



Quality and Safety Bulletin

Issue 107: 7 March 2019

Welcome to the Quality and Safety eBulletin

This eBulletin brings you the latest news from key national agencies and initiatives across the UK, under themed headings.

We welcome your feedback on the eBulletin. Please contact us at: qualityandsafety@rcn.org.uk

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All the latest in quality and safety with the RCN's Quality and Safety Bulletin.

News story



Celebrating nursing practice

Every day across the UK nursing staff are making service improvements that change how patients and communities access and receive care - providing them with more choices to safeguard and improve their own health. These developments largely go unnoticed outside of the workplace.

To showcase local innovations and share knowledge and learning, the RCN invited members to share, celebrate and develop these innovations.

The newly launched Celebrating nursing practice resource showcases the drive and passion of nursing staff.

View the [Celebrating nursing practice](#) resource.

RCN highlights

Fringe line-up for RCN Congress 2019 revealed. Tai chi tasters, nurse leadership skills and the health risks of psychoactive drugs are among the enticing mix of subjects that will feature in fringe events at RCN Congress. This year, Congress returns to Liverpool from 19 to 23 May.

<https://www.rcn.org.uk/news-and-events/news/fringe-line-up-for-rcn-congress-2019-revealed>

NHS staff survey results highlight need for new law on safe staffing levels. Almost half of the NHS staff surveyed raised low staffing levels as an issue. Over half of those surveyed said they are working unpaid additional hours to keep services going and, worryingly, over a quarter said they had witnessed errors, near misses or incidents at work in the last month that could have led to patient harm.

<https://www.rcn.org.uk/news-and-events/news/nhs-staff-survey-results-highlight-need-for-new-law-on-safe-staffing-levels>

Government must invest in nursing workforce to revolutionise children's services. A new report has called on the Government to kick-start an "Early Years Revolution" to improve support and services for children, parents and families. The RCN has warned that plans to shake-up early years services won't succeed unless staff shortages across all health care settings are properly addressed.

<https://www.rcn.org.uk/news-and-events/news/government-must-invest-in-nursing-workforce-to-revolutionise-childrens-services>

NHS staff to benefit from mental health initiatives. Health Secretary Matt Hancock has pledged to overhaul mental health and wellbeing support for NHS staff. The five initiatives are recommendations from a new Health Education England report into the mental health of NHS staff and trainees.

<https://www.rcn.org.uk/news-and-events/news/nhs-staff-to-benefit-from-mental-health-initiatives>

Safe nurse staffing campaign in England kicks off with collaborative event. The RCN is campaigning for nurse staffing for safe and effective care to be enshrined in law across all four countries of the UK. Following a successful campaign which began in 2006, safe staffing legislation covering NHS adult acute settings in Wales was introduced in 2016.

<https://www.rcn.org.uk/news-and-events/news/safe-nurse-staffing-campaign-in-england-kicks-off-with-collaborative-event>

RCN Magazine. Latest news includes: Nursing degree applications down 30% since bursary axed; Members to play crucial role in securing safe nurse staffing law; Hard-hitting issues set to be debated at RCN Congress; Protecting children and young people: new RCN guidance; Nursing associates join the NMC register and Jersey strike ballot one step closer.

<https://www.rcn.org.uk/magazines>

RCN Blogs. Read the latest blogs on campaigning for safe and effective care, citation trails and welcoming nursing associates into the RCN family.

<https://www.rcn.org.uk/news-and-events/blogs>

Events

Practice Based Learning workshops. Free RCN workshops. The Nursing and Midwifery Council (NMC) is introducing new standards for education and training. This sets out the skills and knowledge that the next generation of nurses will need to deliver safe care. We want to ensure that all nursing staff understand the new standards, changes to practice-based learning and what is expected of them. You can find out more by attending one of our free workshops, taking place across the United Kingdom from January to March 2019.

<https://www.rcn.org.uk/professional-development/practice-based-learning>

Leadership in nursing education: facing challenges, creating opportunities. 12 March 2019, Mercure Bristol Grand Hotel, Broad Street, Bristol, BS1 2EL, 8.15am to 4.45pm. This conference will support you as a health care educator. Learn about the latest developments in nursing education and practice, share good practice through facilitated discussions and network with colleagues from across the UK.

