

Public Health Bulletin. 22nd September 2015

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Please find below a list of news items from the past fortnight that may be of interest to those involved in public health. This Bulletin provides topical news and reports of relevance to public health teams, community health practitioners and anyone with an interest in health promotion. All content and links are provided for information only and we do not sponsor, endorse or otherwise approve of any mentioned website or the contents of the news items. Please refer to the terms and conditions of the relevant website should you wish to reproduce any of the information.

Details of alternative current awareness services which cover more academic/specialist sources of information can be found in the section *Other Bulletins*. Your local NHS library service can assist you in accessing other current awareness services/tailored alerts, locating peer reviewed journal articles and answer any other queries you may have regarding finding information.

The information about each news item only gives a brief overview so we recommend you view the original source by clicking on the title (or Ctrl+Click in the word document).

Please contact your local NHS library service if you no longer wish to receive this Bulletin, or if you know of anyone else who would like to join the mailing list. The Bulletins are also available on the Thames Valley Public Health Network at: <http://phabbtv.net/bulletins/> and the Wessex Public Health Network at: <http://www.wessexphnetwork.org.uk/resources/public-health-updates.aspx>

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Alcohol misuse

Chief medical officer advises pregnant women cut out alcohol

21st September 2015 Source: BBC Health www.bbc.co.uk

Pregnant women should avoid alcohol altogether, the chief medical officer for Wales has warned. Dr Ruth Hussey was speaking ahead of a special conference on the issue hosted by Alcohol Concern Cymru in Cardiff.

Students call for universities to take action against drunken sexual harassment

18th September 2015 Source: Drink Aware www.drinkaware.co.uk

As a record number of new students prepare for Freshers' Week, research from alcohol education charity Drinkaware finds that students across the UK want universities to do more to tackle drunken sexual harassment.

Chronic conditions

One in three people born in the UK in 2015 could get dementia

21st September 2015 Source: BBC Health www.bbc.co.uk

One in three people born in the UK this year is projected to develop dementia in their lifetimes, according to Alzheimer's Research UK. The charity described the forecast as a "looming national health crisis".

Cancers are being diagnosed earlier in England

16th September 2015 Source: Public Health England www.gov.uk

The proportion of cancers diagnosed as a result of emergency presentation at hospital has decreased. At the same time, the proportion of cancers diagnosed through urgent GP referral with a suspicion of cancer (known as the two week wait) has increased.

Target of four-week cancer diagnosis

14th September 2015 Source: BBC Health www.bbc.co.uk

More details of plans to improve cancer care in England have been revealed. They include a target that 95% of people should be given a diagnosis or the all-clear within 28 days of being referred by a GP, by 2020. Implementing it will cost £300m a year until then. The target - recommended by the Independent Cancer Taskforce - will be trialled in five hospitals before being rolled out nationwide if successful. Faster diagnosis could save 11,000 lives a year, the taskforce said.

Assisted Dying Bill: MPs reject 'right to die' law

11th September 2015 Source: BBC Health www.bbc.co.uk

MPs have rejected plans for a right to die in England and Wales in their first vote on the issue in almost 20 years. In a free vote in the Commons, 118 MPs were in favour and 330 against plans to allow some terminally ill adults to end their lives with medical supervision. (...) Pro-assisted dying campaigners said the result showed MPs were out of touch.

Alzheimer's 'seeds' found in seven CJD victims' brains

10th September 2015

Source: NHS Choices

www.nhs.uk

The results of a study that reported finding markers for Alzheimer's disease in the brains of some people who died of Creutzfeldt-Jakob disease (CJD) has led to many inaccurate headlines in the press.

Tiny 'cancer trap' could stop cancer spread

9th September 2015

Source: NHS Choices

www.nhs.uk

"A small sponge-like implant that can mop up cancer cells as they move through the body has been developed," BBC News reports. The implant has only been used in mice, but it could be used in humans to detect and warn about spreading cancer cells.

