

Systematic Review

[What do adolescents think about vaccines? Systematic review of qualitative studies](#)

Adolescence presents a key opportunity to build vaccine-related health literacy and promote vaccine confidence and uptake. Although adolescents are central to vaccination programs, their views around vaccines are frequently underrepresented in qualitative literature. We reviewed qualitative studies to systematically identify and summarize existing evidence on adolescents' own understanding of vaccines and experiences with vaccine decision-making, including self-consent when applicable.

Cochrane Clinical Answer

[For adults with insomnia, does listening to music have any effect on sleep pattern?](#)

For adults with insomnia and compared with no treatment or usual care, moderate-certainty evidence shows that listening to music probably leads to slightly better sleep quality. Low-certainty evidence suggests that this intervention may slightly improve sleep onset latency, total sleep time, and sleep efficiency (when measured by different scales, but not when measured by polysomnography). Two RCTs (177 participants) suggest that listening to music may moderately improve quality of life. The effect of listening to music on insomnia severity and sleep interruption is uncertain, and none of the trials reported adverse events.

Guidance

[Older People in Care Homes: Sex, Sexuality and Intimate Relationships](#)

This guidance has been developed to help nurses and care staff work effectively with issues of sexuality, intimate relationships, sexual expression and sex, particularly people living in care homes. Its aim is to facilitate learning, support best practice and serve as a resource to help nurses and care staff address the needs of older service users in a professional, sensitive, legal and practical way.

[Transition from Fertility to Maternity Care](#)

Pregnancy following fertility treatment can be an exciting, challenging and anxious time for expectant parents. This guidance is primarily to raise awareness of possible pathways of care for women and others (their partners/support networks) as they travel through fertility treatment and pregnancy, and how they can best be supported by the health care professionals they encounter along their journey.

[Postnatal care: Quality standard](#)

This quality standard covers routine postnatal care in the first 8 weeks after birth. It describes high-quality care in priority areas for improvement.

[Health disparities and health inequalities: applying All Our Health](#)

Evidence and information for health and care professionals and the wider workforce on health disparities and health inequalities, and how they can be addressed.

[Prevent and the Channel process in the NHS: information sharing and governance](#)

Guidance for healthcare professionals about how to share information to safeguard individuals from radicalisation.

Publications

[Promoting Menstrual Wellbeing](#)

Menstrual health forms an integral part of wellbeing. The guidance includes information on the common causes of menstrual disorders and describes initial investigations and early treatment management. This resource is supported by Hologic's Wear White Again campaign.

[Poverty and the health and care system: The role of data and partnership in bringing change](#)

Health and care systems can mitigate, reduce and prevent poverty's effects on health, but to do this they need to be much better at sharing and acting on data. Our long read with the Centre for Progressive Policy sets out the data available, explores existing good practice, and what needs to happen next.

Reports

[Falling short: How far have we come in improving support for unpaid carers in England?](#)

People who provide care unpaid for a family member or a friend due to illness, disability, or mental health provide a vital role bridging gaps in state-funded support. But despite the laudable policy statements in support of carers, this Nuffield Trust report looking at the policy history and latest data shows that the reality for unpaid carers has been one of diminishing help over time.

[Childhood obesity: is where you live important?](#)

Childhood obesity in England is concerningly widespread, with no notable improvements in recent years. However, our understanding of what could be driving these trends and the part environmental factors might play remains limited. This new Nuffield Trust analysis looks at the association that neighbourhoods, communities and their characteristics have with obesity in children.

[Electronic end-of-life records: what people need](#)

Our new report on electronic end-of-life records amplifies the voices of 1,700 people, who told us that digital systems are central, not an add-on, to good end of life care. We're sharing the experiences within the report to help improve practice and calling on commissioners, leaders in healthcare, clinicians and health and care staff to listen to what people told us, understand how vitally important it is that we get electronic end-of-life records right and deliver systems in a way that meets people's needs.

Statistics

[Changes in the weight status of children between the first and final years of primary school](#)

A longitudinal cohort analysis of data from the National Child Measurement Programme (NCMP) covering children in England between reception (aged 4 to 5 years old) in academic year 2013 to 2014 and year 6 (aged 10 to 11 years old) in academic year 2019 to 2020.

Research

[Nicotine vaping in England: 2022 evidence update](#)

The final annual update in the current series of evidence reviews about the health harms of vaping, by leading independent tobacco experts.

