

Cochrane Reviews

[Physical exercise for people with Parkinson's disease: a systematic review and network meta-analysis](#)

Objectives: To compare the effects of different types of physical exercise in adults with PD on the severity of motor signs, quality of life (QoL), and the occurrence of adverse events, and to generate a clinically meaningful treatment ranking using network meta-analyses (NMAs).

Cochrane Clinical Answers

[How effective and safe are electronic cigarettes \(ECs\) for smoking cessation?](#)

Based on high- to moderate-certainty evidence, more people quit smoking using nicotine ECs compared with other interventions, with no concomitant increase in medium-term adverse events, but the proportion of people quitting was very low for all interventions (on average, 161 and 78 per 1000 people with nicotine ECs vs 99 and 40 per 1000 people with nicotine replacement therapy and nicotine-free ECs, respectively). Evidence for nicotine-containing ECs versus behavioral support is very uncertain.

Research

[Gambling-related harms: evidence review](#)

A review looking at the prevalence, risk factors and public health harms associated with gambling and the economic and social burden.

Reports

[Smoke without fire: A new vision for vaping policy in the UK](#)

In 2019, the Government set out a laudable goal. By 2030, their stated ambition is for England to be entirely smoke-free. Smoking remains the leading preventable cause of illness and premature death in the UK, and is a primary driver of health inequality in England. However, in 2023, we are on a course to miss this target, with the recent Khan review on smoke free policies predicting that, on our current trajectory, around 7% of the UK – over 4.8 million people – will still smoke in 2030. The Government's target is 5%.

[Adult social care winter statement 2022 to 2023](#)

How the government is supporting the adult social care sector this winter.

Quality Standards

[Chronic heart failure in adults \[QS9\]](#)

In **January 2023**, this quality standard was updated and replaced the previous version published in 2011. The topic was identified for update following the annual review of quality standards. The review identified:

- potential changes in the priority areas for improvement
- that there was potential for quality statements to be combined.

[Diabetes in pregnancy \[QS109\]](#)

In **January 2023**, this quality standard was updated and replaced the previous version published in 2016. The topic was identified for update following the annual review of quality standards. The review identified:

- changes in the priority areas for improvement
- updated guidance on diabetes in pregnancy.

Service Improvements

[An improvement framework to reduce community musculoskeletal waits while delivering best outcomes and experience](#)

This framework will support integrated care systems (ICSs) to reduce commissioned community MSK waiting times while delivering best outcomes and experience for patients. It includes defining principles, recommended actions across primary, community and secondary care and further resources.

Guidance

[Healthy eating: applying All Our Health](#)

Evidence and information for health and care professionals and the wider public health workforce to promote the benefits of a healthy, balanced diet.

[Disabled children and young people up to 25 with severe complex needs: integrated service delivery and organisation across health, social care and education \[NG213\]](#)

January 2023: We updated the recommendations on delegated clinical tasks to replace 'must' with 'should' and to indicate that employers are health and social care employers. See update information for further details.

[Emerging infections: characteristics, epidemiology and global distribution](#)

Information on the reasons behind human infectious disease emergence, including a timeline and a global map.

[Statins could be a choice for more people to reduce their risk of heart attacks and strokes, says NICE](#)

Draft updated guidance from NICE published today (12 January 2023) recommends that the risk threshold at which statins should be offered to prevent cardiovascular events such as heart disease and strokes remains unchanged, but they can also now be considered for people at a lower threshold.

[Sharps safety: RCN Guidance for the Prevention and Management of sharps injuries in health and social care settings](#)

Sharps are commonly used in the delivery of health and care and can be found in all care settings. Sharps, whilst necessary can result in harm to the user with a risk of infection if an injury is sustained after use on a patient/person. This guide has been developed primarily for RCN safety representatives, but other members of the nursing or midwifery team with a role in infection prevention and control (IPC), who support the management of sharps injuries may also find it a useful reference.

Advice

[Fact sheet – Role of general practice teams in supporting patient access to COVID-19 treatments](#)

To help GP teams and reception staff deal with queries from patients on treatments for COVID-19, NHS England have produced the attached fact sheet which explains the pathway.

[Adolescent vaccination programme in secondary schools](#)

Information on the adolescent vaccination programme delivered in secondary schools and the role that schools play.

[Immunisation update webinars for primary care immunisers 2022](#)

Series of webinars to help immunisers update their knowledge.

Blogs

[Virtual care reducing hospital admissions](#)

These are difficult times for the health and care system. In most trusts and places it is matter of trying to survive through winter, to minimise patient harm and not slip too much further on national targets. But even in these challenging circumstances, leaders have their eye on ways to innovate to make services more effective and lay the foundations for more resilient ways of working. Matthew Taylor writes about his visit to Northampton General Hospital's virtual ward team.

[Tackling the UK's loneliness epidemic](#)

Five years on from the world first loneliness strategy, we need to build momentum and keep loneliness high on the political agenda.

News

[Up to £250 million to speed up hospital discharge](#)

The NHS will buy thousands of extra beds in care homes and other settings to help discharge more patients to free up hospital beds.

[NHS delivers 20 million flu jabs as critical care cases rise](#)

Data published today shows flu inpatients are still much higher than they have been since the pandemic hit, with 5,263 people in hospital with the virus last week. The number of patients in critical care with flu has risen again to 349, up by around five percent on the previous week.

[New "artificial pancreas" technology set to change the lives of people having difficulty managing their type 1 diabetes](#)

People who are struggling to manage their type 1 diabetes could be offered new technology to help them control their condition with little human input.

In draft guidance, an independent NICE committee has recommended the use of hybrid closed loop systems for managing blood glucose levels in type 1 diabetes – technology that has been described as a step towards an artificial pancreas.

[Our urgent care system needs long-term rehabilitation to meet patients' needs](#)

With the NHS under relentless pressure this winter and as records keep getting broken for all the wrong reasons, Helen Buckingham takes a closer look at why hospitals are so full, and emphasises the importance of supporting and helping the health service's staff.

[Colds, flu and COVID: how diet and lifestyle can boost your immune system](#)

Every day we are exposed to a wide array of potentially harmful microorganisms – such as colds, the flu and even COVID. But our immune system – a network of intricate pathways within our body – helps protect us against these microorganisms and other potential diseases. Essentially, it recognises foreign invaders, such as viruses and bacteria, and takes immediate action to defend us.

[Bivalent COVID vaccines have now been in use for a few months – here's how they're stacking up against omicron](#)

Vaccines have played a major role in mitigating the harms of the COVID pandemic since their rollout began just over two years ago. They're estimated to have saved tens of millions of lives around the globe.