'Transmittable Alzheimer's' concept raised

9th September 2015

Source: BBC Health

www.bbc.co.uk

People may be able to contract Alzheimer's during certain medical procedures in the same way as the brain disease CJD, say researchers. Contaminated surgical instruments or injections, such as human growth hormone, may pose a rare but potential risk, they speculate in Nature.

Communicable diseases

Ukraine health officials fear big polio outbreak

22nd September 2015

Source: BBC Health

www.bbc.co.uk

Health officials in Ukraine are gripped by fears of a major polio outbreak, after it was announced this month that the disease had paralysed two children in the south-western region of Trans-Carpathia.

Malaria: Huge progress on global killer

17th September 2015

Source: BBC Health

www.bbc.co.uk

The World Health Organization is reporting a huge fall in the number of cases of malaria.

Stacey Dooley interviews a young survivor of meningococcal disease to raise awareness of new MenACWY vaccination programme.

15th September 2015

Source: Public Health England

www.gov.uk

To help raise awareness of the new vaccination, TV presenter and investigative reporter Stacey Dooley met with a young survivor of meningococcal disease, Amy Davies, to understand the devastating impact the disease can have.

Flu jab worked in one in three cases

14th September 2015

Source: BBC Health

www.bbc.co.uk

At one stage early in the season, it was estimated that the vaccine was stopping only three out of every 100 immunised people developing symptoms. But the report said there had been a "shift" in the dominant circulating strains during the rest of the winter.

(...) Officials are concerned that the drop in the vaccine's effectiveness may affect uptake this coming winter.

[No evidence that Alzheimer's can be transmitted through surgery](#)

9th September 2015 *Source:* NHS Choices www.nhs.uk

A study published in the medical journal Nature has provoked media coverage. The study speculated that it might be possible to transmit Alzheimer's disease during certain surgical procedures.

Diet & nutrition

[UK ban on trans fats 'would save thousands of lives'](#)

16th September 2015 *Source:* NHS Choices www.nhs.uk

"Trans fat ban could save 7,200 lives by 2020, says study," The Guardian reports. This is the conclusion of a new modelling study looking at whether banning trans fatty acids – associated with "bad" cholesterol and heart disease – would improve public health outcomes.

Disability

[Launch of IAPT Positive Practice Guide for Learning Disabilities](#)

17th September 2015 *Source:* Mental Health Foundation
www.mentalhealth.org.uk

(...) People with learning disabilities who may need support with their mental health do not receive prompt and timely access to mental health services so access to IAPT would go a long way in promoting better mental health. This guide sets out some practical steps that IAPT practitioners can take to ensure equality of access."

Drug Misuse

[Cannabis use may affect diabetes risk in the middle-aged](#)

14th September 2015 *Source:* NHS Choices www.nhs.uk

"People who use marijuana may be more likely to develop pre-diabetes than those who have never smoked it," The Independent reports, after a US study found a link between long-term cannabis use and pre-diabetes.

Health promotion

[Health matters: a new resource to aid local public health professionals](#)

15th September 2015 *Source:* Public Health England www.gov.uk

Health matters, launched today (15 September 2015) at PHE's annual conference in Warwick, is a new resource for public health professionals. It is designed to support commissioning and delivering services across local areas.

Health protection

[Hope for faster treatment of urinary tract infections](#)

19th September 2015

Source: BBC Health

www.bbc.co.uk

Urinary tract infections can be treated more quickly using a new DNA sequencing device, according to research. Scientists from the University of East Anglia (UEA) say the device - the size of a USB stick - can detect bacteria directly from urine samples four times more quickly than traditional methods. The technology could lead to faster treatment and better use of antibiotics, they say.

Health services administration

[Addenbrooke's and Rosie hospitals' patients 'put at risk'](#)

22nd September 2015

Source: BBC Health

www.bbc.co.uk

One of the UK's biggest NHS trusts has been placed in special measures after inspectors found it was "inadequate". Inspectors expressed concerns about staffing levels, delays in outpatient treatment and governance failings.

