

Public Health Bulletin. 28th May 2019

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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Black and ethnic minority groups

[One in ten ethnic minorities reports experiencing racial harassment](#)

14 May 2019

Source: Economic and Social Research Council

<https://esrc.ukri.org/>

Around one in ten ethnic minorities in England has reported experiencing ethnic and racial harassment in a public place and almost double this number has reported feeling unsafe or avoiding public places, both of which are associated with poorer mental health, according to new research. The findings were part of an ESRC-funded study of the prevalence of ethnic and racial harassment and its impact on health during the period 2009 to 2014, conducted by researchers at the University of Essex using data from the large-scale household panel survey Understanding Society. The researchers also looked at measures that can protect ethnic minorities against the mental health costs associated with ethnic and racial harassment.

Children and young people

[Tai chi: Primary school pupils learn to combat exam stress](#)

28 May 2019

Source: BBC News <https://www.bbc.co.uk/news/>

Primary school pupils are being taught tai chi sessions to help them deal with the stress of school life. The students at Longmoor Primary School in Long Eaton, Derbyshire, were introduced to sessions last year during Sats tests and teachers said they found the experience very positive.

Chronic conditions

[Migraines: Calls for 'life changing' drug Aimovig on NHS in England](#)

24 May 2019

Source: BBC News <https://www.bbc.co.uk/news/>

People who suffer from chronic migraines are calling for a new drug to be offered on the NHS in England. The monthly injection of Aimovig has been described as "life-changing" by those who have tried it. If it gets approved, it will be for people who have tried other preventative treatments unsuccessfully.

[What is coeliac disease and what are the symptoms?](#)

23 May 2019

Source: BBC News <https://www.bbc.co.uk/news/>

Businesses in Wales are capitalising on a growing market caused by demand from people with coeliac disease. So what is coeliac disease and what are the symptoms?

[Supplement used for joint pain may reduce risk of heart disease](#)

15 May 2019

Source: NHS News <https://www.nhs.uk/news/>

"Glucosamine supplements 'may cut heart risk'," reports BBC News. Researchers analysed the diet and lifestyle of almost half a million adults aged 40 to 69 in the UK, and followed them up for an average of 7 years. They found people who regularly took

glucosamine, a food supplement taken to reduce symptoms of joint pain and stiffness, were about 15% less likely to develop heart disease or have a stroke.

Communicable diseases

[Mumps - is it the forgotten disease?](#)

25 May 2019

Source: BBC News <https://www.bbc.co.uk/news/>

There has been a sharp increase in cases of mumps this year in England - but the viral illness which can cause swollen glands (and, more rarely, testes) has been around for a very long time.

Way back in the 5th Century BC, Hippocrates is thought to be the first person to have recorded the symptoms of the disease.

[Mumps and measles cases in England prompt vaccine call](#)

24 May 2019

Source: BBC News <https://www.bbc.co.uk/news/>

A significant increase in mumps cases and continuing outbreaks of measles in England have led to calls for people to ensure they are immunised.

Public Health England said even one person missing their vaccinations was "too many".

There were 795 cases of mumps in the first three months of 2019, compared with 1,031 in the whole of 2018.

Diet & nutrition

[NHS bans sale of energy drinks to under-16s in Scottish hospitals](#)

26 May 2019

Source: BBC News <https://www.bbc.co.uk/news/>

The NHS has banned the sale of high-energy drinks to children in Scottish hospitals. Shops within hospitals will not be permitted to sell the stimulating drinks to anyone under the age of 16. The ban applies to drinks with an added caffeine content of more than 150mg per litre in an effort to promote a healthy diet. But doctors are calling for the ban to be extended to all under-16s, not just in NHS buildings. All NHS catering sites will also adopt the policy.

['This will help so many allergy sufferers'](#)

8 May 2019

Source: BBC News <https://www.bbc.co.uk/news/>

The parents of a girl who died after eating a Pret sandwich have welcomed new proposals to list ingredients.

