

Studies

[Excess deaths in people with mental health conditions increased during the COVID-19 pandemic](#)

A study based on more than 160,000 patients has revealed greater number of deaths amongst those with mental health conditions and intellectual disabilities during the COVID-19 pandemic.

[Advice by mail is as effective as targeted interventions at preventing fall-related injuries in older people](#)

A booklet containing advice on falls prevention reduced fractures as effectively as more intensive interventions. In a large study, the booklet was sent to older people by post. This advice alone prevented as many fractures as an exercise programme, or as multiple assessments by a range of professionals.

Cochrane Reviews

[Interventions for preventing weight gain after smoking cessation](#)

Most people who stop smoking gain weight. This can discourage some people from making a quit attempt and risks offsetting some, but not all, of the health advantages of quitting. Interventions to prevent weight gain could improve health outcomes, but there is a concern that they may undermine quitting.

[Making wise choices about low-value health care in the COVID-19 pandemic](#)

The COVID-19 pandemic has underscored the need for reliable evidence to support treatment decisions and health policy, and dwindling public funding of health systems makes the need for evidence to identify and de-implement ineffective interventions even more acute.

Cochrane Clinical Answers

[How effective and safe are electronic cigarettes \(ECs\) for smoking cessation?](#)

Moderate-certainty evidence shows that more people probably quit smoking using nicotine ECs compared with other interventions, with no concomitant increase in medium-term adverse events, but the proportion of people quitting may be very low for all interventions.

[For people with chronic low back pain, what are the benefits and harms of exercise therapy?](#)

RCT evidence shows that exercise probably slightly reduces pain intensity and functional limitations in the short term (approx. 3 months; low to moderate-certainty evidence) and in the medium term (approx. 6 months), with benefits in terms of pain control continuing over the longer term (> 12 months).

[For people with stroke, what are the effects of interventions to reduce sedentary behaviour?](#)

For people with stroke, evidence suggests little to no benefit of interventions to reduce sedentary behaviour (such as home-based cardiac rehabilitation programs and exercise programs/education) in terms of sitting time, mortality, or recurrent cardiovascular or cerebrovascular events. However, reviewers rated evidence for these outcomes as low to very low certainty.

Research

[How can we reduce the toll of loneliness in older adults?](#)

This collection brings together key findings on loneliness in older adults, to build a picture of what is known, and what is needed, to address the problem.

Statistics

[Prevalence data for 20 common conditions published](#)

Figures showing the recorded prevalence of conditions including asthma, hypertension, dementia, diabetes, and depression. The annual publication, Quality and Outcomes Framework (QOF) – Prevalence, Achievements and Personalised Care Adjustments Report, England 2020-21, also identifies how the recorded prevalence of these conditions has changed since the previous year.

[In which areas of England and Wales are more people dying at home?](#)

With death rates and trends changing dramatically during the Covid-19 pandemic, Laura Schlepper takes a look at which regions of England and Wales have seen the biggest changes in the rate of deaths at home.

Guidance

[New draft guideline to help reduce health inequalities in people experiencing homelessness](#)

NICE and the Centre for Homelessness Impact (CHI) have jointly published a new draft guideline to increase the access people experiencing homelessness have to health and social care services and improve their health outcomes.

Review

[Girls in the children and young people's secure estate in England have high rates of mental health difficulty and trauma](#)

Out of sight, by Lorraine Khan, Androulla Harris and Curtis Sinclair, is based on a review of the needs of girls in the CYPSE which was commissioned by NHS England and NHS Improvement and the Youth Custody Service. The review included interviews with girls who had been in the CYPSE, conducted by Leaders Unlocked.

Case Studies

[Facing COVID-19: RCN reps share stories of the pandemic](#)

This publication comprises case studies detailing the powerful and inspiring work that has been undertaken by RCN reps since the start of the pandemic.

[Hundreds of children in South Yorkshire get timely emergency surgery during pandemic](#)

This case study reports on children who needed emergency surgery during the COVID-19 pandemic and got fast, joined-up care thanks to hospitals, GPs and ambulance services working closely to direct patients to the right place immediately.

Blogs

[How much longer and further are health inequalities set to rise?](#)

The Office for Health and Improvement and Disparities faces unprecedented challenges. The launch of the Office for Health Improvement and Disparities (OHID) is accompanied by the starkest evidence yet of the large, persistent and widening inequalities in life expectancy at birth in England. The divide takes many forms - north-south, rich-poor, male-female, London versus the rest of the country.

[Making everyday co-production real](#)

This blog summarises how embracing co-production changed the way Leicester City Council communicated with people accessing adult social care. For example, letters which the council thought were 'clear and instructive' people found 'threatening'. Making changes to the letters allowed the council to build trust and start everyday co-production.

News

[Blood donation to be made more inclusive](#)

A question on sexual activity of partners in areas where HIV is widespread will be removed from the donor safety check form.

[UK completes over one million SARS-CoV-2 whole genome sequences](#)

The UK has now uploaded over one million genome sequences to the international GISAID database, accounting for nearly a quarter of all sequences published globally to date.

[People living in the poorest areas waiting longer for hospital treatment](#)

New analysis from The King's Fund shows more than seven per cent of patients on waiting lists in the most deprived areas of the country have been waiting a year or more for treatment compared to around four per cent of those in the least deprived.

[New era of public health to tackle inequalities and level up the UK](#)

The Office for Health Improvement and Disparities launches today putting prevention at the heart to help people live longer, healthier and happier lives.

[NHS encourages pregnant women to get COVID-19 vaccine](#)

The NHS is encouraging pregnant women to get the COVID-19 vaccine as new data shows that nearly 20 per cent of the most critically ill COVID patients are pregnant women who have not been vaccinated. Since July, one in five COVID patients receiving treatment through a special lung-bypass machine were expectant mums who have not had their first jab.

[CQC wins grant to support innovation in general practice](#)

Through its Regulators' Pioneer Fund, the Department for Business, Energy and Industrial Strategy (BEIS) has awarded CQC £169,000 to support innovation by GPs working to reduce health inequalities in areas of deprivation.

[NICE recommends first treatment in two decades for sickle cell disease](#)

Hundreds of people will be eligible for a new treatment for sickle cell disease following newly published draft guidance. Crizanlizumab (Adakveo, Novartis) is recommended by NICE as a treatment option for preventing recurrent sickle cell crises in people aged 16 or over.