<https://www.rcn.org.uk/news-and-events/events/education-2019>

RCN Fertility Nursing Forum Conference 2019. 23 Mar 2019 09:30 - 15:30 Royal College of Nursing, 20 Cavendish Square, Marylebone, London, W1G 0RN. Brought to you by the RCN Fertility Nursing Forum, this conference is an unmissable opportunity to get the latest updates and developments to enhance your professional practice and improve patient outcomes. You will hear from expert

speakers on a range topics including genetic screening, changes in surrogacy law, womb transplantation as well as an invaluable opportunity to network and exchange views with like-minded professionals.

<https://www.rcn.org.uk/news-and-events/events/fertility-2019>

RCN Looked after children's nurses conference. 29 Apr 2019 09:00 - 16:30, Royal College of Nursing, 20 Cavendish Square, Marylebone, London, W1G 0RN. "As well as being able to network and find out the latest health news in this field, this event provides an opportunity to discuss professional issues affecting LAC Nurses and teams across the UK. By working with attendees we will have an opportunity to influence change" - Karen Hughes, Chair of the RCN LAC Community.

<https://www.rcn.org.uk/news-and-events/events/lac-2019>

Are you Glove aware? 02 May 2019 11:00 - 16:30. Royal College of Nursing, 20 Cavendish Square, Marylebone, London, W1G 0RN. As part of the Royal College of Nursing's Glove Awareness Week we are hosting a one-day event to challenge, celebrate and debate the use of gloves as part of the delivery of health and care in all settings. The conference is open to anyone with an interest in gloves or glove use. It is relevant to all care settings and NHS and Independent care providers.

<https://www.rcn.org.uk/news-and-events/events/glove-awareness>

RCN School Nurses Conference & Exhibition 2019. 21 Aug 2019 08:45 - 16:15, Royal College of Nursing, 20 Cavendish Square, Marylebone, London, W1G 0RN. The programme will include keynote sessions covering a broad range of contemporary topics alongside interactive workshop sessions, focusing on common issues you come across as a school nurse in practice, that allow you to tailor your conference experience to your learning needs.

<https://www.rcn.org.uk/news-and-events/events/school-nurses-2019>

The RCN International Nursing Research Conference 2019. 3 September 2019, 9am to 5pm, City Campus, Sheffield Hallam University, Howard Street, Sheffield, S1 1WB. Save the date and attend the RCN International Research Conference 2019. Sheffield Hallam University will be home to this prestigious three-day event which will once again welcome hundreds of nurses and researchers from around the world to present, debate and hear about advances in nursing research and its impact on health, health and social care and nursing practice.

<https://www.rcn.org.uk/news-and-events/events/research-2019>

Quality improvement

Audit, reviews, legislation, inspections, regulation

Department of Health and Social Care. NHS must lead the world in genomic healthcare. The government has announced a new National Genomic Healthcare Strategy and measures to improve services for people with rare diseases. Minister for Innovation Nicola Blackwood launched the strategy in a speech to thank NHS staff who helped her to manage her own genetic condition, Ehlers-Danlos Syndrome (EDS), which went undiagnosed for 30 years.

<https://www.gov.uk/government/news/health-minister-nhs-must-lead-the-world-in-genomic-healthcare>

HQIP. Identification and Management of Cause for Concern in National Clinical Audits and Clinical Outcome Review Programmes in England and Wales. This guidance explains what the term 'Cause for Concern' means in the context of national clinical audits and clinical outcome review programmes. It relates to the rare circumstance in which information submitted to the NCAPOP supplier could reasonably suggest the presence of very serious issues with clinical practice or system failure that presents a risk of harm to patients.

<https://www.hqip.org.uk/resource/identification-and-management-of-cause-for-concern-in-national-clinical-audits-and-clinical-outcome-review-programmes-in-england-and-wales/>

HQIP. Oesophago-Gastric Cancer Patient Report 2018. The National Oesophago-Gastric Cancer Audit (NOGCA) evaluates the quality of hospital care for patients with oesophago-gastric (OG) cancer in England and Wales. This patient report is divided into two main parts: the first provides information about oesophago-gastric cancer, and the second is about high-grade dysplasia.