['No apology' tops patient complaints](#)

22nd September 2015

Source: BBC Health

www.bbc.co.uk

Not getting a good enough apology when things go wrong is the most common complaint escalated by NHS patients in England, figures show. It was the reason behind 34% of cases investigated by the Parliamentary and Health Service Ombudsman in 2014-15.

[Building trust in the use of data across health and social care](#)

17th September 2015

Source: Dept of Health

www.gov.uk

Dame Fiona Caldicott sets out her priorities as National Data Guardian and invites you to comment on what her role should cover.

[New National Guardian role to lead a more 'open and honest' NHS so that patients get better and safer care](#)

17th September 2015

Source: Care Quality Commission

www.cqc.org.uk

Applications are being invited for the NHS's first National Guardian, who will be responsible leading local ambassadors across the country so that staff feel safe to raise concerns and confident that they will be heard.

[More work needed to make the NHS' commitment to choice a reality for all patients, survey suggests](#)

16th September 2015

Source: NHS England

www.gov.uk

A survey published today indicates that more needs to be done to promote patient choice across the NHS.

[Addenbrooke's Hospital chief executive Keith McNeil resigns](#)

15th September 2015

Source: BBC Health

www.bbc.co.uk

The chief executive of a major NHS hospital has resigned a week before a care watchdog report is published. Dr Keith McNeil, who was appointed to the job at Addenbrooke's Hospital in Cambridge in November 2012, said the hospital faced "serious challenges". Chief finance officer Paul James has also resigned from the hospital, which is running a deficit of £1.2m a week.

[Consultants agree to contract talks over weekend working](#)

11th September 2015 Source: BBC Health www.bbc.co.uk

The doctors' union, the British Medical Association, has agreed to begin negotiations about changing consultants' contracts. The government wants more senior doctors to work on weekends as part of its seven-day NHS plans in England.

[NHS health card fraud 'only £700'](#)

11th September 2015 Source: BBC Health www.bbc.co.uk

Concern about the NHS being taken advantage of through fraudulent use of European Health Insurance Cards (EHIC) amounts to just £700, a website claims. An investigation by the Daily Mail had found people who had never worked in Britain were able to obtain a free EHIC card in the UK.

[NHS warns nurse immigration rules 'harm patient safety'](#)

10th September 2015 Source: BBC Health www.bbc.co.uk

Leading NHS figures have warned that "stringent" immigration rules are preventing them from getting enough nurses on wards in time for winter. The heads of 10 leading trusts, along with the NHS Employers organisation, have written to the home secretary to say patients are being put at risk.

Infant & child health

[Outdoor play 'good for the eyes'](#)

11th September 2015 Source: BBC Health www.bbc.co.uk

Getting children to play outside for 40 minutes a day could be a way to curb growing rates of short-sightedness, according to Chinese researchers. (...) The findings in Jama support the theory that children need to balance "close up" work, like reading, with activities that use distance vision. (...) Short-sightedness or myopia is thought to affect up to one in three people in the UK and is becoming more common.

['Microbial birthday suit' for C-section babies](#)

11th September 2015 Source: BBC Health www.bbc.co.uk

Those worried about the health impacts of Caesarean sections say babies born that way miss out on the health benefits of a natural birth. Now, as Alanna Collen writes in this week's Scrubbing Up, some experts are suggesting a simple swab could mean that doesn't have to be the case.

Men's health

[Muscle dysmorphia: One in 10 men in gyms believed to have 'bigorexia'](#)

21st September 2015

Source: BBC Health

www.bbc.co.uk

It's feared one in 10 men training in UK gyms could have a condition which can lead to depression, steroid abuse and even suicide. Muscle dysmorphia, which is also known as bigorexia, is an anxiety disorder which causes someone to see themselves as small, despite being big and muscular.

Mental health

Antidepressant paroxetine study 'under-reported data on harms'

17th September 2015

Source: NHS Choices

www.nhs.uk

"Seroxat [paroxetine] study under-reported harmful effects on young people, say scientists," The Guardian reports. Researchers have reanalysed data about the antidepressant paroxetine – no longer prescribed to young people – and claim important details were not made public.

