

Studies

[Environmental interventions for preventing falls in older people living in the community](#)

A programme that removes fall hazards in the home given to older adults that live in the community can reduce the number of falls. We are not certain if assistive devices (such as checking prescription for glasses, special footwear, or bed alarm systems) can reduce the risk of a fall. We are not certain if just giving an older adult who lives in the community education about fall risk has any impact on reducing risk of falls. We found no completed studies that helped us answer our question about fall reduction for home modification programmes targeting independence in daily activity performance. We found little evidence to determine if environmental fall-hazard removal programmes of any kind reduce the risk of serious injury.

[Planned hospital birth compared with planned home birth for pregnant women at low risk of complications](#)

There is not enough evidence from RCTs (considered the best form of evidence of effectiveness) to allow firm conclusions to be drawn. Also, further RCTs are not considered feasible, and they are no longer considered appropriate by many midwives, obstetricians, and parents. As the quality of evidence from observational studies is steadily increasing, it might be useful to include evidence from properly performed systematic reviews of observational studies in future updates of this review.

Cochrane Clinical Answer

[What are the effects of conservative interventions in women with all types of urinary incontinence \(UI\)?](#)

For women with all types of UI, conservative interventions improve symptoms, and pelvic floor muscle training (PFMT) probably improves quality of life when compared with control. Supervised and more-intensive PFMT are probably more effective than unsupervised or less-intensive PFMT, and PFMT + bladder training is better than each intervention alone in improving symptoms and quality of life. Adrenergic agonists appear to be better than PFMT.

Publications

[Optimising personalised care for adults prescribed medicines associated with dependence or withdrawal symptoms: Framework for action for integrated care boards \(ICBs\) and primary care](#)

NHS England working in partnership with integrated care system (ICS) leads and representatives, has devised actions to help systems develop plans that can support people who are taking medicines associated with dependence and withdrawal symptoms. The actions will support ICSs to deliver on their 4 key objectives of:

- improving outcomes in population health and healthcare
- tackling health inequalities in outcomes, experience and access
- enhancing productivity and value for money
- helping the NHS support broader social and economic development.

[Dying well at home: commissioning quality end-of-life care](#)

We interviewed NHS commissioners in 10 areas of England, and social care commissioners in a further 5 areas, to find out how they assess need, plan services and assure the quality of care for people who die at home.

[Ensuring digitally enabled health care is equitable and effective for all](#)

Policy-makers should act to improve people's experience of digital health and care services, to reduce inequalities and to ensure everyone is able to choose and use digitally enabled health and care services.

Report

[Children's mental health services 2021-2022 | Children's Commissioner for England](#)

The report provides a summary score for each local area based on five key indicators of CYPMHS performance. This score aims to show how each Clinical Commissioning Group (CCG) compares to the rest of England in terms of children's access to mental health services. The best possible score is 25. The five key indicators are:

1. Mental health spend per child - calculated using NHS Five Year Forward View for Mental Health spending figures⁶ and Office for National Statistics population estimates for CCG areas (where higher spend per child corresponds with a higher score)
2. CCG spending on children's mental health as a percentage of a CCGs total allocation (where a higher percentage corresponds with a higher score)
3. Average waiting time for children who receive a second contact with services (where lower average waiting times corresponds with a higher score)
4. Total number of children referred to children's mental health services as a proportion of the local under-18 population (where higher shares of children referred corresponds with a higher score)
5. The percentage of referrals that are closed before treatment^a (where a lower percentage of referrals closed corresponds with a higher score).

Advice

[Campaign to help parents with introducing babies to solid food](#)

Parents are being supported to safely introduce their babies to solid food through a government campaign that promotes [NHS advice on weaning](#). The campaign highlights there are 3 clear signs that mean your baby is ready for solid food, such as if they can stay in a sitting position, holding their head steady. It also includes information on when to begin introducing solid foods alongside breastmilk or first infant formula, why it's important to wait until your baby is around 6 months old and what to feed babies at each stage.

[PIF TICK trusted information toolkit for healthcare professionals](#)

New toolkit, including a directory of more than 85 certified PIF TICK members, will help healthcare professionals provide trusted health information to patients. Every organisation signposted in the directory has undergone a robust, independent-assessment of their healthcare information production process.

Statistics

[The decline of publicly funded social care for older adults](#)

How are services being provided and has access changed? The latest annual statement from QualityWatch presents a range of key statistics to show how the ability of the state to provide quality social care that older people can access is changing for the worse.

