

Public Health Bulletin. 23 May 2017

Produced by NHS libraries in Thames Valley and Wessex

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://www.oxsph.org/bulletins.html> and the Wessex Public Health Network at: <http://www.wessexphnetwork.org.uk/resources/public-health-updates.aspx>

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Alcohol misuse

[Drink Less app](#)

22 May 2017 Source: UK Health Forum
<http://www.ukhealthforum.org.uk/>

This project aims to develop and evaluate a smartphone app to reduce excessive alcohol consumption. The Behaviour Change Wheel framework guides its development and the MOST strategy guides its evaluation.

[Alcohol Consumption In England](#)

22 May 2017 Source: UK Health Forum
<http://www.ukhealthforum.org.uk/>

Alcohol In England is the portal through which major findings from the Alcohol Toolkit Study are made available to policy makers, clinicians, researchers, journalists and the general public. The Alcohol Consumption in England project is funded by the NIHR School for Public Health Research (SPHR).

Chronic conditions

[The Burden of Stroke in Europe](#)

11 May 2017 Source: Stroke Association <https://www.stroke.org.uk>

The number of strokes across the UK is likely to rise by almost half (44%) in the next 20 years, according to a new report published by the Stroke Alliance for Europe (SAFE) and the Stroke Association

[Keyhole knee surgery is 'waste of time' review finds](#)

12 May 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Keyhole knee surgery for arthritis pain 'is pointless'," the Daily Mail reports. The headline is prompted by a review of the available evidence around knee arthroscopy (keyhole) procedures for people with degenerative knee conditions such as osteoarthritis – so called 'wear and tear arthritis'. In spite of the headlines, this conclusion is not particularly newsworthy as it is consistent with current recommendations of UK guideline groups like the National Institute For Health and Care Excellence (NICE) and the British Orthopaedic Association

[Type 2 diabetes in adults: management](#)

May 2017 Source: NICE <https://www.nice.org.uk/>

This guideline (updated May 2017) covers the care and management of type 2 diabetes in adults (aged 18 and over). It focuses on patient education, dietary advice, managing cardiovascular risk, managing blood glucose levels, and identifying and managing long-term complications.

Talking About Cancer: online course

10 May 2017 Source: Cancer Research UK
<http://www.cancerresearchuk.org/>

Cancer Research UK is offering a free online cancer awareness training. This course aims to separate myths from facts and encourage healthy lifestyle changes and spotting cancer early.

Just half a glass of wine a day may increase breast cancer risk

23 May 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Just half a glass of wine a day ups the risk of breast cancer by nine per cent, experts warn," The Sun reports. A major report looking at global evidence found that drinking just 10g of alcohol a day – 1.25 units – was linked to an increased risk of breast cancer. The report was produced by the World Cancer Research Fund which reviews the global evidence on the link between diet, weight, physical activity and breast cancer

Communicable diseases

Public Health England issues data on seasonal flu vaccine uptake in England during winter season 2016 to 2017

11 May 2017 Source: Public Health England <https://www.gov.uk/>

Report on the uptake of seasonal influenza vaccine amongst frontline health care workers (HCWs) during the 2016 to 2017 influenza vaccination programme in England

GPs doing what we can to increase take-up of meningitis vaccine, says RCGP

18 May 2017 Source: Royal College of General Practitioners
<http://www.rcgp.org.uk/>

Professor Helen Stokes-Lampard, Chair of the RCGP.....said: "GPs are always on the alert for signs of meningitis and we are doing everything we can to increase awareness and take-up of the MenACWY immunisation programme. "However, there are different rules and responsibilities for vaccinating specific age groups, which has made it confusing for GPs and schools, as well as for our young patients and their parents

Diet & nutrition

FSA advice on pork and pork products

22 May 2017 Source: Food standards Agency <https://www.food.gov.uk/>

Following media reports this morning we wanted to remind consumers of our advice about cooking pork thoroughly. We always advise that whole cuts of pork, pork products and offal should be thoroughly cooked until steaming hot throughout, the meat is no longer pink and juices run clear. This will reduce the risk of illness from harmful foodborne bacteria and viruses like hepatitis E. The risk from acquiring hepatitis E virus (HEV) from eating thoroughly cooked pork or pork products is low.

Environmental health

[Avian influenza \(bird flu\) in winter 2016 to 2017](#)

17 May 2017 Source: WIREDGOV <http://www.wired-gov.net>

The latest situation on avian influenza (bird flu) in the UK and advice on how to reduce the risks. Avian influenza (bird flu) is a disease of birds. The H5N8 strain of the disease has been found in the UK in farmed and wild birds since December 2016.

