



## **Key COVID-19 Resources**

These resources are regularly updated

[Government Guidance](#) Find updated guidance about coronavirus (COVID-19) for health professionals and other organisations.

[NICE Guidance](#) Advice and guidance from the National Institute for Health and Care Excellence.

## **Other COVID-19 resources**

[Clinically extremely vulnerable receive updated guidance in line with new national restrictions](#) The new advice details further precautions those in this group can take on top of the tougher national measures being introduced, as cases continue to rise across the country. Everyone not considered to be clinically extremely vulnerable will be expected to follow the new restrictions, such as staying at home unless shopping for food or exercising and not meeting up with people outside of the household.

[Social media giants agree package of measures with UK Government to tackle vaccine disinformation](#) Digital Secretary Oliver Dowden and Health Secretary Matt Hancock have agreed with social media platforms new measures to limit the spread of vaccine misinformation and disinformation and help people find the information they need about any COVID-19 vaccine.

[Interventions to support the resilience and mental health of frontline health and social care professionals during and after a disease outbreak, epidemic or pandemic](#) This Cochrane review finds that when selecting interventions aimed at supporting frontline workers' mental health, organisational, social, personal, and psychological factors may all be important. Research to determine the effectiveness of interventions is a high priority.

[Learning the lessons of COVID-19: Protecting cancer services and research through the pandemic](#) Cancer patients – and those who think they might have cancer – have already faced huge challenges this year, with many worried about coming forward to their GP or going into hospital to get tests because of the risk of getting COVID-19. And, with a huge backlog of patients still waiting for screening, diagnostic tests and treatments, it is feared that there will be a negative impact on cancer survival.

[New workload prioritisation guidance to support GPs through next wave of COVID-19](#) The Royal College of GPs has published new guidance on workload prioritisation, reflecting the increasing prevalence of COVID-19 around the country, to support GPs and their teams in making local decisions based on local circumstances.

## **News**

[Hundreds of young people with eating disorders to benefit from 'gold standard' NHS treatment](#) The new NHS service to be rolled out in 18 sites across the country builds on a successful scheme shown to help 16-25 year olds in London, with one patient describing it as 'the gold standard' of care.



## **Guidance**

[Women's Health Pocket Guide](#) An easy reference tool for nurses, and midwives working with women, including in gynaecology, sexual and reproductive health, in all health and social care settings across the UK. Supported by the Association of Early Pregnancy Units, the Ectopic Pregnancy Trust, the Wear White Again Hologic campaign and Verity The Polycystic Ovaries Self Help Group.

[Human and animal bites: antimicrobial prescribing](#) This guideline sets out an antimicrobial prescribing strategy for human and animal bites (excluding insect bites) in adults, young people and children aged 72 hours and over. It aims to optimise antibiotic use and reduce antibiotic resistance.

## **Publication**

[Flu vaccination: easy-read flu vaccination resources](#) These resources are aimed at people who have, or care for someone with, a learning disability. They provide advice on:

- the flu virus and why you need a vaccine every year
- signs of flu
- flu jabs and where to get one

## **Study**

[The glaucoma patients most at risk of sight loss were identified in a new study](#) People with glaucoma in both eyes, high pressure in the eyes and small amounts of bleeding in the eye (disc haemorrhages) have an increased risk of sight loss. These risk factors for sight loss were revealed in new analysis of study data.

## **Cochrane Reviews**

[Myofunctional therapy \(oropharyngeal exercises\) for obstructive sleep apnoea](#) Compared to sham therapy, myofunctional therapy probably reduces daytime sleepiness and may increase sleep quality in the short term. In future studies, outcome assessors should be blinded. New trials should recruit more participants, including more women and children, and have longer treatment and follow-up periods.

[Specialised early intervention teams for recent-onset psychosis](#) There is evidence that specialised early intervention may provide benefits to service users during treatment compared to treatment as usual. These benefits probably include fewer disengagements from mental health services (moderate-certainty evidence), and may include small reductions in psychiatric hospitalisation (low-certainty evidence), and a small increase in global functioning (low-certainty evidence) and increased service satisfaction (moderate-certainty evidence).

# Community Health

## Report

[New HIV diagnoses in gay and bisexual men at their lowest in 20 years](#) A new report by Public Health England shows that for the first time the number of new HIV diagnoses in gay and bisexual men outnumber new diagnoses in heterosexual adults by only 100 cases.

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