<https://www.hqip.org.uk/resource/oesophago-gastric-cancer-patient-report-2018/>

NHS Staff and Learners' Mental Wellbeing Commission. Mental Wellbeing Commission report. As part of Health Education England's health and care workforce strategy, the NHS Staff and Learners' Mental Wellbeing Commission set out to discover and review evidence of good practices for the mental health and wellbeing of staff and learners in NHS organisations. Health Education England recognises its central role in supporting the current and future workforce to deliver high-quality, safe care, and the Commission has examined successful interventions from around the country, to identify what has worked well and what could be adopted widely.

<https://www.hee.nhs.uk/our-work/mental-wellbeing-report>

Nursing and Midwifery Council. Future midwife consultation. The Nursing & Midwifery Council has launched a consultation that proposes to overhaul midwifery education to make the UK the best and safest place to have a baby. This UK-wide consultation sets out the draft skills and knowledge the next generation of midwives will need in order to deliver great care in the years to come. The consultation closes on 9 May 2019.

<https://www.nmc.org.uk/news/news-and-updates/consultation-launched-to-reshape-midwifery-care-for-next-generation/>

Guidance, innovation, tools

Care Quality Commission. Relationships and sexuality in adult social care services. This guidance sets out how care providers should consider people's relationship and sexuality needs.

<https://www.cqc.org.uk/news/stories/new-guidance-addresses-relationships-sexuality-among-people-using-adult-social-care>

Digital Health Age. Call launched to find solutions to address challenges of NHS clinicians. As part of its Innovation Exchange initiative, AHSN NENC is calling on innovators to come up with solutions to measure renal function, and to remotely monitor neonatal temperature, with funding available for the development of such solutions. The development of a device to enable patients to safely and accurately self-test their own kidney function at home could have benefits for both patients and the NHS.

<http://digitalhealthage.com/call-launched-to-find-solutions-to-address-challenges-of-nhs-clinicians/>

NHS Improvement. Developing people – improving care: guides. In 2016, this framework was introduced to help NHS and social care staff to develop four critical capabilities: systems leadership; established quality improvement methods; inclusive and compassionate leadership; and talent management. The newly published guidance provides further information for those with a deeper interest in these capabilities.

<https://improvement.nhs.uk/resources/developing-people-improving-care/>

NIHR Signal. A new tool helps predict recovery from ankle sprain. The SPRAINED model may improve prediction of people who are at risk of delayed recovery from ankle sprain. This model was developed in the UK using clinical information from 584 adults with ankle injuries.

<https://discover.dc.nihr.ac.uk/content/signal-000734/a-new-tool-helps-predict-recovery-from-ankle-sprain>

Reports, commentary, statistics

Centre for Ageing. Better Raising the bar on strength and balance: the importance of community-based provision. Despite common misconceptions, falls are not an inevitable part of ageing and can be prevented. This report, co-authored with the University of Manchester's Healthy Ageing Research Group, shows a need for sustained, targeted funding for community-based programmes, with affordable, accessible and proven options available for everyone.

<https://www.ageing-better.org.uk/publications/raising-bar-strength-balance>

Defence Committee. Mental health and the armed forces, part two: the provision of care. This report recommends that a 'world-class centre for the treatment of mental injuries' suffered by service personnel should be established in the next 12-18 months if veterans and their families are to receive the provision and support promised in the Armed Forces Covenant.

<https://www.parliament.uk/business/committees/committees-a-z/commons-select/defence-committee/news-parliament-2017/veteran-mental-health-part-two-report-launch-17-19/>

Department of Health and Social Care. 'Every Day Is Different' campaign. A new national recruitment campaign to help fill the 110,000 vacancies in the adult social care sector has launched. The campaign will show how rewarding social care careers can be – 96% of care professionals feel their work makes a difference to people's lives. It will also highlight the opportunities for progression and professional development.

<https://www.gov.uk/government/news/new-campaign-to-recruit-thousands-more-adult-social-care-staff>

Department of Health and Social Care. Dementia 2020 challenge: 2018 review phase 1. During 2018, stakeholders from the health and social care system, and the charitable sector, were asked to comment on the progress of the actions set out in the challenge on dementia 2020 implementation plan and what else is needed to be done to complete them. This report summarises the responses and sets out revised actions for 2018 to 2020.