Briefing

[Why do diagnostics matter? Maximising the potential of diagnostics services](#)

This briefing explores the role that diagnostics play in underpinning much of the activity that takes place in the health and care system, the policy focus to date and where attention is needed to ensure diagnostic capacity and capability are fit for the future.

Frameworks

[A framework for NHS action on social determinants of health](#)

Policymakers are increasingly emphasising the NHS's role in addressing social and economic factors that shape health, but guidance on how this should be done in practice is limited.

[Health and Care LGBTQ+ Inclusion Framework](#)

A practical framework enabling health and care leaders to create inclusive environments for LGBTQ+ staff and service users.

Case Study

[Engaging to improve: young adult diabetes service - Case study from The Royal Liverpool and Broadgreen University Hospitals NHS Trust](#)

Achieving improved clinical outcomes in young adult diabetes care has been possible by adopting a culture of engagement, patient-centred care, flexibility and using peer support to complement clinical care.

Survey

[4,000 voices: Findings from a survey about health and social care with people aged 65 years and older conducted on behalf of CQC](#)

This report gives the findings from a 2022 survey of older people about health and social care. The survey asked 4,013 people aged 65 and over about their experiences of using health and social care services in the previous six months.

Blog Posts

[Speaking up about the menopause – today and beyond](#)

Raising awareness of this natural transition that millions experience.

[Finding sober spaces at university](#)

Socialising at university can be daunting for those that prefer to avoid alcohol. In this blog, Leilani van Someren, President of the Queen Mary Sober Socials society, shares some alcohol-free freshers' tips.

[What makes a healthy place? Some answers from the public](#)

Once a week or so, I go for a run towards the river. Maintained by my local authority, the riverside has benches, toilets, a level path that provides access for wheelchairs and buggies, and a segregated bike lane. It is a lovely place to be on a weekend morning, with all walks of life enjoying the outdoors. This stretch of river came to my mind as I was hearing answers to the question, 'What makes a place a healthy place?'. The Health Foundation, through the research agency Public First, recently asked six groups of people from the Midlands and the North of England this, and other questions, to understand what they thought and felt should be done on health inequalities.

[Can Deaf and disabled people's organisations help shape health and care services in the UK?](#)

Manishta Sunnia, a researcher for the disabled women's collective, Sisters of Frida, outlines how working in partnership with Deaf and disabled people's organisations could enable health services to better meet the needs of those who use them.

[Tackling cardiovascular disease: why the urgency?](#)

Between the 1970s and early 2000s, there were dramatic falls in the number of people dying from cardiovascular diseases (CVDs)¹ globally, a result of lifestyle changes and medical advances. This has driven unprecedented improvements in life expectancy. The [number of people dying of CVDs in the UK](#) fell by almost 70 per cent between 1980 and 2013. Given these spectacular declines, some consider the [subsequent slowdown in the rate of improvement](#) as inevitable. But does this mean the job of tackling CVDs is done? The evidence suggests not by a long margin and The [NHS Long Term Plan](#) identifies CVDs as 'the single biggest area where the NHS can save lives over the next 10 years'.

[Facing up to long Covid](#)

Long Covid is politically problematic, medically uncertain, and personally scary. It is too easy to look away.

[Narrowing the gap – increasing engagement with digital services](#)

Following the publication of novel research on digital inclusion in health and social care by Basis Social, Bola Akinwale, Deputy Director, National Healthcare Inequalities Improvement Programme reflects on how the NHS and wider organisations can reduce digital exclusion and narrow healthcare inequalities.

News

[Prof Joe Rafferty: Use population health as a driving device for population equality](#)

With more and more insights on the extent of health inequalities across the country, how can systems turn knowledge into change? Population health management is powerful tool argues Prof Joe Rafferty CBE, as he sits down with Matthew Taylor to explore the difference the approach is making in the North West. As chief executive of Mersey Care NHS Foundation Trust since 2012, Joe also discusses the benefits of leading an organisation over a long period of time and how to recognise, share and mitigate risk at system level.

[Every Mind Matters campaign urges people to be kind to their mind](#)

New Every Mind Matters campaign calls on the nation to be kind to their mind to help combat the 'Sunday Scaries'.

[Significant milestone reached as extra 2 million scans, tests and checks delivered to bust the Covid backlogs](#)

Community diagnostic centres across the country have now delivered over two million vital checks, helping to bust the Covid backlogs.

