

Cochrane Review

[Low-carbohydrate versus balanced-carbohydrate diets for reducing weight and cardiovascular risk](#)

Low-carbohydrate weight-reducing diets probably result in little to no difference in weight loss over the short term (trials lasting 3 to 8.5 months) and long term (trials lasting one to two years) compared to balanced-carbohydrate weight-reducing diets, in people with and without type 2 diabetes.

Cochrane Clinical Answer

[In people with multiple sclerosis, what are the effects of memory rehabilitation?](#)

High-certainty evidence shows slightly better subjective memory measures in the intermediate term (1 to 6 months) and long term (> 6 months) in people with multiple sclerosis receiving memory rehabilitation, compared to those who did not receive it.

Guidance

[Coronavirus \(COVID-19\): advice for pregnant employees](#) (Update)

Advice for pregnant employees on risk assessments in the workplace and occupational health during the coronavirus (COVID-19) pandemic.

[Coronavirus \(COVID-19\) testing for hospices](#)

Sets out how hospices can access COVID-19 testing for staff and patients on-site, for staff visiting patients in their own homes, and for visitors to hospices.

[Handbook to the NHS Constitution for England](#)

Information about the rights and pledges in the NHS Constitution and what these mean for NHS patients and staff.

[Rehabilitation after traumatic injury - NICE guideline \[NG211\]](#)

This guideline covers complex rehabilitation needs after traumatic injury, including assessment and goal setting, rehabilitation plans and programmes, physical, psychological and cognitive rehabilitation, rehabilitation for specific injuries, coordination of rehabilitation in hospital, at discharge and in the community, and commissioning and organising rehabilitation services.

Statistics

[Prescriptions for drugs to treat alcohol misuse at 167,000 in 2020/21](#)

The number of prescriptions in England in 2020/21 was 167,000, which is 1% higher than 2019/20 (164,000) but 15% lower than 2014/15 (196,000), according to the Statistics on Alcohol, England 2021 report.

Report

[Revisiting safeguarding practice](#)

A joint, independent briefing setting out the importance of practice principles integral to safeguarding adults. This is to make sure statutory responses are informed by a consistent person-centred approach.

Survey

[CQC publishes new survey showing the impact of lockdown on mental health and dignity](#)

CQC's research uncovered the impact of lockdown measures on the wellbeing of people who use care services. Nearly three quarters of carers (73%) say that the COVID-19 lockdown restrictions have had an impact on the mental health of the person they care for. Over half (56%) of carers say that the COVID-19 lockdown restrictions have had an impact on the dignity and independence of the person they care for.

News

[People with Complex Emotional Needs call for effective community mental health services](#)

New research conducted with people with complex emotional needs, has identified major limitations in the support mental health services provide and service users' made recommendations aimed at improving the care and support provided.

[Follow-up care for adults with mental health problems](#)

This article looked at the seven-day follow-up for patients discharged from psychiatric inpatient care.

[New weight loss support on the high street](#)

Community pharmacy teams can now refer adults living with obesity, and other conditions, to the twelve-week online NHS weight management programme.