

## Studies

### [How to increase vaccination uptake among migrant communities](#)

Migrants arriving in Europe may face a range of personal and practical barriers to vaccination. Research found that tailored messages about vaccination, community-based interventions, and convenient local clinics can encourage underserved groups to have vaccinations. Recommendations include improving migrants' access to primary healthcare and co-designing strategies and services.

### [Methenamine is as good as antibiotics at preventing urinary tract infections](#)

The drug methenamine (which is not an antibiotic) could be as effective as antibiotics at preventing urinary tract infections. A recent study included women who had frequent infections of the urinary tract (the organs involved in peeing). In 12 months' treatment, they had similar reductions in these infections, whether they received methenamine or an antibiotic.

## Reports

### [The impact of COVID-19 on access to dental care](#)

A report from the findings of the 2021 Adult Oral Health Survey on the impact of COVID-19 on access to dental care in England.

## Guidance

### [Starting Injectable Treatments in Adults with Type 2 Diabetes \(4<sup>th</sup> edition\)](#)

This guidance has been developed as a resource for nurses and clinical staff working in general practice and community settings to effectively care for people living with Type 2 diabetes, who are starting or using injectable treatments.

## Public Advice

### [NHS surgeons safety plea after surge in kids swallowing dangerous objects](#)

Leading NHS children's doctors are encouraging parents to be alert to the dangers of small toys this Christmas after surgeons have had to perform life-saving operations to remove button batteries, magnetic balls and Christmas cracker toys, in previous years. The number of children being admitted to hospital after ingesting small objects has doubled over the last 10 years to 228, according to the latest data.

### [Back to school advice issued amid high levels of flu, COVID-19 and scarlet fever](#)

Following simple steps can help protect children, minimise the spread of illness in education and childcare settings and protect wider communities.

Flu and coronavirus (COVID-19) are [currently circulating at high levels](#) and are likely to continue to increase in coming weeks. High numbers of scarlet fever, which is caused by group A streptococcus, also [continue to be reported](#).

## Blogs

### [Make your new year's resolution a snack...](#)

A bite-sized approach to exercise could help you achieve your New Year fitness goals, says chartered BPS member Amanda Daley.

### [Social prescribing in action at Alvanley Family Practice – the wellbeing prescription](#)

When we started to map our community activities, with the help of our volunteer Practice Health Champions, we knew we would need a way to direct our patients to activities in a trusted way. I spoke to one of our volunteers, Dave Chorlton, who I knew had a background in print, when I talked to him in NHS speak about a directory of services, he talked about how hard done by he felt when he came away from an appointment without a prescription. That's when the penny dropped – we needed something like a prescription, so that the patients had something to hold on to, and the clinicians had a way of directing the patient to what they needed, which as many of us know is not available on an FP10 prescription! Dave went away to design something that looked enough like a prescription form to feel like a trusted document, and that line “the rest is history”.

## News

### [£3.6 million social prescribing funding for mental health support](#)

More than £3.6 million of government funding awarded to the National Academy of Social Prescribing to support wellbeing, including impacts of loneliness.

### [Number of defibrillators to be increased with new funding](#)

- £1 million fund will increase defibrillators in the community by an estimated 1,000
- Organisations will be invited to bid to place defibrillators in areas most in need
- Successful bidders will be asked to match funding, potentially doubling the number of new defibrillators

### [Nine in ten patients positive about NHS community pharmacies](#)

Around nine in ten people surveyed positively rated the advice they received from their local pharmacies; new polling shows today.

As pharmacies play a greater role in looking after peoples' health, the [results from Ipsos](#) found that the vast majority of patients (91%) who had used a community pharmacy in the previous year for advice about medicines, a health problem or injury, or what health service they should use said they received good advice.

### [Rapid NHS rollout sees 200,000 diabetes patients get lifechanging devices](#)

Around eight in ten people with Type 1 diabetes now have access to life-changing technology, thanks to cost-effective deals secured for patients and rapidly rolled out by the NHS. Just over 200,000 patients are now using non-invasive glucose monitoring devices (CGMs) that allow people to check their glucose levels more easily and regularly – up by a third (around 50,000) compared to the spring.

### [NHS Confederation responds to NHS England's latest operational planning guidance](#)

Matthew Taylor responds to NHS England's operational planning guidance for 2023/24.

### [2023/24 NHS priorities and operational planning guidance: what you need to know](#)

Overview and analysis of NHS England's operational planning guidance and priorities for the service in 2023/24.

### [The psychology behind making New Year's resolutions stick](#)

Chartered psychologists share four top tips to help people to achieve their goals in 2023.

### [Millions of runs completed using Couch to 5k app](#)

- People encouraged to make the new year a healthy one by downloading the app and enjoying the health benefits of running
- Free app downloaded 6.5 million times since it launched in 2016 and is an alternative for people unable to afford gym or sports membership