Disability

[CQC calls for action to fix the closed system that leads to people with a learning disability or autism being segregated in hospital](#)

21 May 2019

Source: CQC News <https://www.cqc.org.uk/news/>

The Care Quality Commission (CQC) is calling for an independent review of every person who is being held in segregation in mental health wards for children and young people and wards for people with a learning disability or autism. These reviews should examine the quality of care, the safeguards to protect the person and the plans for discharge. CQC makes the recommendation in the interim report published today; in which it shares early findings from its review of restraint, prolonged seclusion and segregation for people with a mental health problem, a learning disability or autism.

Health protection

[Pupil jab offer after Vale hepatitis A cases](#)

25 May 2019

Source: BBC News <https://www.bbc.co.uk/news/>

Pupils at two south Wales primary schools have been offered vaccinations against hepatitis A, after five cases of the disease were identified. Officials said they are investigating the cluster of viral infections in the Vale of Glamorgan. Pupils in specific years at Victoria Primary School in Penarth and Palmerston Primary School in Barry have been offered jabs "as a precaution". The disease is described as "unpleasant" but not usually serious.

Men's health

[Prostate gel spacer reduces bowel and bladder damage](#)

28 May 2019

Source: BBC news <https://www.bbc.co.uk/news/>

A man with prostate cancer is the first NHS patient in the UK to have a device implanted which can reduce the side effects of radiotherapy by 70%.

The liquid gel spacer increases the distance between the prostate and rectum to reduce the amount of radiation absorbed during treatment.

[We Are Middlesbrough: Mental health scheme helps 12,000](#)

24 May 2019

Source: BBC News <https://www.bbc.co.uk/news/>

A mental health scheme has helped thousands of schoolchildren and staff across Middlesbrough. HeadStart Middlesbrough was launched in 2015 with National Lottery cash to improve mental health among children. It teaches mindfulness and resilience training to pupils and staff at 52 schools across the town. HeadStart programme officer Andy Appleyard said the scheme had funding until August 2020, with discussions ongoing for the future.

Mental health

[Whorlton Hall: Ten arrested over abuse allegations](#)

24 May 2019

Source: BBC News <https://www.bbc.co.uk/news/>

Ten workers have been arrested over the alleged abuse of patients with learning difficulties at a specialist hospital. Seven men and three women were arrested at addresses in Barnard Castle, Bishop Auckland, Darlington and Stockton. Undercover filming by BBC Panorama at Whorlton Hall in County Durham appeared to show patients being mocked, intimidated and restrained.

[CQC Statement on Panorama's programme on Whorlton Hall: "Sickening abuse of vulnerable people"](#)

22 May 2019

Source: CQC News <https://www.cqc.org.uk/news/>

Dr Paul Lelliott, Deputy Chief Inspector of Hospitals (lead for mental health), at the Care Quality Commission, said:

"The footage captured by Panorama shows sickening abuse of vulnerable people. As soon as the BBC told us that they had evidence of abuse we alerted the police and they are now investigating.

"Working with the local authority and NHS England we have acted urgently to protect the people living at Whorlton Hall. Sixteen members of permanent staff were immediately suspended and CQC inspectors, NHSE England, a safeguarding team from the local authority and clinical staff from the local NHS mental health trust have all been onsite to ensure that people are safe."

[Inappropriate language adds to mental health stigma and stops people from seeking help](#)

17 May 2019

Source: Mental Health Foundation

<https://www.mentalhealth.org.uk/news/>

Commenting on the Danny Rose transfer story, Dr Antonis Kousoulis, Director at the Mental Health Foundation, said:

"Inappropriately used words can be so damaging. Generations of people have grown up in societies that have found terms like "crazy" "psycho" "schizo" "loonie" and "nutter" acceptable. We must change this. Some say that it is practice and not language that matters. But words are a barrier to help-seeking and can make discrimination sound acceptable."