<https://www.gov.uk/government/publications/dementia-2020-challenge-progress-review>

Health Foundation. Reframing the conversation on the social determinants of health. The Health Foundation is working with the FrameWorks Institute to develop a deeper appreciation of the ways in which people understand and think about health in order to develop more effective approaches to communicating evidence. Four key challenges are identified that communicators must tackle to achieve wider public acceptance of the evidence on the social determinants of health.

<https://www.health.org.uk/publications/reports/reframing-the-conversation-on-the-social-determinants-of-health>

King's Fund. Brexit: the implications for health and social care. Brexit has major implications for health and social care in England. Here we look at some of the latest developments that could impact the health and care system in England.

<https://www.kingsfund.org.uk/publications/articles/brexit-implications-health-social-care>

New Local Government Network. The community paradigm: why public services need radical change and how it can be achieved. This report sets out the case for a deep shift in public services based on a completely new relationship between citizen and state. This relationship rejects the hierarchical and transactional mindsets of traditional service models that can bypass people's assets and capabilities. Instead, it fosters collaboration between the public servant and the citizen, sharing power and resources more directly with people, to embed prevention and ensure future sustainability.

<http://www.nlgn.org.uk/public/2019/the-community-paradigm-why-public-services-need-radical-change-and-how-it-can-be-achieved>

NHS England. Best practice update on conflicts of interest management: call to action for CCGs. This guidance aims to support clinical commissioning groups (CCGs) to identify and manage conflicts of interest. It is a practical toolkit that includes templates and case studies.

<https://www.england.nhs.uk/publication/conflicts-of-interest-management-ccgs>

Nuffield Trust and Association for Young People's Health. International comparisons of young people's health. Young people in the UK are making healthier life choices for themselves than before, but are more likely to die from asthma or have a poor quality of life from long-term conditions compared to counterparts in other high-income countries.

<https://www.nuffieldtrust.org.uk/news-item/uk-young-people-let-down-on-long-term-illness-new-international-report-finds>

Office of Health Economics. Making outcome-based payments a reality in the NHS. This report, jointly authored with RAND Europe, King's College London and Cancer Research UK, and commissioned by Cancer Research UK in partnership with Greater Manchester Health and Social Care Partnership, explores alternative pricing models and the implications of using outcome-based payment schemes for improving access to cost-effective cancer drugs.

<https://www.ohe.org/publications/making-outcome-based-payment-reality-nhs>

Parliamentary Office of Science and Technology (POST). Reservoirs of antimicrobial resistance. The widespread use of antimicrobials, particularly antibiotics, has accelerated the spread of antimicrobial resistance (AMR) in microbes. A recent report by the Health and Social Care Committee called for

AMR to be a 'top five policy priority'. This POSTnote evaluates the main reservoirs of AMR microbes arising from the use of antimicrobials in both humans and animals.

<https://researchbriefings.parliament.uk/ResearchBriefing/Summary/POST-PN-0595>

Public Health England. Ambitions set to address major causes of cardiovascular disease. A new coalition led by PHE and NHS England has announced the first ever national ambitions to improve the detection and treatment of atrial fibrillation, high blood pressure and high cholesterol (A-B-C) – the major causes of cardiovascular disease (CVD).

<https://www.gov.uk/government/news/ambitions-set-to-address-major-causes-of-cardiovascular-disease>

Royal College of Anaesthetists. A teachable moment: delivering perioperative medicine in integrated care systems. This report showcases a number of innovative and award-winning programmes in hospitals across England that are improving patient care before, during and after surgery. The time preparing for, undergoing and then recovering from an operation is known as the perioperative period, and the College believes that tailored care throughout this time will improve long-term outcomes for patients after surgery.

<https://www.rcoa.ac.uk/news-and-bulletin/rcoa-news-and-statements/dedicated-care-and-after-surgery-offers-patients->

Strategy Unit. Waiting times and attendance durations at English accident and emergency departments. This report presents a detailed review of the demand-side, supply-side, practice and emergent factors that lead to four-hour breaches in accident and emergency departments, with a particular focus on changes that have taken place since 2010.

