

Studies

[Diabetes checks: delays in treatment are reduced when support staff assess eye images](#)

People living with diabetes need regular eye examinations to prevent serious problems with their vision. A shortage of eye specialists (ophthalmologists) is leading to delays in appointments. New research suggests that support staff could be trained to read images of the back of the eye almost as well as ophthalmologists.

[Stressing the personal benefits of the COVID-19 vaccine could encourage more people to accept](#)

Most people in the UK accept the COVID-19 vaccine when it is offered. But some are hesitant. New research has explored whether different versions of written information could change people's views. It found that, among those who were hesitant, stressing the personal benefits of the vaccine was more effective than stressing benefits to the community.

[Statins do not commonly cause muscle pain and stiffness](#)

Statins are a group of drugs which lower cholesterol in the blood. They reduce the risk of heart attacks and stroke. Despite this, many people prescribed statins stop taking them, sometimes through concerns about side effects. New research finds that statins do not commonly cause pain, stiffness and weakness in the muscles.

[Involvement in treatment decisions – perspective of patients with a chronic condition](#)

A new study explores the views of patients with a chronic condition on factors influencing their involvement in treatment decisions.

Cochrane Reviews

[Factors that influence parents' and informal caregivers' views and practices regarding routine childhood vaccination: a qualitative evidence synthesis](#)

Many factors influence parents' vaccination views and practices, including those related to individual perceptions, social relationships, and the wider context in which parents live.

[The effect of time spent in rehabilitation on activity limitation and impairment after stroke](#)

An increase in time spent in the same type of rehabilitation after stroke results in little to no difference in meaningful activities such as activities of daily living and activities of the upper and lower limb but a small benefit in measures of motor impairment. If the increase in time spent in rehabilitation exceeds a threshold, this may lead to improved outcomes.

[Mindfulness-based interventions for substance use disorders](#)

In comparison with no treatment, the evidence is uncertain regarding the impact of MBIs on SUD-related outcomes. MBIs result in little to no higher attrition than no treatment. In comparison with other treatments, MBIs may slightly reduce days with substance use at post-treatment and follow-up (4 to 10 months).

[Parenting interventions for people with schizophrenia or related serious mental illness](#)

There is insufficient evidence to make recommendations to people with schizophrenia (or related serious mental illness) or clinicians, or for policy changes. Although there is no RCT evidence, parenting interventions for people with schizophrenia or related serious mental illness have been developed.

[Music interventions for improving psychological and physical outcomes in people with cancer](#)

This systematic review indicates that music interventions compared to standard care may have beneficial effects on anxiety, depression, hope, pain, and fatigue in adults with cancer. Results should be interpreted with caution.

Statistics

[Adult social care in England, monthly statistics: October 2021](#)

Experimental statistics on a range of topics including infection control measures, coronavirus (COVID-19) vaccinations and testing for COVID-19 in adult social care settings.

[Mental Health Act Statistics, Annual Figures - 2020-21](#)

This publication contains the official statistics about uses of the Mental Health Act in England during 2020-21.

Guidance

[Guidance updated to allow flexibility in booster programme for most vulnerable](#)

Clinical guidance has been updated to allow COVID-19 boosters to be given earlier to those at highest risk where this makes operational sense.

[Pharmaceutical needs assessments: information pack](#) (Updated)

This publication supports local authority health and wellbeing boards to develop and update pharmaceutical needs assessments (PNAs). The information pack has been updated to provide more practical support to health and wellbeing boards with the different stages of the pharmaceutical needs assessment.

[Vaccination of people working or deployed in care homes: operational guidance](#)

Update guidance states that from 11 November 2021, anyone working or volunteering in a care home will need to be fully vaccinated against coronavirus (COVID-19), unless exempt.

[The Winter Access Fund](#)

A practical guide to facilitate discussions and planning between primary care providers and CCGs/systems on the Winter Access Fund.

[Self-help guide for people living with dementia published](#)

Alzheimer's Society has published a new self-help guide for people living with dementia.

[Myalgic encephalomyelitis \(or encephalopathy\)/chronic fatigue syndrome: diagnosis and management](#)

The new guideline covers every aspect of ME/CFS in children, young people and adults from its identification and assessment before and after diagnosis to its management, monitoring and review.

Research

[Breastfeeding is tough: new research shows how to make it more manageable](#)

In a [recent pilot study](#), researchers gave planning/advice cards to some women in the closing stages of their pregnancy to help them manage the transition to breastfeeding. They discovered women who received the cards were four times less likely to quit breastfeeding than women who had not received them.

[The climate crisis will take a far greater toll on our mental health if COP26 fails to deliver](#)

Three in five (60%) people say concerns about climate and ecological emergencies are affecting their mental health, new research from the Royal College of Psychiatrists has found.

[How to improve information for people with osteoporosis](#)

Much information about the bone condition, osteoporosis, is too difficult to understand. It is also sometimes misleading. New research makes recommendations for improvements to patient information.

[Menopause \(Support and Services\) Bill](#)

House of Commons Library briefing on the Menopause (Support and Services) Bill.

Reports

[Health and Wellbeing Programme evaluation](#)

An independent evaluation of the Voluntary, Community and Social Enterprise (VCSE) Health and Wellbeing Programme.

[Estimating the impact of the proposed reforms to the Mental Health Act on the workload of psychiatrists](#)

This analysis, conducted for the Royal College of Psychiatrists, estimates the likely impacts of Mental Health Act reforms on the workload of psychiatrists and the number of additional psychiatrists that would be required to meet these new obligations.

[Self-Care Readiness Index published](#)

A tool designed to help identify and improve the enablers of self-care has highlighted the importance of boosting health literacy.

[Personal Social Services Adult Social Care Survey](#)

This report contains findings from the Adult Social Care Survey 2020-21 (ASCS).

Publications

[General practice can't afford to lose GPs to early retirement because of undoable workload pressure, warns College](#)

New NHS Digital workforce figures show nearly four in 10 GPs (38%) are aged 50 or over.

[Guardianship under the Mental Health Act](#)

This publication contains information on the use of Guardianship orders under Sections 7 and 37 of the Mental Health Act 1983 during the reporting period 1 April 2018 to 31 March 2021, and includes yearly time series since 2003-04.

[Learning Disabilities Health Check Scheme September 2021](#)

The learning disabilities health check scheme operates on a monthly basis. This release contains data for September 2021 only, the sixth month of financial year 2021-22.

Briefing

[Better together. A public health model for mentally healthier integrated care systems](#)

This briefing outlines how integrated care systems can adopt a public health model to use their budgets, powers and influence to support better mental health outcomes for all.

News

[E-cigarettes could be prescribed on the NHS in world first](#)

England could be the first country in the world to prescribe medically licensed e-cigarettes to help reduce smoking rates.

[New pilot to help people eat better and exercise more](#)

Pilot scheme will motivate people to make healthy changes to their lifestyle.

[Plan set out to improve access for NHS patients and support GPs](#)

New blueprint will improve access and provide additional funding to increase the proportion of face-to-face appointments.

[Grey-area drinking: pandemic's heavy drinkers are ignoring the health risks](#)

Increased drinking during the pandemic has created a group of people who don't see themselves as alcoholics but have difficulty abstaining from alcohol for any length of time.