

## Systematic Reviews

### [Prognostic factors for the development and progression of proliferative diabetic retinopathy in people with diabetic retinopathy](#)

Diabetic retinopathy (DR) is characterised by neurovascular degeneration as a result of chronic hyperglycaemia. Proliferative diabetic retinopathy (PDR) is the most serious complication of DR and can lead to total (central and peripheral) visual loss. PDR is characterised by the presence of abnormal new blood vessels, so-called “new vessels,” at the optic disc (NVD) or elsewhere in the retina (NVE). PDR can progress to high-risk characteristics (HRC) PDR (HRC-PDR), which is defined by the presence of NVD more than one-fourth to one-third disc area in size plus vitreous haemorrhage or pre-retinal haemorrhage, or vitreous haemorrhage or pre-retinal haemorrhage obscuring more than one disc area. In severe cases, fibrovascular membranes grow over the retinal surface and tractional retinal detachment with sight loss can occur, despite treatment. Although most, if not all, individuals with diabetes will develop DR if they live long enough, only some progress to the sight-threatening PDR stage.

## Studies

### [How can we improve communication with LGBT+ people in healthcare settings?](#)

Recommendations from research could improve communication between clinicians and people who are lesbian, gay, bisexual, and transgender (LGBT+). A study found that LGBT+ people who were seriously ill, and their significant others, appreciated neutral language that does not make assumptions, and questions about identity that are relevant to care. They valued signs of LGBT+ inclusivity in organisations.

### [What information do people need about their blood tests?](#)

Blood test results can help diagnose and monitor health conditions, and offer reassurance. However, research found that patients’ lack of understanding about the purpose of tests could lead to frustration, anxiety, and uncertainty. The authors call for more information and open communication to help patients engage with decision-making.

## Cochrane Clinical Answers

### [What are the benefits and harms of preoperative exercise training for people with non-small cell lung cancer?](#)

In adults undergoing surgical resection for lung cancer, high- to moderate-certainty evidence shows that preoperative exercise training (aerobic exercise and other types of exercise at different frequency, intensity, and duration) results in fewer postoperative pulmonary complications (on average, 159 vs 353 per 1000 people) and shorter hospital stay of around two days.

### [What are the advantages and disadvantages of the prophylactic human papillomavirus \(HPV\) vaccination in 15- to 26-year-old women?](#)

HPV vaccines, in women aged 15 to 26 years, can result in lower risk of cervical intraepithelial neoplasia (CIN)  $\geq$  grade 2 (CIN2+), CIN3, and adenocarcinoma-in-situ (AIS). These benefits are higher for lesions irrespective of baseline HPV type status than for lesions associated with HPV16/18. Local adverse events are more common with HPV vaccines, but overall systemic events and serious events are not increased. Information on cervical cancer is not available.

## Policies

### [The best start for life: a progress report on delivering the vision](#)

Sets out the government's progress in implementing the Early Years Healthy Development Review report 'The best start for life: a vision for the 1,001 critical days'.

## Reports

### [Innovation Sweet Spots: Food innovation, obesity and food environments](#)

Over the last decade, a surge of research and investment has given rise to a host of food innovations. Apps let us order from a myriad of different restaurants at the touch of a button and we're now growing meat in laboratories. Our analysis shows that globally, venture capital investment into food tech has increased 40 times in the last ten years, reaching a new high of £26.9 billion in 2021.

But is the future of food headed in the right direction? The food industry's focus to date has been on commercial success and sustainability – but should we be directing food innovation towards improving our health?

## Guidance

### [Public health commissioning in the NHS: 2022 to 2023](#)

Information about NHS England's objectives and funding arrangements as it commissions public health services.

### [Commissioning the Family Nurse Partnership programme](#)

Guidance to support commissioning of the Family Nurse Partnership programme for improving public health outcomes for children, young people and families.

### [Working with your patients for a healthy Ramadan](#)

Ramadan, the month of fasting observed by the majority of Muslims across the world, begins this year in the evening of 22 March 2023. It is a highly social time which many communities look forward to. The month is marked by abstinence of food and drink, amongst other pleasures, during daylight hours. In the UK, this will range from 14 to 16 hours as the sunshine begins to fill our days in the spring.

### [UK Career Framework for Pain Nurses: Levels One – Eight](#)

This updated resource now highlights the range of career pathways within pain nursing and minimum recommended education requirements, in addition to knowledge and skills. It provides a guide for pain services and employers to develop local career development frameworks for the nursing workforce.

## Statistics

### [Effectiveness of sexual health services](#)

Sexual health promotion and the provision of sexual and reproductive health and HIV services make an important contribution to both individual and population health. Sexually transmitted infections (STIs) are often asymptomatic. If left untreated, they can cause pelvic inflammatory disease or infertility, and may be transmitted to others. This highlights the need for early detection and treatment. The burden of STIs is not evenly distributed, with some communities disproportionately affected, including people living in poverty, specific ethnic minority communities, and people living with HIV.

### [Vaccination coverage for children and mothers](#)

Vaccination coverage is the best indicator of the level of protection a population will have against vaccine-preventable communicable diseases. Coverage is closely related to levels of disease and monitoring coverage identifies possible drops in immunity before levels of disease rise.

### [Hospital tooth extractions in 0 to 19 year olds: 2022](#)

Episodes of children and young adults being admitted to hospital for tooth extractions from 2021 to 2022.

## Guides

### [Communications Tool: Plain Language for Public Health](#)

Effective public health communications are critical to help people stay informed and make decisions about their health. When accurate information about public health is hard to find or understand, it's easier for false and misleading information to circulate. Using plain language can help your audience find what they need and understand what they find.