<https://www.strategyunitwm.nhs.uk/publications/waiting-times-and-attendance-durations-english-ae-departments>

Patient safety

AHRQ PS Net. Are more experienced clinicians better able to tolerate uncertainty and manage risks? "Risk aversion in clinical practice may lead to the ordering of unnecessary tests and procedures, a form of overuse that may pose harm to patients. Experienced clinicians may be more comfortable with uncertainty and risk than less experienced providers."

<https://psnet.ahrq.gov/resources/resource/32876>

BBC News. Sepsis test could show results 'in minutes'. A new rapid test for earlier diagnosis of sepsis is being developed by University of Strathclyde researchers. The device, which has been tested in a laboratory, may be capable of producing results in two-and-a-half minutes, the Biosensors and Bioelectronics journal study suggests.

<https://www.bbc.co.uk/news/health-47279072>

BBC News. Northallerton's Friarage Hospital A&E to 'temporarily close'. An A&E department serving 120,000 people will "temporarily" close because of patient safety and staff shortages, the NHS has said. Critical care at Northallerton's Friarage Hospital will be suspended from 27 March. The leader of Hambleton District Council said the eventual permanent closure of the hospital's A&E unit felt "inevitable". But the hospital said the vast majority of services will be unchanged.

<https://www.bbc.co.uk/news/uk-england-york-north-yorkshire-47378581>

BMJ Open Quality. Contribution of adverse events to death of hospitalised patients. The extent of adverse events or errors in hospital and their significance in terms of the mortality caused has been disputed. In recent years there have been claims that such mortality is a leading cause of death. This Norwegian study was a retrospective records review using the Global Trigger Tool to review a sample of 1680 patient records from a hospital trust with three hospitals.

<https://bmjopenquality.bmj.com/content/8/1/e000377>

Eastern AHSN Newsletter. 'How QPSI shaped my view on patient safety'. In the first of a new series of blogs, midwife of 20 years Beccy Percival explains the benefits of embarking on a Quality and Patient Safety Improvement Masters course. She says her studies at Nottingham, which were supported by the Eastern Patient Safety Collaborative, completely changed her depth of thinking around patient safety and improving care.

<https://www.eahsn.org/blog/how-qpsi-changed-the-depth-of-my-thinking-around-patient-safety-and-improving-care/>

Health and Social Care Committee. First 1000 days of life. This report asks the government to produce a long-term, cross-government strategy for the first 1000 days of life, setting demanding goals to reduce adverse childhood experiences, improve school readiness, and reduce infant mortality and child poverty.

<https://www.parliament.uk/business/committees/committees-a-z/commons-select/health-and-social-care-committee/news/first-1000-days-of-life-report-published-17-19/>

European Medicines Verification Organisation. Improving patient safety and fighting fake medicines in Europe. The European Medicines Verification Organisation, an IAPO partner through the Fight the Fakes campaign launched the world's first digital verification system covering the medicines supply chain across Europe that promises greater security against falsified medicines.

<https://www.iapo.org.uk/news/2019/feb/14/improving-patient-safety-and-fighting-fake-medicines-europe>

ITV News. Four-hour hospital A&E wait target 'to be scrapped within year'. Four-hour A&E targets in hospitals are set to be scrapped within a year, according to reports. NHS England is backing the plan, The Times reported, with sources telling the paper that chief executive Simon Stevens wants to introduce a change over the coming year. The government has previously said it plans to ditch the target for 95% of patients to be seen at A&E within four hours.

<https://www.itv.com/news/2019-03-01/four-hour-hospital-a-e-target-to-be-scrapped-within-year/>

Medicines and Healthcare products Regulatory Agency. Drug Safety Update: Carbimazole - increased risk of congenital malformations; strengthened advice on contraception. Carbimazole is associated with increased risk of congenital malformations when used during pregnancy, particularly in first trimester and at high doses. Women of childbearing potential should use effective contraception during treatment with carbimazole.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/779462/DSU-PDF-Feb-2019.pdf

National Health Executive. A&E waiting time performance hits all time low as NHS 'buckles under the strain'. NHS leaders have said the new figures show the NHS is "buckling under strain," and the Royal College of Nursing (RCN) said the situation is dangerous and must act as a wake-up call for the health secretary and NHS England. Whilst more patients than ever are being seen at A&E departments, this month's waiting time figures are worse than the previous low of 84.6% set in March last year after the 'Beast from the East' storm caused havoc on frontline services.

