

Studies

[Early, intense therapy for language problems after a stroke is linked to the greatest benefits](#)

Speech and language therapy helps people with language problems (aphasia) after a stroke. A large international analysis showed that this therapy is most effective when it is delivered early (within 28 days of the start of aphasia), frequently and in high doses. The greatest improvements in recovery were seen when people practiced tasks at home.

Reports

[Air pollution: link with COVID-19 infection and adverse outcomes](#)

COMEAP summary of the science linking long-term air pollution exposure with SARS-CoV-2 infection and adverse COVID-19 outcomes.

[Air pollutants: quantification of associated health effects \(Updated Sep 2023\)](#)

Committee on the Medical Effects of Air Pollutants (COMEAP) summary of recommendations for quantifying the health effects of air pollutants.

[COVID-19 autumn 2023 vaccination programme: JCVI update, 7 July 2023](#)

Statement updating the advice from the Joint Committee on Vaccination and Immunisation (JCVI) on the COVID-19 vaccination programme for autumn 2023.

[The major conditions strategy 'case for change' and strategic framework: what you need to know](#)

The extent to which the framework for the major conditions strategy aligns with recommendations from health and care leaders.

[Maximising the potential of digital in mental health](#)

The challenges, benefits and opportunities of digital mental health and how it can improve mental healthcare and population mental health.

Frameworks

[Public Health Outcomes Framework: September 2023 data update](#)

The Public Health Outcomes Framework examines indicators that help health and care professionals and the public to understand trends in public health.

Guidance

[Keeping warm and well: staying safe in cold weather](#)

Advice on staying well in cold weather, covering issues such as financial help, healthy lifestyle, flu vaccinations and heating.

[Recovery support services and lived experience initiatives](#)

Guidance on supporting lived experience initiatives and recovery support services to help people start and sustain recovery from problem drug and alcohol use.

[Proportional assessment approaches: a guide from the Chief Social Worker for Adults and principal social workers](#)

Recommendations from the Chief Social Worker for Adults and principal social workers on using flexibility and innovation in approaches to adult social care assessments.



Resources

[PCOS Mythbusting resource pack](#)

The ALLIANCE and Scottish Government have produced several resources on polycystic ovary syndrome, in support of the Women's Health Plan.

[Fact sheet: Muslim mental health](#)

Research suggests that Muslims face some of the greatest mental health inequalities, yet too many encounter significant barriers to support.

Campaigns

[Take Five to Age Well: Empowering the UK towards longer, healthier lives](#)

Take Five to Age Well offers five steps to boost your health and well-being. Launching 1 September, the campaign invites you to join a UK-wide community making small daily changes for better ageing. We are asking you to choose and keep up the healthy change(s) for one month, pledging your commitment to ageing well. We'll support you to turn those changes into a habit for long-term health and wellbeing.

[#AskAboutAsthma 2023 campaign](#)

#AskAboutAsthma highlights the simple changes to children and young people's care that will make a big difference to how they experience their asthma. Led by NHS England – London's Babies, Children and Young People programme, the aim is for every person involved in the care of a child or young person with asthma – from GPs and nurses to parents/carers, teachers and youth group leaders – to know about the four asks that can help every person to manage their condition and live full, active lives.

Blogs

[Ethnic inequalities in mortality in England: a complex picture requiring tailored, evidence-based responses](#)

The latest data from the Office for National Statistics (ONS) provides the most comprehensive and up to date national profile of ethnic inequalities in mortality overall and from common physical conditions. It shows a complex picture of ethnic inequalities in mortality in England, with differences between people from ethnic minority and the White British groups, between different ethnic minority groups, and across different health conditions.

[Martha's Rule – explained](#)

Demos has published a report supporting calls for the NHS to bring in Martha's Rule, giving patients and their families more power to get a second opinion when they feel they aren't being heard. It follows the death of 13-year old Martha Mills, who died an avoidable death from a sepsis infection two years ago. Her mother, Merope Mills, gave an interview on the Today programme describing the family's experience of watching their daughter die in hospital and the breakdown in communication that meant no one listened to their concerns, or even shared the information they needed to advocate for her. Demos has worked with Martha's family to make the case for Martha's Rule. Here, we explain how it would work.

News

[Integrating in vitro point of care diagnostics: guidance for urgent community response and virtual ward services](#)

This guidance is for organisations and professionals considering integrating point of care testing into their urgent community response or virtual ward service to aid clinical decision-making, avoid unnecessary hospital admission and improve outcomes. Its focus is pathology managed in vitro diagnostic point of care testing.



[BA.2.86 risk and changes to autumn/winter 2023/24 vaccination delivery programme](#)

Letter from Steve Russell, Chief Delivery Officer and National Director for Vaccinations and Screening, NHS England, setting out next steps on the risks presented by the new BA.2.86 variant of COVID-19.

