

Cochrane Reviews

[Antidepressants for smoking cessation](#)

The pharmacological profiles and mechanisms of antidepressants are varied. However, there are common reasons why they might help people to stop smoking tobacco: nicotine withdrawal can produce short-term low mood that antidepressants may relieve; and some antidepressants may have a specific effect on neural pathways or receptors that underlie nicotine addiction.

[Quality improvement strategies for diabetes care: Effects on outcomes for adults living with diabetes](#)

There is a large body of evidence evaluating quality improvement (QI) programmes to improve care for adults living with diabetes. These programmes are often comprised of multiple QI strategies, which may be implemented in various combinations. Decision-makers planning to implement or evaluate a new QI programme, or both, need reliable evidence on the relative effectiveness of different QI strategies (individually and in combination) for different patient populations.

Studies

[Podcasts as a tool for enhancing mental health literacy: An investigation of mental health-related podcasts](#)

Mental health-related podcasts are an increasingly popular medium, however, little is known about the influence of demographic and personal mental health characteristics on listeners' engagement and experiences. The present research seeks to explore the motivations and experiences of mental health-related podcast listeners.

Reports

[Realising the potential of virtual wards](#)

Exploring the critical success factors for realising the ambitions of virtual wards.

Publications

[Three steps to positive practice: A rights-based approach when considering and reviewing the use of restrictive interventions](#)

This document was developed by a multidisciplinary group based in Northern Ireland, involving the Royal College of Nursing, the Royal College of Occupational Therapists, the Royal College of Psychiatrists and the British Association of Social Work Northern Ireland. It is designed to assist health and social care staff who are involved in practices where people in their care may be restricted in some way and guide professional decision-making when restrictive practices are being considered as part of care and support provision.

Public Guidance

[Flu vaccines: 2023 to 2024 flu season](#)

Flu vaccines available for the 2023 to 2024 flu season and the clinical risk groups that they apply to.

[Cardiovascular disease: risk assessment and reduction, including lipid modification: updated \[CG181\]](#)

This guideline covers the assessment and care of adults who are at risk of or who have cardiovascular disease (CVD), such as heart disease and stroke. It aims to help healthcare professionals identify people who are at risk of cardiovascular problems including people with type 1 or type 2 diabetes, or chronic kidney disease. It describes the lifestyle changes people can make and how statins can be used to reduce their risk.



Blogs

[Growing multidisciplinary teams in primary care](#)

Being an 'expert generalist' as a GP is something I take great satisfaction in. I love the process of diagnosis – listening to my patients as they present at the front-door of the NHS and understanding the challenges they're facing, then working with them to investigate their cause and define the most appropriate course of support or treatment.

[Inclusion health: tackling the extreme end of health inequalities](#)

Integrating services is key to improving experiences for people in inclusion health groups and for the health and care system as a whole.

[The task ahead: embedding a public mental health approach in the reorganised NHS](#)

Nearly a year since their formalisation as legal entities, what do Integrated Care Systems (ICSs) mean for public mental health? Oliver Chantler, Head of Policy and Public Affairs at the Mental Health Foundation, and Dr Sarah Markham, Patient Representative on the PMHC Advisory Board, offer their insights and reflections.

[Event catch-up: ethnicity, money and mental health](#)

We hosted an online event to discuss our policy note on ethnicity, money, and mental health. The research highlighted that people from minoritised ethnic groups face disproportionate challenges in terms of economic and social determinants that contribute to poor mental health.

News

[More choice to help cut hospital waiting times](#)

Patients will be given more choice and greater control over their own care, including through the NHS App.

[Chief Medical Officer for England on vaping](#)

Professor Sir Chris Whitty writes for The Times that marketing vapes to children is unacceptable - they should only have a role in helping smokers quit.

[No more free vapes for kids](#)

Government takes steps to crack down on rogue firms targeting children with free samples.

[Helping kids and families living with alcohol-dependent parents](#)

Independent evaluation finds scheme helped improve wellbeing, relationships and life satisfaction of children affected by parental alcohol use and conflict.

[Daffodil Standards on end-of-life care for community pharmacies](#)

Community pharmacies across the UK can now sign up to the Daffodil Standards for palliative and end of life care, aimed at improving the care provided to patients approaching the end of their life. The Daffodil Standards are the result of a partnership between the Royal Pharmaceutical Society (RPS) and the UK's leading end of life charity Marie Curie, whose iconic image is the daffodil.

[Type 2 Diabetes Prevention Week 2023: Men under 40 urged to understand their Type 2 Diabetes risk](#)

For Type 2 Diabetes Prevention Week (22-28 May 2023), we are encouraging younger men to take a free and simple test to understand their risk of type 2 diabetes.



[Growing problems, one year on: the state of children's health care and the Covid-19 backlog](#)

QualityWatch's 2022 annual statement showed that although the direct effects of Covid-19 on children and young people have generally been milder than for older groups, the impact of the pandemic was huge, with waiting lists for children and young people's care growing rapidly and mental health a serious concern. So, more than one year on from that report, have there been improvements in the state of health and care for our younger generations?

[Children waiting for community health services risk being 'overshadowed' as health leaders call for cross-government action](#)

Health leaders warn that children and young people are being put at risk as vital community services struggle to keep pace with demand.

[Black women around the world have worse pregnancy outcomes](#)

An analysis of more than 2 million pregnancies found that babies born to Black women worldwide had poorer outcomes (such as baby death and stillbirth) than White women. This was true even after controlling for older age and a lower level of education among mothers (an indicator of poorer economic and social status).

[How can mental healthcare services meet the needs of people from ethnically diverse groups?](#)

In the UK, people from diverse ethnic minority groups have poorer access to, experiences with, and outcomes from mental healthcare services, compared to White British people. A large review of the evidence explored how these ethnic inequalities are created and sustained in mental healthcare.

[Tennis star Sir Andy Murray OBE backs 'parkrun for the NHS'](#)

Britain's most successful male tennis player, Andy Murray, is encouraging people across the UK to take part in 'parkrun for the NHS' to celebrate the NHS's 75th birthday and to take steps towards a more healthy, active lifestyle.

[UKHSA launches new alerting system in collaboration with the Met Office](#)

The UK Health Security Agency (UKHSA) is today launching a new Heat-Health Alerting (HHA) service in partnership with the Met Office.

[Storing Up a Crisis: Urgent Action Needed on Childhood Obesity](#)

Evidence shows that children living with overweight and obesity now risk serious life-limiting and life-threatening health problems later in life. Jennifer O'Mara, World Cancer Research Fund International's Policy & Public Affairs Officer reflects on the launch of the OHA's manifesto, and looks at what's being done.

[Inquiry finds Government does not take alcohol harm 'sufficiently seriously'](#)

Alcohol-related deaths have increased by 89% over the past two decades, but [a report from MP's published today](#) has found the Department for Health and Social Care (DHSC) is not taking alcohol harm sufficiently seriously.

[Sustainable solution needed to protect people in mental health crisis, says centre for mental health](#)

Reports that the Metropolitan Police will stop responding to some mental health emergencies is disturbing, Centre for Mental Health has said today.