### [Guide to adopting remote consultations in adult musculoskeletal physiotherapy services](#)

This guide supports adult MSK physiotherapy services – delivered by providers across primary community and/or secondary care – to implement evidence informed remote consultations.

## Calls for Evidence

### [Call for evidence: Meeting diverse communication needs in primary care services](#)

Help us to improve health and care. Primary care services are the front door to the NHS – they are the first port of call when we feel unwell and the main coordinator of care when we are living with ill health. The primary care team have an important role in making people feel welcomed, listened to and taken seriously.

## Blogs

### [Accelerating the benefits of collaboration for patients and communities](#)

In August 2021, drawing on the lessons of the pandemic, new partnerships between trusts and the mental health sector, NHS England published guidance on the critical role provider collaboratives would play in helping systems deliver better care.

### [Blog: Decision aid helps pregnant women with high blood pressure](#)

Rebecca Whybrow, Lecturer in Midwifery at King's College London, is an experienced midwife and researcher. She specialises in high-risk pregnancies, shared decision-making and health service policy. In this blog, she describes her recent research which aims to improve shared decision-making for pregnant women.

## News

### [OHA Publishes Health Inequalities Position Statement](#)

The Obesity Health Alliance is proud to announce that today we are releasing our [Health Inequalities Position Statement](#). This document outlines the key evidence on the relationship between excess weight and inequalities in health outcomes for a range of different socio-economic groups. Furthermore, it explores the policy recommendations that represent the most viable first step to close these inequalities.

### [Picker supports Help for Heroes to reinforce their mission with an evidence-driven strategy](#)

Help for Heroes is a charity that provides support for veterans whose everyday lives have been impacted by physical or psychological injury whilst serving in the British Armed Forces. Much has evolved since the charity's inception in 2007, and the needs of veterans continue to change. Help for Heroes sought help from Picker to further understand the needs of veterans to help inform their future strategy. Help for Heroes was particularly eager to understand the current challenges of veterans, including how existing needs are changing as well as identifying and anticipating future and emerging needs. This was important for understanding the extent to which their services support beneficiaries, and for policy development and campaigning.

### [New NICE quality standard identifies improvements in UTI diagnosis for women](#)

Health professionals should diagnose women under 65 with a urinary tract infection (UTI) if they have two or more key urinary symptoms according to a new quality standard published by NICE today (15 February 2023).

### [NICE recommends 3 treatments for COVID-19 in final draft guidance](#)

Everyone with COVID-19 at highest risk of developing severe disease will have access to clinically and cost-effective treatments, under final draft guidance published by NICE today.

### [£421 million to boost drug and alcohol treatment across England](#)

Local authorities across England to receive funding to combat drug and alcohol misuse, with areas of highest need prioritised.

### [Hundreds of thousands of women experiencing menopause symptoms to get cheaper HRT](#)

Around 400,000 women across England will get better access to menopause support – saving hundreds of pounds and making treatment more accessible.

### [Women urged to take up NHS breast screening invites](#)

Thousands of women are being urged to take up NHS breast screening appointments as new figures today reveal that while the highest number ever were screened last year, nearly four in 10 did not take up the potentially lifesaving offer.

### [New NHS campaign urges people to use their bowel cancer home testing kit](#)

Millions of people in England who have been sent a lifesaving home testing kit that can detect early signs of bowel cancer are being encouraged to use it and return it, as part of a new, first-of-a-kind NHS campaign.

### [Three in five long COVID patients have organ damage a year after infection](#)

The latest data from the Office for National Statistics suggests that more than 1.2 million people in the UK report living with long COVID for 12 months or more. Several studies have confirmed that symptoms can persist in people with long COVID for more than a year after infection. And long COVID can occur regardless of whether or not people were very sick when they caught the virus.

### [E-cigarettes should be in plain packaging – just like cigarettes](#)

Vaping is a rapidly growing habit in Great Britain, particularly among younger people. Research by the anti-smoking charity Action on Smoking and Health found that in 2022 7% of 11- to 17-year-olds in Great Britain used e-cigarettes, up from 3.3% the year before.

### [How much immunity do we get from a COVID infection? Large study offers new clues](#)

After a COVID infection, whether it's a first, second, or even a third, many of us wonder how long we might be protected against a reinfection, and whether we'll be susceptible to new variants. Also, if we do catch COVID again, will the immunity we've acquired from this infection reduce the severity of the next one?

### [Engaging children and parents in school meals in Wales](#)

We set out in December 2022 to explore how we could increase the takeup of universal free school meals in Wales as the Welsh Government rolls out the programme over the next two academic years. Our polling in Wales and Scotland has shown that parents are key decision makers in whether their child has school meals or brings their own packed lunch, making parents a key target for changing perceptions and behaviours.



28 February 2023

[How to talk to children about Andrew Tate and other toxic views online](#)

Psychologists working with children and young people and within schools have warned that youngsters who lack self-confidence or self-esteem, or who are lonely and isolated, are at particular risk of being drawn to influencers like Tate as it could give them a sense of belonging and connection.

[Coping with trauma resource now available in Turkish and Arabic](#)

Working with the non-profit Translators without Borders and our members, we have translated our [coping after a traumatic event](#) resource into [Arabic](#) and [Turkish](#). We hope this will help our members to support individuals following the earthquakes in Turkey and Syria.

[CQC takes urgent action at Liverpool drug and alcohol detoxification and rehabilitation service following serious concerns](#)

The Care Quality Commission (CQC) has rated We Can Recover CIC in Liverpool inadequate and suspended their registration to keep people safe following an inspection in November.