Public Health England advises the risk to public health is very low and the Food Standards Agency has said there is no food safety risk for UK consumers

Health promotion

[New Funding for Innovation Projects in Inclusion Health](#)

17 May 2017 Source: Queen's Nursing Institute <https://www.qni.org.uk/>

The Queen's Nursing Institute (QNI) has launched a new programme to fund nurse-led projects focused on improving homeless and inclusion healthcare. The QNI invites nurses working in primary and community care in England, Wales and Northern Ireland to apply for funding of up to £5000, to develop projects which improve healthcare for people who have poor health outcomes because they are more likely to be marginalised by wider society.

Health protection

[Mortality risks associated with emergency admissions during weekends and public holidays: an analysis of electronic health records](#)

10 May 2017 Source: UK Medicines Information
<http://www.ukmi.nhs.uk/>

Review of 503,938 emergency admissions found that adjustment for routine test results reduced excess mortality associated with weekend admission. The authors suggest that the weekend effect may arise from patient level differences at admission.

[Ibuprofen linked to increased risk of heart attacks](#)

10 May 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Taking painkillers for just one week 'raises the risk of a heart attack'," the Daily Mail reports. The report is based on a new analysis that found a link between anti-inflammatory painkillers like ibuprofen and heart attack risk.

[Management of infection guidance for primary care for consultation and local adaptation](#)

May 2017 Source: Public Health England <https://www.gov.uk/>

Following a review of new evidence detailing increased risk of spontaneous abortion with azithromycin, clarithromycin, metronidazole, tetracyclines, quinolones and sulphonamides, PHE guidance on antibiotic use in pregnancy has been updated

The effect of Dr Google on doctor–patient encounters in primary care: a quantitative, observational, cross-sectional study

16 May 2017 Source: BJGP Open <http://bjgpopen.org/>

This paper looks at the effect of searching online health information on the behaviour of the patients as well as how the GP handles this information. It concludes that the use of the internet by patients is not seen as a threat by GPs and leads to a better mutual understanding of symptoms and diagnosis.

Faulty defibrillator: users urged to check battery connection

18 May 2017 Source: HM Government <https://www.gov.uk/>

People and organisations should check public access defibrillators for a technical fault, the Medicines and Healthcare products Regulatory Agency advised today. People and organisations should check if they have the defibrillator model, LIFEPAK 1000 Automatic External Defibrillators (AED), because a technical fault with some of them means they may not deliver an electric shock to the heart to someone who is in cardiac arrest. This issue could potentially affect all LIFEPAK 1000 devices. There are 10,068 devices in the UK.

Health services administration

Staggering' GP vacancy problem must be addressed as a matter of urgency, says RCGP

12 May 2017 Source: Royal College of General Practitioners
<http://www.rcgp.org.uk/>

Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said: “We know that practices across the country are finding it really difficult to recruit GPs to fill vacant posts, and the degree to which this problem has increased over the last six years is staggering. In the most severe cases, not being able to recruit has forced practices to close, and this can be a devastating experience for the patients and staff affected, and the wider NHS.....“Ahead of the General Election in June, the RCGP has launched ‘Six Steps for Safer General Practice’; our manifesto for the next government, urging it to deliver the GP Forward View in full.

Nearly 3.5 million patients at risk of losing their family doctor through Brexit, warns RCGP

21 May 2017 Source: Royal College of General Practitioners
<http://www.rcgp.org.uk/>

Over 2000 GPs providing care for more than 3m patients could be lost to the NHS if their status is not protected during Brexit negotiations, warns the Royal College of General Practitioners today. New analysis from the College, released today, shows that 3,456,481 patients could be left without a family doctor if the 2,137 GPs across the UK, that the RCGP estimates are from the European Union*, are forced to leave. This constitutes 5% of the workforce in England at a time when NHS England’s GP Forward View has pledged 5,000 more full-time equivalent GPs by 2020 – but latest workforce figures actually showed a drop of 445 FTE GPs in the three months from September to December 2016.

GP Surgery administrator fined for illegally accessing patient records

16 May 2017 Source: WIREDGOV <http://www.wired-gov.net>

A former NHS administrator has been fined for unlawfully accessing patient records. Sally Anne Day, of Aberavenny, Wales, appeared for sentencing at Newport Crown Court having pleaded guilty to two offences under section 55 of the Data Protection Act. Day repeatedly and unlawfully accessed the medical records of two patients between August 2015 and July 2016, causing them distress.