<http://www.nationalhealthexecutive.com/Patient-safety/ae-waiting-time-performance-hits-all-time-low-as-nhs-buckles-under-the-strain>

National Health Executive. Ombudsman finds 'catalogue of errors' led to grandmother's death in routine hip operation. A "catalogue of errors" in a routine hip operation by staff East Lancashire Hospitals Trust led to the death of a 77-year-old grandmother, an investigation has revealed. The Parliamentary and Health Service Ombudsman (PHSO) found that the 'low risk' hip replacement operation in 2015 led to the "avoidable" death of Renie Craig. East Lancashire Hospitals NHS Trust has apologised and said it has made significant improvements to its services to ensure "similar errors do not happen again."

<http://www.nationalhealthexecutive.com/Patient-safety/ombudsman-finds-catalogue-of-errors-led-to-grandmothers-death-in-routine-hip-operation->

NHS England. NHS Staff Survey 2018. The 2018 Staff Survey of NHS trusts and foundation trusts is showing more than seven in ten staff would recommend their organisation to their family and friends for treatment, a proportion that has increased every year for the past four years. Increasing numbers of staff would also recommend their own organisation as a place to work.

<http://www.nhsstaffsurveys.com/Page/1056/Home/NHS-Staff-Survey-2018/>

Pulse. Wales rejects automatically registering English GPs due to Capita safety concerns. GPs registered in England will not be automatically added to the Welsh performers list due to concerns about Capita's involvement in checking applications. The Welsh Government wants to make it easier

for GPs from other UK countries to be added to its list and is considering how to streamline the process.

<http://www.pulsetoday.co.uk/news/gp-topics/employment/wales-rejects-automatically-registering-english-gps-due-to-capita-safety-concerns/20038314.article>

Evidence-based practice

Cochrane Database of Systematic Reviews. Exercise for preventing falls in older people living in the community. This Cochrane review sought to assess the effects (benefits and harms) of exercise interventions for preventing falls in older people living in the community. Based on 108 randomised controlled trials (RCTs) with 23,407 participants the authors report 'Exercise programmes reduce the rate of falls and the number of people experiencing falls in older people living in the community (high-certainty evidence).'

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012424.pub2/full>

Department of Health and Social Care. Government response to the House of Commons Science and Technology Committee report on research integrity: clinical trials transparency. This Command paper sets out the government's response to the Science and Technology Committee's inquiry report on clinical trials transparency published by the House of Commons in October 2018.

<https://www.gov.uk/government/publications/clinical-trials-transparency-government-response-to-the-science-and-technology-committees-inquiry>

NHS Choices. Morning walks and frequent breaks 'as good as drugs for blood pressure'. Australian researchers conducted experiments on 67 adults aged 55 to 80 to look at the effects of half an hour of walking on the blood pressure of people who were otherwise sitting down for 8 hours a day. They estimated a comparison by using blood pressure measurements and previous evidence on the effectiveness of blood pressure drugs. Their estimate reported that the reduction in blood pressure seen from exercise was "comparable" to the effects of taking a single blood pressure lowering medicine.

<https://www.nhs.uk/news/lifestyle-and-exercise/morning-walks-and-frequent-breaks-good-drugs-blood-pressure>

NHS Choices. First-time mothers 'lose an hour's sleep a night' after childbirth. In a new study, researchers carried out annual interviews with 4,659 people who had a child during the 8-year study period. They were asked how long they slept each night and how satisfied they were with their sleep. The difference from pre-pregnancy sleep was most apparent 3 months after giving birth, when women reported sleep shorter by an average 62 minutes, and men by 13 minutes.