Survey

[NHS Staff Survey](#)

Presents results from an annual survey to collect staff views about working in their NHS organisation.

News

[£25 million for women's health hub expansion](#)

Women across England will benefit from tailored healthcare and support by new women's health hubs - improving access and quality of care for services for menstrual problems, contraception, pelvic pain, menopause care and more.

[£5 million innovation fund to reduce drug use](#)

Five projects will receive part of £5 million innovation fund to test new ways to reduce use of so-called recreational drugs.

[Government to consider radical new approach to prevent life-threatening cardiovascular disease](#)

Professor Deanfield - who is a professor of cardiology at University College London has been asked by the Secretary of State for Health and Social Care to explore and expand the role of technology, so people can better look after their health and reduce the risk of cardiovascular disease.

[Transformational reform begins for children and young people with SEND](#)

Children and young people across England with special educational needs and disabilities (SEND) or in alternative provision (AP) will get high-quality, early support wherever they live in the country. The [SEND and AP improvement plan](#) confirms investment in training for thousands of workers so children can get the help they need earlier, alongside thousands of additional specialist school places for those with the greatest needs – as 33 new special free schools are approved to be built as of today.

[Obesity Health Alliance publishes Health Inequalities Position Statement](#)

The Obesity Health Alliance (OHA), which includes several PIF members, has published a Health Inequalities Position Statement. The statement outlines the key evidence on the relationship between excess weight and inequalities in health outcomes for a range of different socio-economic groups. It also explores the policy recommendations representing the most viable first steps to close these inequalities. More than 50 health charities, campaign groups and medical royal colleges are part of the OHA, including PIF members.

[World-leading NHS virtual wards treat 100,000 patients in a year](#)

More than 100,000 patients have been treated in NHS virtual wards in the last year, with 16,000 patients treated in January alone. Virtual wards allow patients to get hospital-level care at home safely and in familiar surroundings, helping speed up their recovery while freeing up hospital beds for patients that need them most. There are now more than 340 virtual ward programmes across England – 58 opened in January – including a total of 7,653 virtual beds.

[Millions of patients to benefit from care at home thanks to NHS community response teams](#)

Millions more people will benefit from quicker care at home thanks to the boosted rollout of healthcare teams in the community, as part of the NHS plan to recover urgent and emergency care services. Thanks to the major new plan to help recover services and reduce waiting times for patients, these community services will be scaled up even further – including taking more referrals from ambulance services, 12 hours a day, seven days a week across England. Around one fifth of emergency admissions can be avoided with the right care in place.

[Thousands of patients to benefit from quicker diagnosis and more accurate tests from ground-breaking AI research](#)

Tens of thousands of patients across the country could benefit from quicker, earlier diagnoses and more effective treatments for a range of conditions - as the government invests nearly £16 million into pioneering artificial intelligence (AI) research.



14 March 2023

[NHS health teams to refer lonely and isolated patients for check in and chat service](#)

Over a thousand volunteers have signed up to provide friendly phone calls for patients in England who are vulnerable, isolated or lonely, as the NHS Volunteer Responders programme reintroduces its Check in and Chat service. GPs, pharmacists, and other healthcare workers are being encouraged to request Check in and Chat support for patients who are socially isolated or would benefit from a phone call and a bit of encouragement – with an option to request just a one-off call or a series of calls.

[NHS scheme reduces chances of Type 2 diabetes for at risk adults](#)

The NHS has stopped thousands of people from getting type 2 diabetes, thanks to the world leading [NHS Diabetes Prevention Programme](#), new research shows today. [Analysis by University of Manchester researchers](#) shows the risk of developing type 2 diabetes was one fifth lower in people with raised blood sugars referred to the programme, compared to people not receiving NHS support.

[Innovations in primary and community care reducing pressure on hospitals now and in the future](#)

A new [report](#) from the Welsh NHS Confederation showcases innovative services and initiatives that will enable patients to access the care and support they need sooner and closer to home.

[Is lung inflammation worse in e-cigarette users than smokers, as a new study suggests?](#)

A [small study](#) that compared the lungs of cigarette smokers with e-cigarette smokers found that e-cigarette smokers had more lung inflammation than those who smoked tobacco. The pilot study, published in The Journal of Nuclear Medicine, is the first to use PET imaging to compare smokers' lungs with vapers' lungs.

[Publication of ACMD's review on nitrous oxide](#)

The ACMD has made 7 recommendations in the report and no single recommendation on its own is likely to be sufficient to successfully reduce the harms associated with nitrous oxide use.