Latest guidance for NHS on protecting against cyber attack

17 May 2017 Source: NHS Digital <http://www.content.digital.nhs.uk/>

Latest information and guidance from NHS Digital's Data Security Centre on the cyber attack on the NHS on 12 May 2017.....Guidance documentation for NHS organisations impacted by the cyber incident have been distributed via our CareCERT bulletins but can also be accessed here

Cyber Attack – updated statement and background information from NHS England on hospital and GP services

16 May 2017 Source: WIREDGOV <http://www.wired-gov.net>

Dr Anne Rainsberry, NHS Incident Director, said: “The NHS has continued to treat patients throughout the weekend.” “We have been working with 47 organisations providing urgent and emergency care who have been infected to varying degrees. Most have found ways of working around this but seven, including St Barts in London, have asked for extra support

New workforce supply resource from NHS Employers

19 May 2017 Source: NHS Employers <http://www.nhsemployers.org/>

NHS Employers has developed a range of new workforce supply web pages to support healthcare employers. We know that employers in the NHS are keen to work together to address one of their biggest conundrums: how to plan a workforce that meets the changing demands of our population. We are committed to helping you to develop a workforce which is big enough, and one which is skilled, adaptable, engaged and healthy. Our new web resource is set up to help you to consider the political and social context you're working in, and to develop a workforce strategy that is wide ranging, yet achievable

What does the public think about NHS and social care services?

23 May 2017 Source: The Health Foundation <http://www.health.org.uk/>

The Health Foundation commissioned Ipsos MORI to do a survey of the general public in Great Britain on their views about funding of the NHS, as well as the provision of NHS and social care services. The survey was carried out in May 2017. We have analysed some of the findings from the survey. We have also provided comparisons with the results of an Ipsos MORI survey that we commissioned in 2015 and with NatGen's British Social Attitudes survey of 2014.

HIV & AIDS

Survival of HIV-positive patients starting antiretroviral therapy between 1996 and 2013: a collaborative analysis of cohort studies

10 May 2017 Source: The lancet HIV <http://www.thelancet.com/>

This analysis found mortality in the three years after initiation of antiretroviral therapy (ART) was lower in those starting in 2008-10 than in 2000-03. Between 1996 and 2010, life expectancy in 20-year-olds starting ART increased by about 9 years in women and 10 years in men.

Life expectancy for people with HIV now 'near normal'

11 May 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Young people on the latest HIV drugs now have near-normal life expectancy because of improvements in treatments," BBC News reports. The report says advances in antiretroviral drug treatments reduce the risks of serious complications

Infant & child health

Perinatal Pathway for Babies with Palliative Care Needs

11 May 2017 Source: Together for Short Lives
<http://www.togetherforshortlives.org.uk/>

This pathway has been developed by Together for Short Lives with expert input from ethicists and clinicians working across obstetrics, antenatal and neonatal care, and children's palliative care. It is designed to support health professionals to deliver sensitive and timely support, enabling families to spend time with their baby in a more home-like environment, and with as little technologically dependent care as possible. It encourages professionals to work together across multidisciplinary teams and local services to provide the best response to families. Free registration is required to access this report.

Guidance; Flu vaccination in schools

11 May 2017 Source: Public Health England <https://www.gov.uk/>

Public Health England has published information and promotional resources to support the annual flu vaccination in schools, including advice for headteachers, an invitation template letter, a consent form template, and a leaflet and poster

Poverty and child health: views from the frontline

11 May 2017 Source: Royal College of Paediatrics and Child Health
<http://www.rcpch.ac.uk/>

Poverty and low income is seriously affecting the health of UK children according to paediatricians – and any new Government must tackle health inequalities or risk storing up health problems for future generations. That's according to a new report from the Royal College of Paediatrics and Child Health (RCPCH) and Child Poverty Action Group (CPAG) launched today (11 May 2017).

FPA and Brook call for examples of innovative RSE in schools

17 May 2017 Source: Family Planning Assoc. <http://www.fpa.org.uk/>

Two leading sexual health charities, Brook and FPA, are calling for great examples of innovative Relationships and Sex Education in schools. Following the announcement that Relationships and Sex Education (RSE) is to become mandatory in all schools in England, the charities have joined forces to source the best examples of schools-based RSE throughout the UK and present them to policymakers and practitioners to help shape the new curriculum.