[Can doing a daily crossword or Sudoku puzzle keep your brain young?](#)

16 May 2019

Source: NHS News <https://www.nhs.uk/news/>

"Older adults who regularly do Sudoku or crosswords have sharper brains that are 10 YEARS younger," reports the Mail Online. In 2 linked studies, researchers asked people aged 50 to 93 to fill in online surveys, which included questions about whether they regularly did number puzzles (like Sudoku) or word puzzles (such as crosswords). People also did online tests designed to test their thinking and memory (known as cognitive abilities).

Physical activity

[Sport Wales says it needs to get younger girls involved](#)

28 May 2019

Source: BBC News <https://www.bbc.co.uk/news/>

Sport Wales "needs to invest at a younger age" to increase the number of girls and women taking part in sport, according to its chief executive. Sarah Powell said the body needs to attract pre-school and primary school age girls so they continue when older. The National Survey of Wales found 27% of women took part in sport three or more times a week last year, a 1% rise on the previous year.

Safety

[Beware fake goods at bank holiday markets, warn councils](#)

25 May 2019

Source: Local Government Association

<https://www.local.gov.uk/about/news/>

Some of the hidden dangers of counterfeit goods include fake perfume that can often burn skin or leave a nasty rash and may contain lead; fake sunglasses which can offer no UVA protection; electrical goods which are a fire risk; flammable children's clothes, and unsafe children's toys with unsuitable small parts that can fall off and pose a choking hazard.

[Surgeons warn of serious hand injuries from dog leads and collars](#)

24 May 2019

Source: BBC news <https://www.bbc.co.uk/news/>

Surgeons are warning dog owners not to wrap leads around their fingers or wrist because of the dangers of serious hand injury.

They say thousands of people could be at risk from lacerations, friction burns, fractures and ligament injuries.

Screening

['Cancer screening should be as easy as booking a flight'](#)

24 May 2019

Source: BBC News <https://www.bbc.co.uk/news/>

Making an appointment for breast and cervical cancer screening should be as simple as booking a plane ticket online, says the man behind an overhaul of the current system in England. Prof Sir Mike Richards said text reminders and out-of-hours appointments were also a good idea.

Sexual health

[UK couples having less frequent sex than 10 years ago](#)

8 May 2019

Source: NHS News <https://www.nhs.uk/news/>

"Young Brits are having less sex than a decade ago because they're too busy watching Netflix," reports the Sun. Researchers used survey data from almost 35,000 people aged 16 to 44 in the UK. The surveys were conducted in 1991, 2001 and 2012. The surveys found women were most likely to report having sex 3 times a month in 2012, compared with 4 times a month in 2001 and 1991, while men were most likely to report having sex 3 times a month in each year

Social & economic issues

[Credit 'Curfews' Answer to UK Debt Crisis](#)

23 May 2019

Source: Economic and Social Research Council

<https://esrc.ukri.org/>

Credit 'curfews' are needed to stop people spiraling into debt, according to a new report. Newcastle University researchers say a ban on access to online credit between 11pm and 7am could help protect consumers. Rates of people owing money peak when payday loans are taken out during these hours, their study Digital Credit, Mobile Devices and Indebtedness reveals.

Statistics

[The failings in learning disability services in six charts](#)

23 May 2019

Source: BBC News <https://www.bbc.co.uk/news/>

In 2011 a BBC Panorama investigation revealed horrific abuse at the Winterbourne View Assessment and Treatment Unit (ATU) for people with learning disabilities and autism. Now, eight years later, Panorama has revealed evidence of abusive treatment of vulnerable patients at another ATU, Whorlton Hall in County Durham. The hospital is one of a number of such units in England that provide care for people with learning disabilities and autism. Many are detained under the Mental Health Act

Women's health

[This invention from the 1930s is cutting period poverty](#)

28 May 2019

Source: BBC news <https://www.bbc.co.uk/news/>

Some girls can't afford sanitary pads when they have their period, so they end up missing school. Now, girls in Malawi are being given menstrual cups, and it's made a huge difference.