[NHS to invite almost a million more people for shingles vaccine as human papillomavirus \(HPV\) vaccine moves to one dose](#)

From today almost a million more people (900,000) will become eligible for a shingles vaccination, on the same day that the HPV vaccine moves to a single dose for under 25s.

[Nearly 1 in 2 adults in England do not feel confident in spotting signs of a heart attack](#)

A new survey published today by NHS England has revealed a lack of confidence among the public in recognising the symptoms of a heart attack, with nearly half (45%) of adults saying they were not confident they could recognise the signs, rising to over half (51%) in those aged over 55 – who are more at risk.

[Flu and COVID autumn vaccine programmes brought forward](#)

Precautionary measure taken to protect those most vulnerable from illness during winter following the identification of COVID-19 variant BA.2.86.

[Lucy Letby statutory inquiry: Secretary of State statement](#)

The Health and Social Care Secretary, Steve Barclay, spoke in the House of Commons to update on the Lucy Letby statutory inquiry.

[Landmark survey seeks women's views on reproductive health](#)

Women in England are being encouraged to help shape reproductive health policy by sharing their experiences, as the government launches a landmark survey.

[Government delivers extra £50 million home adaptation funding](#)

Money provided to local authorities so they can make quicker home adaptations for older people or those with disabilities, ensuring they can stay independent.

[Annual children's flu vaccination programme gets underway](#)

Parents will start receiving invites from next week as the annual NHS influenza (flu) vaccination programme for children gets underway.

[Ministers join forces to encourage veterans to self declare to GPs](#)

Veterans' Minister Johnny Mercer and Health Secretary Steve Barclay are urging veterans and service leavers to access specialist healthcare pathways run by NHS England and service charities.

[More people could be treated out of hospital this winter through new draft NICE guidance to help identify and manage acute respiratory infections](#)

Consultation launched on draft guidance for the assessment and management of acute respiratory infections in people over 16.

[NICE committee recommends tirzepatide as new treatment option for people with type 2 diabetes](#)

Around 180,000 people with difficult to manage type 2 diabetes could benefit from a new treatment option recommended by NICE.

[Doctors warn about social media link to abortion rise](#)

Misinformation about contraception on social media may be contributing to Scotland's record high abortion figures, doctors have told the BBC.



[Delivering more joined-up care for local communities](#)

Community providers are working with local primary care partners to deliver more joined-up care for local communities.

[Martha's Rule: A new policy to amplify patient voice and improve safety in hospitals](#)

Martha Mills died aged 13 in the summer of 2021 after sustaining a pancreatic injury from an everyday bike accident while on holiday with her family. The inquest into her death heard that she would likely have survived the sepsis that killed her had consultants made a decision to move her to intensive care sooner.

[College co-signs letter from Chief Medical Officer on school attendance and health](#)

College Council recently approved 'five principles to promote school attendance', and today, we have signed a letter with the Chief Medical Officer in England and leading health professionals on school attendance and mild illness. We hope this letter will support GPs in their work with families, including when it is fine for children and young people to attend school with a mild illness, such as a minor cough or cold.

[The King's Fund responds to the latest ONS data on ethnic and socio-demographic inequalities in mortality rates for common physical health conditions](#)

Responding to the Office for National Statistics (ONS) data on ethnic and socio-demographic inequalities in mortality rates for common physical health conditions: England, 21 March 2021 to 31 January 2023, Veena Raleigh, Senior Fellow at The King's Fund, said:

[Children with higher BMI at increased risk of developing depression](#)

Associations between a higher BMI and depression were weaker between ages 16 and 21 indicating ages 12-16 is a sensitive point where preventative methods could be beneficial.

[Personalised Care Institute to launch 'Personalised Care Week' with flagship 'Tackling Health Inequalities' conference](#)

The Personalised Care Institute is delighted to announce the launch of 'Personalised Care Week' – a four-day 'roadshow' of webinars, videos and educational activities showcasing best practice examples, lived experience and education on personalised care, as well as a free headline half day virtual conference.

[Five ways to take control of your menstrual cycle and improve your sports performance](#)

Menstruation is often seen as a negative experience, with symptoms that can be disruptive to daily life. Participation in sport and physical activity is particularly affected, with 78% of teenage girls reporting they avoid exercise while on their period.

[Is Wegovy really a gamechanger for heart health? A consultant cardiologist gives his verdict](#)

The weight-loss jab Wegovy has been hailed as an "absolute game-changer" after a new study showed that it relieved symptoms and improved the quality of life in people with a common form of heart failure.

[Knee pain: here's why it happens and how you can fix it](#)

Knee pain is a common problem. Global estimates suggest more than one in five people over the age of 40 have a form of chronic knee pain. This is something that can have a big impact on people's lives, affecting not only how active they are, but also their emotional wellbeing.