Adolescent obesity and related behaviours: trends and inequalities in the WHO European Region, 2002–2014

2017 Source: World Health Organization
<http://www.euro.who.int>

This report presents the latest trends in obesity, eating behaviours, physical activity and sedentary behaviour from the Health Behaviour in School-Aged Children (HBSC) study, and highlights gender and socioeconomic inequalities across the WHO European Region.

The Best Start: The Future of Children's Health

16 May 2017 Source: Royal College of Nursing <https://www.rcn.org.uk/>

This report shows that there has been a decline in the number of school nurses and an emerging trend of reductions in the health visiting workforce. It outlines the context to the changes being made to these services, and to the workforce.

Political parties must pledge investment to reduce teenage pregnancy, charity urges

23 May 2017 Source: Family Planning Assoc. <http://www.fpa.org.uk/>

Sexual health charity FPA is calling on all political parties to commit to reduce the UK's teenage pregnancy rate. The most recent teenage pregnancy statistics (below), [released by the Office for National Statistics this morning](#), show that rates have continued to decrease. However, the UK's teenage birth rate remains one of the highest in western Europe.

Mental health

Olaseni Lewis: 'Excessive force' by officers led to death

09 May 2017 Source: BBC <http://www.bbc.co.uk/>

"Excessive force" was used by 11 police officers to restrain a man in custody four days before he died. Olaseni Lewis, 23, had voluntarily admitted himself into Bethlem Royal Hospital, Beckenham, for mental health treatment on 31 August 2010. But, medical staff called police when he became agitated. He died from his brain being starved of oxygen. Delivering a narrative verdict, an inquest jury found multiple failings by officers contributed to his death.

Children and young people's mental health – the role of education

08 May 2017 Source: UK Health Forum

<http://www.ukhealthforum.org.uk/>

As part of a joint inquiry into children and young people's mental health, the Health and Education Committees found that financial pressures are restricting the provision of mental health services in schools and colleges. The next Government must review the effect of the budget reductions in the education sector, the report adds.

Turning up the volume: unheard voices of people with dementia

May 2017

Source Alzheimer's Society <https://www.alzheimers.org.uk/>

This report reveals that nearly half of the UK adults surveyed had not started saving for the care and support they might need in the future, and a third agreed that before being asked, they had not considered the cost of dementia care and support. It also reveals that there is ongoing stigma around dementia and calls for greater support and access to information so that people with dementia can live fulfilled lives.

The Confusion Care Pathway

10 May 2017

Source: NHS Improvement <https://improvement.nhs.uk>

The Confusion Care Pathway has been developed by the dementia/delirium working group at London North West Healthcare NHS Trust as a guide to best practice in supporting people with dementia, delirium and/or cognitive impairment and their carers.

Yoga may bring long-term benefits for people with depression

12 May 2017

Source: NHS Choices <http://www.nhs.uk/news/>

"Yoga can ease depression symptoms, according to the largest study to ever investigate the link," the Mail Online reports. The study didn't find any benefits from doing yoga at the end of the 10-week study period, but there were improvements in symptoms at a six-month follow-up review. Because of the mixed results, these findings need to be interpreted with caution.

Pitfalls and phone calls: understanding access to mental health services

17 May 2017

Source: WIREDGOV <http://www.wired-gov.net>

How can frontline teams work more effectively with statutory mental health services, to ensure clients get the right help, at the right time, from the right people?

Mental health and new models of care: lessons from the vanguards

18 May 2017

Source: The Kings Fund <https://www.kingsfund.org.uk/>

This report draws on recent research with vanguard sites in England, conducted in partnership with the Royal College of Psychiatrists. It finds that where new models of care have been used to remove the barriers between mental health and other parts of the health system, local professionals saw this as being highly valuable in improving care for patients and service users. It concludes that there remains much to be done to

fully embed mental health into integrated care teams, primary care, urgent and emergency care pathways, and in work on population health

Supporting those living with dementia

19 May 2017 Source: WIREDGOV <http://www.wired-gov.net>

To mark Dementia Awareness Week, we're shining the spotlight on a project in Norfolk that uses sport and activity to help those living with the condition. *"Some people didn't want to play at first. But they were soon all laughing, joking and clapping," says Claire.* ... Claire is a coordinator at the Alzheimer's Society Dementia Café and sees first-hand how dementia can turn lives upside-down. But this is the positive impact sport and activity can have on people living with the condition.