<https://www.nhs.uk/news/pregnancy-and-child/first-time-mothers-lose-an-hours-sleep-a-night-after-childbirth>

NICE and PHE. NICE and Public Health England publish new antibiotic prescribing guidance for patients with suspected pneumonia. In the new drafts it's advised that antibiotics should be given to people with community- and hospital-acquired pneumonia within four hours of establishing a diagnosis. Oral antibiotics should be given first-line if the person can take oral medicines, and the severity of their condition does not require intravenous antibiotics.

<https://www.nice.org.uk/news/article/nice-and-public-health-england-publish-antibiotic-prescribing-guidance-for-patients-with-suspected-pneumonia>

NICE. Sexual Health Quality Standard. This quality standard covers sexual health, focusing on preventing sexually transmitted infections (STIs). It describes high-quality care in priority areas for improvement. It does not cover harmful sexual behaviour or contraception.

<https://www.nice.org.uk/guidance/qs178>

NICE. NICE updates guideline on alcohol education in schools. New draft recommendations will support the Department for Education's (DfE) plan to make alcohol education a compulsory component of personal, social and health education (PSHE) in all state-funded schools in England from September 2020.

<https://www.nice.org.uk/news/article/nice-updates-guideline-on-alcohol-education-in-schools>

NICE. High-intensity focused ultrasound for symptomatic benign thyroid nodules. Evidence-based recommendations on high-intensity focused ultrasound for symptomatic benign thyroid nodules in

adults. This involves using heat made by high-frequency sound waves to destroy the nodule. The aim is to make the nodule smaller to relieve pressure symptoms and improve appearance.

<https://www.nice.org.uk/guidance/ipg643>

NICE Talks. Which contraceptive method is best for me? What are the most effective forms of contraception? Maya shares her experience of choosing contraception and Dr Hoffbrand talks about giving women accurate information. Dr Asha Kasliwal, president of the FSRH, explains why long-acting reversible contraception is cost-effective for the NHS. Listen to podcast...

<https://soundcloud.com/nicecomms/which-contraceptive-method-is-best-for-me/s-2vWGY>

NIHR. NIHR launches £56 million new funding competition for public health research. The NIHR has launched a new funding competition to allocate up to £56 million of funding over 5 years to public health research. The competition will award funding from the Department of Health and Social Care to 14 NIHR Health Protection Research Units (HPRUs) - partnerships between academic institutions and Public Health England (PHE). These new units will act as centres of excellence in multidisciplinary health protection research in England.

<https://www.nihr.ac.uk/news/nihr-launches-56-million-new-funding-competition-for-public-health-research/10336>

NIHR Signal. Treating vitamin D deficiency may reduce exacerbations of COPD. Vitamin D supplements halve the number of exacerbations of chronic obstructive pulmonary disease (COPD) in people with low levels of the vitamin, from two per year to one per year. The supplements do not affect exacerbations of COPD in people who are not deficient.

<https://discover.dc.nihr.ac.uk/content/signal-000737/treating-vitamin-d-deficiency-may-reduce-exacerbations-of-copd>

NIHR Signal. A high omega-6 fatty acid diet is unlikely to prevent cardiovascular disease or deaths. Diets or supplements that aim to increase omega-6 fatty acids have no clear effect on the risk of cardiovascular events like heart attacks or stroke, overall deaths or deaths from cardiovascular disease. Omega-6 fatty acids are poly-unsaturated oils largely derived from seeds and nuts such as sunflower oil, corn oil, soybean oil, walnuts and pumpkin seeds.

<https://discover.dc.nihr.ac.uk/content/signal-000736/a-high-omega-6-fatty-acid-diet-is-unlikely-to-prevent-cardiovascular-disease-or-deaths>

NIHR Signal. London's Low Emission Zone has not been shown to improve children's respiratory health. The Low Emission Zone covering much of Greater London was introduced between 2008 and 2012 to improve air quality. Some measures of air pollution have slightly reduced over that time, but measures of children's respiratory health and lung development have not significantly improved. This NIHR funded study assessed over 2,000 primary school children during the first five years of the Low Emission Zone, during which charges were phased in for several categories of commercial diesel vehicles.