[What is digital health technology and what can it do for me?](#)

You probably use digital health technology as part of your daily life. You might have an app to track your daily step count, or have shown your 'vaccination passport' on the NHS App. The pandemic has accelerated our use of digital health tech. Remote GP appointments have become routine, and many of us were pinged as 'close contacts' by the COVID-19 App. Digital health technology aims to boost our health and wellbeing, or to improve health systems. It includes smartphone apps, wearable devices (such as step trackers), and platforms that provide remote healthcare (telehealth). Software to help track symptoms, online tools to diagnose conditions, and programmes that analyse data from medical devices such as blood pressure monitors - these are all digital health technologies.

[Words, inclusivity, and the struggle for health equality](#)

Outdated or offensive terminology can reinforce barriers to clinical trial participation and accessible healthcare. Language matters in every walk of life, and research – where access barriers contribute to systemic health inequalities – is no exception. Yet, new research published by campaign group Demand Diversity, with the support of COUCH Health, found a number of terms in common usage were outdated or even offensive.

[Parents warned about dangers of children missing vaccines](#)

UKHSA is warning parents and guardians of the serious health risks from children missing routine immunisations.

[NHS helps record numbers of young people with their mental health as students return to universities](#)

England's top mental health nurse is urging students starting or returning to university to seek mental health support as soon as they need it, as new data show record numbers of young people are accessing support.

[More than half of people with chronic and long-term conditions not asked to feed back about their care](#)

The Care Quality Commission (CQC) and Healthwatch England want more people with chronic and long-term conditions to give feedback on their care. As health and social care services face increasing demand, understanding the experience of those using services is more critical than ever. Giving feedback on your or a loved one's care helps identify unsafe practices so they can be improved and highlight where support is working well.

[Children and young adults with Down Syndrome four times more likely to have diabetes](#)

Children and young adults with Down Syndrome are four times more likely to be diagnosed with diabetes, according to new research led by King's College London and Queen Mary University of London.

[Major reforms to NHS tech agenda accelerated](#)

Plans to merge NHS Digital with NHS England accelerated to early January 2023 to support Our plan for patients.

[New campaign launches for the forgotten 500,000 families](#)

Patient groups, charities and clinicians unite to raise awareness of half a million vulnerable people, many of whose lives have never returned to normal after Covid-19 lockdown. The campaign is calling for the Government to reverse its decision and immediately roll out Evusheld for the immunosuppressed.

[24/7 control centres among new plans to step up NHS winter preparations](#)

Rapid response teams to help people who have fallen at home and 24/7 'care traffic control centres' are among new NHS plans to prepare for winter, being set out today. NHS chief executive Amanda Pritchard said the additional measures would build on the extensive work already underway to prepare for what will be a "very challenging winter."

[NHS launches new online site finder for Monkeypox vaccines](#)

The NHS has today launched a new online vaccine site finder to make it as easy as possible for eligible people to get their monkeypox jab.

[New vaccine marketing campaign urges millions to boost their immunity this winter](#)

A new country-wide marketing campaign urging millions of eligible people to get their flu and COVID-19 booster vaccines to top up their immunity has launched as almost 10 million people in England have already received their boosters.

[New guide helps systems get started with integrated working](#)

NHS Employers, which is part of the NHS Confederation, has launched a new guide to help employers in health connect across all parts of the system to deliver personal, person-centred care to their local populations, now and in the future.

[Gridlocked health and care system leading to deterioration in people's access to and experience of care](#)

The Care Quality Commission's (CQC's) annual assessment of the state of health and social care in England looks at the quality of care over the past year.

[World Menopause Day 2022: Mandy Chainey and Julie Marks from Together in conversation](#)

World Menopause Day takes place on 18 October each year to raise awareness, break the stigma and highlight the support options available for improving health and wellbeing. For the day this year two of our members of staff who are part of our Peri Menopause and Menopause Inclusion Group shared a conversation on their lived experience of the menopause.

[How can we make our food healthier?](#)

Working together with people from across the sector to improve access to healthy food.

[Late night eating may cause greater weight gain – new research points to why](#)

It's long been popular advice for people looking to lose weight to avoid late night snacking. It's no wonder, with a host of research showing that [late night eating](#) is linked to greater body weight and increased risk of obesity. But until now, few studies have actually investigated precisely why late night eating is linked to greater body weight. This is what a [recent US study](#) set out to uncover. They found that eating four hours later than normal actually changed many of the physiological and molecular mechanisms that favour weight gain.

[Exercise really can help you sleep better at night – here's why that may be](#)

[Many people struggle](#) to get enough good quality sleep. Not only does this leave us feeling tired the next day, but over the long term poor sleep can actually have a negative effect on other aspects of our [health and wellbeing](#).