Fish diet could ward off depression

11th September 2015

Source: BBC Health

www.bbc.co.uk

An analysis of 26 studies of more than 150,000 people in total indicated a 17% reduction in the risk of depression among those eating the most fish. One potential reason given by the researchers was the fatty acids found in fish may be important in various aspects of brain activity.

New resource to prevent linked suicides in local areas

10th September 2015

Source: Public Health England

www.gov.uk

The Identifying and responding to suicide clusters resource supports local authorities in their reaction to unexpectedly high numbers of suicides occurring in a particular period of time, a particular place, or both. The resource highlights how imperative it is that plans for such events are in place before they occur to ensure an effective response.

Obesity

Portion size key in tackling obesity, says study

15th September 2015

Source: BBC Health

www.bbc.co.uk

Reducing the portion sizes offered in supermarkets, restaurants and at home would help reverse the obesity epidemic, say researchers. They say their review of 61 studies provides the "most conclusive evidence to date" that portion size affects how much we unwittingly eat.

Older people

Care of vulnerable people 'put in danger'

21st September 2015

Source: BBC Health

www.bbc.co.uk

The dignity, health and wellbeing of older people and those with disabilities in England are in danger, health and care groups warn. In a joint submission to the Treasury ahead of November's Spending Review, 20 organisations said the care sector was facing a "deepening crisis".

[End of life care - getting it right](#)

15th September 2015 *Source:* Parliamentary & Health Service Ombudsman
www.ombudsman.org.uk

In light of (the) parliamentary hearing into (the) Dying without dignity report, clinical adviser, Charles Turton at the Parliamentary and Health Service Ombudsman discusses the importance of making sure people get the right care at the end of their lives.

[How hopping may help with osteoporosis risk in older people](#)

11th September 2015 *Source:* NHS Choices www.nhs.uk

"Older people could reduce risk of osteoporosis by hopping for two minutes a day," the Daily Mirror reports. A UK study found regular hopping increased bone density in older men.

[Latest NHFD report reveals 4,000 NHS beds are occupied by hip fracture patients.](#)

10th September 2015 *Source:* Royal College of Physicians www.rcplondon.ac.uk

The sixth National Hip Fracture Database (NHFD) report reveals today that over 64,000 hip fracture injuries take place each year. This (...) equates to 1 in 40 of all NHS beds. (...) Hip fracture is an ideal marker of the quality of care given to frail and older patients in the NHS. (...) The NHFD report aims to improve efficiency of care after hip fracture, to prevent second fracture and, overall, to improve early intervention to restore patients' independence.

[New ambitions for end of life care](#)

9th September 2015 *Source:* Care Quality Commission www.cqc.org.uk

A new set of principles for ensuring consistent end of life care in hospitals, care homes and in hospices has been published. "Ambitions for Palliative and End of Life Care" gives details of the work that several organisations – including the Care Quality Commission – have agreed to do to improve local services so that people who use services have fair access to care, and that any care is based on individual needs.

[Government to review NHS funding of nursing in care homes](#)

10th September 2015 *Source:* Dept of Health www.gov.uk

The Department of Health is to review the rate paid by the NHS to private care providers (nursing homes) for nursing services.

Physical activity

[Tai Chi 'could be prescribed' for illnesses](#)

16th September 2015 *Source:* BBC Health www.bbc.co.uk

The ancient Chinese art improves physical performance and enhances quality of life, say researchers. Tai Chi combines deep breathing and relaxation with slow and gentle movements. The study, published in the British Journal of Sports Medicine, suggests the exercise helps with pain and stiffness in arthritis.

Prison health

[Broadmoor Hospital inspection reveals 'urgent' changes required](#)

16th September 2015

Source: BBC Health

www.bbc.co.uk

Broadmoor Hospital has been told to make urgent changes after a report which highlighted the "overuse" of face-down restraints on patients. The Care Quality Commission (CQC) rated the high-security hospital in Berkshire "inadequate" after an inspection.