Parent-led therapy could be cost-effective first port of call for anxious children

18 May 2017 Source: University of Reading <http://www.reading.ac.uk/>

A short course of parent-led therapy for anxious children could save the NHS and society at least one fourth of current costs and provide quicker access to treatment, as [a paper](#) finds that the treatment provided cost-effective improvements compared to more expensive alternatives. The new research published in *Lancet Psychiatry* found that a group of children who received a course of parent-delivered CBT with an estimated total cost of £1494 saw improvements in their anxiety at a similar level to a child-focused treatment costing 25% more.

Instagram 'ranked worst for mental health' in teen survey

19 May 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Instagram is rated as the worst social media platform when it comes to its impact on young people's mental health, a UK survey suggests," BBC News reports. The survey asked 1,479 young people aged 14-24 to score popular social media apps on issues such as anxiety, depression, loneliness, bullying, body image and "fear of missing out" – where your social media peers seem to be enjoying a better quality of life. The survey fed into a larger report looking more generally at the impact of social media on people in this age group – so-called "digital natives", who have never lived in a world without the internet.

Dementia saliva testing 'shows early promise'

22 May 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Simple saliva test for dementia 'shows promise' in bid to diagnose the disease early," the Daily Mirror reports. This news is based on a laboratory study that took saliva samples from 12 healthy adults, nine adults with [Alzheimer's disease](#), and eight with mild cognitive impairment (MCI), which is often seen as the stage just before dementia

Eating disorders: recognition and treatment

23 May 2017 Source: NICE <https://www.nice.org.uk/>

This guideline covers assessment, treatment, monitoring and inpatient care for children, young people and adults with eating disorders. It aims to improve the care people

receive by detailing the most effective treatments for anorexia nervosa, binge eating disorder and bulimia nervosa

Obesity

[A supported web-based programme helps people lose weight in the short term](#)

10 May 2017 Source: NIHR <https://discover.dc.nihr.ac.uk>

A web-based programme (POWeR) with nurse support helped about 30% of people lose at least 5% of their body weight, maintained for at least 12 months. By comparison, twenty percent of people achieved this with an online information sheet only. This research does not tell us whether POWeR alone would have provided the same benefit.

['Fat but fit' still at higher risk of heart disease](#)

17 May 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"The idea that people can be fat but medically fit is a myth," reports BBC News. The story is based on research from scientists at the University of Birmingham, reported at a medical conference but not yet published. The researchers used information from a UK database of GP records covering 3.5 million people, to calculate people's chances of getting cardiovascular disease, such as a heart attack or stroke.

[Swallowable gastric balloon could help with weight loss](#)

18 May 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Swallowable gastric balloon could help the obese lose weight without surgery," The Guardian reports. The news, which was widely reported, is based on a study presented at the European Congress of Obesity in Portugal. Researchers in Italy found obese patients who used a swallowable gastric balloon lost on average about 15kg over a four-month period

Older people

[Age UK - 'Oldest old' abandoned by care system as 800,000 struggle with essential tasks](#)

18 May 2017 Source: WIREDGOV <http://www.wired-gov.net>

Age UK is calling on political parties to put social care at the heart of their election manifestos as it reveals that a third of over 80s are receiving inadequate care and support.

Physical activity

[Parkrun triumph for runner who recovered from two strokes](#)

21 May 2017 Source: BBC <http://www.bbc.co.uk/>

A runner who overcame two strokes, a hole in the heart and a broken back to complete his first five-kilometre parkrun says he will be back to try for a new personal best. Ben

Parker had previously been told he would never walk or talk again. The 39-year-old completed the event at Kesgrave on Saturday morning

Get active for good

23 May 2017 Source: WIREDGOV <http://www.wired-gov.net>

A project using sport and activity for good in their community has reached more than 1,500 people. Get Active for Good Cashpoint, by vInspired, offered grants of up to £500 along with dedicated support and advice to help youngsters design and deliver unique projects that create positive change in their community

Smoking

Modelling the implications of reducing smoking prevalence: the public health and economic benefits of achieving a 'tobacco-free' UK

12 May 2017 Source: UK Health Forum
<http://www.ukhealthforum.org.uk/>

The modelling team at the UK Health Forum in collaboration with Cancer Research UK have published a paper on the health and economic benefits of a 'tobacco-free UK' (where the smoking prevalence is less than 5% of the population). This study predicted that achieving a smoking prevalence of 5% by 2035 would result in the avoidance of 100,00 new cases of smoking-related diseases over 20 years, which includes 35,9000 cases of cancer compared to current trends of smoking prevalence. Furthermore, this could save the NHS £67million in 2035 alone.