[PIP breast implant scandal: Victims visited by bailiffs](#)

28 May 2019

Source: BBC News <https://www.bbc.co.uk/news/>

Women given faulty breast implants fear thousands of them may have to pay back compensation after visits by bailiffs warning them of legal proceedings.

German safety body TÜV Rheinland was found liable for the global PIP implant scandal in 2017 and ordered to make payouts to victims by a French court.

The firm has begun an appeal and some 13,000 victims awarded compensation have been issued legal papers.

One victim said bailiff visits had left her with anxiety and panic attacks.

[Menopause: what are the symptoms and why does it happen?](#)

26 May 2019

Source: BBC News <https://www.bbc.co.uk/news/>

The menopause is a natural part of aging and it affects half the world's population. It's when a woman stops having periods and is no longer able to get pregnant naturally. But changes in hormones can have big effects on the body and how we behave. So why does it happen? What symptoms may you experience and what you can do to control them? BBC Health Reporter Philippa Roxby explains it's different for everyone.

[Sleep apnoea possibly linked to cancer risk in women](#)

22 May 2019

Source: NHS News <https://www.nhs.uk/news/>

"Snoring or waking up exhausted 'could be linked to cancer'," reports the Sun.

Obstructive sleep apnoea (OSA) is a relatively common condition where the walls of the throat relax and narrow during sleep, interrupting normal breathing. This makes people wake up briefly to catch their breath, though many people with OSA do not remember doing so. Researchers studied almost 20,000 adults referred to sleep clinics in a European network. They found 2% of people who'd been assessed for OSA from 2007 to 2016 had cancer. They then compared sleep test results for people with and without cancer. They said people with OSA were more likely to have cancer, but when they took account of other potential risk factors, they found the results only remained true for women.

[Antibiotics after forceps and ventouse births halve infections in mothers](#)

14 May 2019

Source: NHS News <https://www.nhs.uk/news/>

"Mothers' infections rates 'could be halved' with routine antibiotics," reports The Daily Telegraph. This was the result of a large UK study in which women were given a single dose of antibiotics after an assisted vaginal birth to prevent infection. In this study, 3,420 women who'd had an assisted delivery were split into 2 groups and randomly assigned to have either antibiotics or a placebo (pretend) medicine within 6 hours of giving birth. Researchers found antibiotics reduced the rate of infection from 19% to 11%. More severe bloodstream infection was reduced from 1.5% to 0.6%.

[No clear evidence hormone treatment in early pregnancy helps prevent miscarriage](#)

9 May 2019

Source: NHS News <https://www.nhs.uk/news/>

"Hormone [treatment] 'can reduce chances of miscarriage'," reports BBC News. The rather misleading headline follows a trial looking at whether giving the hormone progesterone to women with bleeding in early pregnancy could prevent miscarriage.

[Deafblind medical student's photos capture NHS diversity](#)

28 May 2019

Source: BBC News <https://www.bbc.co.uk/news/>

Alexandra Adams has severe visual and hearing impairments but she is determined to become a doctor. "I might not have as much eyesight as most, but I have more insight than many," she said. Despite this, the third-year medical student at Cardiff University said she had experienced discrimination from medical staff while on placement. She has now created a photography project to show there is "no set image to being an NHS worker".

[NHS violence: Nurses talk of attacks by patients in hospital](#)

27 May 2019

Source: BBC News <https://www.bbc.co.uk/news/>

Urine bottles being thrown, doors broken off their hinges and threats of violence. These are just some of the experiences nurses have faced at the Royal Bournemouth Hospital in Dorset. They have spoken to the BBC to highlight the issues that many NHS staff face in the work place.

Local news: []

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Other Bulletins
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