Safety & accident prevention

[Newcastle campaign launched to prevent child poisonings from cleaning products](#)

22nd September 2015

Source: RoSPA

www.rospace.com

Families across Newcastle are being targeted in a scheme to prevent child poisonings and eye injuries from household cleaning products. The Royal Society for the Prevention of Accidents (RoSPA) launches its Take action today, put them away campaign, funded by the UK Cleaning Products Industry Association (UKCPI), at Newcastle's Victoria Infirmary tomorrow (Wednesday, September 23). RoSPA is focusing on Newcastle and the surrounding areas as data shows 180 children aged five and under attended A&E in the 2014-15 year as a result of accidental poisoning, which includes cases involving household cleaning products[1].

[Rugby's top medic calls for rule change to make game safer](#)

21st September 2015

Source: BBC Health

www.bbc.co.uk

World Rugby's chief medical officer has told the BBC the sport's rules may have to change to reduce concussions. As the 2015 Rugby World Cup continues, Martin Raftery said the tackle would be the most likely focus of any changes. Reported concussions in rugby have doubled in five years and a UK expert said on average one player at every Six Nations match suffered a brain injury.

Screening

['More than half' ignored bowel cancer screening chance](#)

21st September 2015

Source: BBC Health

www.bbc.co.uk

Fewer than half of a group of 21,000 people invited for a bowel cancer screening test took up the offer, even though it may stop them developing the illness, say Cancer Research UK. Only 45% of men and 42% of women who had the chance to take part in a trial were screened.

Sexual health

[Pregnant teenagers 'need more contraception support'](#)

21st September 2015

Source: BBC Health

www.bbc.co.uk

Nearly one in four teenagers having an abortion in England and Wales has been pregnant at least once before, a study in the Journal of Adolescent Health has found.

The researchers said more support and advice on contraception should be offered to this group. Sexual health charity FPA said educating teenagers about sex and relationships at school was crucial.

Launch of Sexual Health Week 2015

14th September 2015 Source: FPA www.fpa.org.uk

FPA has launched its annual awareness campaign Sexual Health Week, which will run until Sunday (20 September). The theme for the 2015 campaign is sexual pleasure and wellbeing, an area of sexual health that is often overlooked and in which many health professionals do not have specific training, but can be integral to people's health and wellbeing.

Parental status 'lost to incompetence in IVF sector'

11th September 2015 Source: BBC Health www.bbc.co.uk

Dozens of people who had fertility treatment might not be the legal parents of their children as a result of "widespread incompetence" in the sector, a judge has said. Sir James Munby's comments came after the consent forms of seven couples who had assisted reproduction by sperm donor (which give legal parental status), were not properly completed by clinics.

Smoking

Smoking 'risk factor for type 2 diabetes'

18th September 2015 Source: BBC Health www.bbc.co.uk

Smokers who quit could lower their risk of type 2 diabetes in the long term, research suggests. The data, from almost six million people, adds to growing evidence that smoking and type 2 diabetes are linked.

E-cigarettes: an emerging public health consensus

15th September 2015 Source: Public Health England www.gov.uk

Joint statement on e-cigarettes by Public Health England and other UK public health organisations.

Health matters: smoking and quitting in England

15th September 2015 Source: Public Health England www.gov.uk

Information on who smokes, the most effective interventions to quit smoking and advice for those responsible for reducing tobacco use.

Smoking ban in cars with children campaign launched

14th September 2015 Source: BBC Health www.bbc.co.uk

A campaign to raise awareness of a ban on smoking in cars carrying children has begun, in advance of the law coming into force in Wales on 1 October. Billboards and posters will highlight the ban, intended to protect under 18-year olds from second-hand smoke.

No conclusive evidence that e-cigs tempt teens to smoke

9th September 2015 *Source:* NHS Choices www.nhs.uk

"Young people who try e-cigarettes are much more likely to start smoking, scientists have concluded," The Daily Telegraph reports. Though the conclusion, such as it is, is based on just 16 teenagers.

