as an institution and points to clear priorities for improving services.

[Lack of care and support increasing suffering for children with migraine](#)

Despite being a painful and common condition, our new report has revealed that schools don't have the information, resources and processes to help children in school with their migraine. Research for the report also showed that children often feel left out of their own healthcare and think that their care is poor.

## Statistics

[Decrease in smoking and drug use among school children but increase in vaping, new report shows](#)

New figures from NHS Digital show a decrease in numbers of school children taking drugs and smoking cigarettes but a rise in vaping, with 9% of 11 to 15 year olds currently using e-cigarettes.

## News

### [Stoptober launches to give smokers the confidence to quit](#)

Launch of Stoptober encourages thousands of smokers to quit the habit this October. Smoking remains the single biggest cause of preventable illness and death in England.

### [Health and Social Care Secretary sets out plan for patients with new funding to bolster social care over winter](#)

Health and Social Care Secretary and Deputy Prime Minister Thérèse Coffey announces the government's new 'Our plan for patients' to improve care for patients this winter and next.

### [New one-page guide to BMI tackles misinformation](#)

The Patient Information Forum (PIF) has published a new one-page guide to Body Mass Index (BMI). The poster was developed following user engagement sessions with patients and healthcare professionals which highlighted the amount of misinformation surrounding BMI.

### [Stroke: young people can have them too – here's how to know if you're at risk and what to look out for](#)

Most of us think of stroke as a condition that only affects older people. But while it's more common in old age, around 10% of all strokes happen in people under the age of 45 – and the figure is rising. Here's what you need to know about why strokes happen, who's most at risk, and what kind of symptoms you need to look out for.

### [New cases of severe long COVID appear to be dropping – and vaccination is probably key](#)

Long COVID can seriously affect people's quality of life and ability to work. And there are no proven treatments, meaning that we may be facing a wave of disabilities with little we can do to help. But in [a new paper](#), my colleagues and I report that referrals for more severe cases of long COVID have dropped over the past year, despite large waves of delta and omicron infections.

### [NHS urges parents to book children in for essential MMR vaccination](#)

Parents and carers of children are being reminded of the importance of routine vaccinations, with hundreds of thousands of texts, emails and letters being sent from next week encouraging families to book their child in for an MMR vaccine.

## Blogs

### [Co-producing quality improvements in health and social care](#)

Co-production refers to a way of working where people who use health and care services work in equal partnership with health and care staff in designing and delivering activities, projects, or services. The approach builds on the recognition that people with lived experience are often best placed to advise on what support and services will make a difference to their lives.

### [Transforming community healthcare through data](#)

National data is essential for the community sector to demonstrate its value and achieve its fair share of funding. Quality data can reflect what is happening in community health services, identify the gaps, and take an informed, system-wide approach to improving patient outcomes.

### [Why do we need to rethink our attitudes to alcohol?](#)

1 in 5 people in the UK are affected by their parent's drinking. In this blog, Savannah describes her own experience growing up with a parent who drank too much, and why it is critical we challenge our language and attitudes around alcohol.