Cigarettes sold in plain green packs under new rules

20 May 2017 Source: BBC <http://www.bbc.co.uk/>

New rules have come into force which mean cigarettes and tobacco must be sold in plain green packets and carry graphic health warnings. The rules, which also end the sale of packets of 10, are designed to deter young people from taking up the habit. Health groups have welcomed the measure, as the number of smokers in the UK continues to decline. But a smokers' group says the changes "infantilise" consumers and will make no difference to public health.

Cancer Research UK - Smokers will spend around £2000 a year on cigarettes as plain, standardised packs come into full force

23 May 2017 Source: WIREDGOV <http://www.wired-gov.net>

As of last week, all tobacco products sold in the UK will come in plain standardised packaging, as decades of harmful marketing tactics by the tobacco industry draw to a close. Alongside standardised packaging, a series of new regulations and taxes also mean smokers are paying more for a pack of cigarettes than ever before. The average smoker will now spend more than £2000 each year fuelling their addiction. That's enough to fill a family's food trolley for six months, buy a pair of Premier League season tickets, or even take the kids to Disneyland

Social & economic issues

[Marrakesh Treaty will give a better access to books for blind & other disabled people](#)

11 May 2017 Source: WIREDGOV <http://www.wired-gov.net>

The Commission welcomes tonight's political compromise on EU copyright proposal law to implement the Marrakesh Treaty which will help millions of blind and other print disabled people to get better access to books. The negotiators of the European Parliament, the Council and the Commission have reached tonight a compromise on draft legislation to implement the Marrakesh Treaty in the European Union. The objective of the proposals, made by the Commission as part of the ongoing modernisation of the EU copyright law, is to facilitate access to published works for persons who are blind, have other visual impairments or are otherwise print disabled

[Lack of sleep knocks your social appeal, says research](#)

17 May 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"A couple of bad nights is enough to make a person look 'significantly' more ugly," reports BBC News. Researchers in Sweden found people rated photographs of strangers as less attractive and healthy when the people in the photographs had less sleep.

Statistics

[Flu annual report - winter 2016 to 2017](#)

11 May 2017 Source: HM Government <https://www.gov.uk/>

Public Health England publishes overviews each year of influenza surveillance results from the winter period.

Women's health

[Use of antibiotics during pregnancy and risk of spontaneous abortion](#)

01 May 2017 Source: Canadian Medical Association Journal
<http://www.cmaj.ca/>

After adjustment for confounders, use of macrolides, quinolones, tetracyclines, sulfonamides and metronidazole during pregnancy was associated with increased risk of spontaneous abortion. Similar results were found when penicillins or cephalosporins were used as comparator groups

[A dose of corticosteroids benefit most women anticipating a preterm delivery](#)

16 May 2017 Source: NIHR <https://discover.dc.nihr.ac.uk>

Giving corticosteroids to most women who are anticipating labour before completing 37 weeks of pregnancy helps reduce immediate health problems in the baby compared with placebo or no intervention. Deaths around the time of birth were reduced by 28% and babies were a third (34%) less likely to develop respiratory distress syndrome.....This review supports current practice of using a dose of corticosteroids in high-income settings and was designed to include more recent research and to look in more depth at new questions, such as the risk of infection.

Workplace health

Mental health deaths probed at Essex NHS trust

22 May 2017 Source: BBC <http://www.bbc.co.uk/>

Up to 20 deaths at an NHS-run mental health unit are being investigated as part of a police inquiry, the BBC has learned. It follows fresh investigations into the death of Matthew Leahy, who was found hanged at Linden Centre in 2012. His mother, Melanie Leahy, said her talks with Essex Police suggested the cases had taken place in the last 17 years.

Local news: []

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| Other Bulletins |
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| <p>Super Six Bulletin This is a weekly Bulletin that details original articles in the BMJ, JAMA, New England Journal of Medicine and The Lancet, Annals of Internal Medicine and Annals of Emergency Medicine http://cash.libraryservices.nhs.uk/cash-service/rss-newsfeed-menu/medicine/big-four-bulletin/</p> |
| <p>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/</p> |
| <p>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</p> |
| <p>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</p> |
| <p>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.kpho.org.uk/library-services/keeping-up-to-date/e-bulletin-archive</p> |



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