Social & economic issues

Tackling unwarranted variation in healthcare across the NHS

18th September 2015 *Source:* Public Health England www.gov.uk

Public Health England (PHE), NHS England and NHS Right Care have (...) launched the third and biggest NHS Atlas of Variation in Healthcare to help commissioners, service providers and health professionals deliver the best healthcare

PHE resources support local action on health inequalities

16th September 2015 *Source:* Public Health England www.gov.uk

Public Health England (PHE) has published a series of resources to help local authorities address health inequalities at local level.

Burden of Disease Study for England

15th September 2015 *Source:* Public Health England www.gov.uk

Estimates of the main causes of death and disability, attributable risk factors and the effect of deprivation, modelled for England and its regions

England has the potential to have the lowest disease burden in the world

15th September 2015 *Source:* Public Health England www.gov.uk

For the first time, a new PHE-led study published in The Lancet ranks the diseases and risk factors that cause death and disability in England compared with other high-income countries. It reveals the nation's potential to have the lowest total disease burden (years of life lost to death and lived with disability) in the world

Local action on health inequalities: practice resources

15th September 2015 *Source:* Public Health England www.gov.uk

The Marmot Review (2010) made a range of recommendations to reduce health inequalities in England. Building on the Review, the UCL Institute of Health Equity has produced 4 papers which include evidence, and examples of practical action that can be taken at a local level to reduce health inequalities. They are designed for people working in local services

National Conversation on Health Inequalities

15th September 2015 *Source:* Public Health England www.gov.uk

The National Conversation on Health Inequalities is a Public Health England programme about reducing differences in health. The aim is for local authorities to start talking about health inequalities in their communities. The toolkit and research findings show the

thinking behind this programme and ways to start a conversation in your area (...) with those who are most affected by them.

Study finds North-South divide in UK life expectancy

15th September 2015

Source: NHS Choices

www.nhs.uk

"England's richest people 'live eight years longer than the country's poorest'," The Independent reports. A major new study has found a significant difference in life expectancy of the richer South East England compared to the poorer North.

GM embryos 'essential', says report

10th September 2015

Source: BBC Health

www.bbc.co.uk

It is "essential" that the genetic modification of human embryos is allowed, says a group of scientists, ethicists and policy experts. A Hinxton Group report says editing the genetic code of early stage embryos is of "tremendous value" to research.

Local news: []

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Other Bulletins

Big Four Bulletin

This is a weekly Bulletin that details original articles in the BMJ, JAMA, New England Journal of Medicine and The Lancet.

<http://cash.libraryservices.nhs.uk/cash-service/rss-newsfeed-menu/medicine/big-four-bulletin/>

Daily Health Bulletin

The Daily Health Bulletin is produced by the Knowledge Service of the West and South Yorkshire and Bassetlaw Commissioning Support Unit.

<http://cash.libraryservices.nhs.uk/cash-service/daily-health-bulletin/>

Healthcare Public Health

Monthly bulletin containing news and information about key public health issues including health service commissioning, updates from Public Health England, local authorities, Faculty of Public Health and others agencies, resources and good practice.

<http://www.healthcarepublichealth.net/newsletters.php>

NICE Public Health Awareness Bulletin

This is a monthly update highlighting national public health news and information from NICE.

<https://www.evidence.nhs.uk/about-evidence-services/bulletins-and-alerts/whats-new-in-public-health/public-health-bulletin-archive>

PHE Bulletin (Public Health England)

The PHE Bulletin is issued monthly and contains public health news and information.

<https://www.gov.uk/government/collections/phe-bulletin>

Public Health and Social Care Bulletin

This is published weekly and created by Kent & Medway Public Health Observatory. It provides an update on what is new in public health and social care, both nationally and locally.

<http://www.kmpho.nhs.uk/events-and-updates/bulletins/bulletins-archive/>



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