<https://discover.dc.nihr.ac.uk/content/signal-000733/londons-low-emission-zone-has-not-been-shown-to-improve-childrens-respiratory-health>

Public Health England. Helicobacter pylori in dyspepsia: test and treat. These quick reference guides for primary care advisers aim to provide a simple, effective, economical and empirical approach to the test and treat of Helicobacter pylori and minimise the emergence of antibiotic resistance in the community.

<https://www.gov.uk/government/publications/helicobacter-pylori-diagnosis-and-treatment>

Patient focus

BBC News. Organ donor law change named after Max and Keira. Plans to change the rules on organ donation consent in England have cleared the final hurdle in Parliament. The legislation will be known as Max and Keira's Law after a boy who received a heart transplant and the girl who donated it. Under the new system, which comes into effect next year, consent will be presumed unless people have opted out.

<https://www.bbc.co.uk/news/health-47359682>

BBC News. PrEP drug uptake 'exceeds predictions'. Almost 1,900 people have been prescribed a drug which dramatically reduces the chances of being infected with HIV, new figures have shown. Scotland was the first part of the UK to make PrEP (pre-exposure prophylaxis) available on the NHS in July 2017. A report from NHS National Services Scotland said uptake of the drug had "exceeded predictions". It said this was partly because many users had never visited a sexual health clinic before.

<https://www.bbc.co.uk/news/uk-scotland-47369728>

Centre for Ageing Better. Raising the bar on strength and balance: the importance of community-based provision. Despite common misconceptions, falls are not an inevitable part of ageing and can be prevented. This report, co-authored with the University of Manchester's Healthy Ageing Research Group, shows a need for sustained, targeted funding for community-based programmes, with affordable, accessible and proven options available for everyone.

<https://www.ageing-better.org.uk/publications/raising-bar-strength-balance>

Department of Health and Social Care. Extending legal rights to personal health budgets and integrated personal budgets: consultation response. This document summarises the main findings and conclusions from the public consultation, and provides an analysis of each individual question. The document also explains the approach the government and NHS England are going to now take following the conclusion of the consultation.

<https://www.gov.uk/government/consultations/personal-health-budgets-and-integrated-personal-budgets-extending-legal-rights>

Digital Health Age. How patient entertainment systems can save the NHS money. Fiona Bayle, head of healthcare at WiFi Spark writes how a patient entertainment system can save the NHS money – and how free WiFi can help the average NHS hospital save £126k per annum in return on investment.

<http://digitalhealthage.com/how-patient-entertainment-systems-can-save-the-nhs-money/>

Guardian. Trans patients in England face 'soul destroying' wait for treatment Patients face unprepared GPs and long consultation waiting lists, the Guardian reveals. Trans men and women are being left humiliated and desperate after seeking care from their GP, according to a Guardian investigation that has shed light on serious flaws in how the NHS treats transgender patients.

<https://www.theguardian.com/society/2019/feb/26/trans-patients-in-england-face-soul-destroying-wait-for-treatment>

Guardian. Figures show soaring number of homeless hospital patients. NHS Digital figures show admissions in England rose from 1,539 in 2008/9 to 10,259 in 2017/18. Thousands of homeless people in England are arriving at hospital with Victorian-era illnesses such as tuberculosis, as well as serious respiratory conditions, liver disease and cancer, with hospital admissions for such conditions surging over a decade, the Guardian can reveal.

<https://www.theguardian.com/society/2019/feb/20/nhs-england-figures-show-soaring-homeless-patient-numbers>

International Alliance of Patients' Organizations. Sexual life and Multiple Sclerosis: A video animation. Sexual intimacy challenges can be a difficult topic to talk about, even though common for people with and without chronic conditions. To get the conversation going about sex and multiple sclerosis (MS), MS International Federation has recently launched an animation looking at some of the ways that MS can affect intimacy and sexuality.

<https://www.iapo.org.uk/news/2019/feb/15/sexual-life-and-multiple-sclerosis-video-animation>

NHS England. Millions to get fast support to overcome back pain thanks to NHS Long Term Plan. Tens of thousands of people have been helped to overcome back pain, arthritis and other muscle, bone and joint conditions without going to hospital, thanks to additional specialist care at local GP surgeries – with millions more set to benefit over the coming years as the NHS delivers on its Long Term Plan.

<https://www.england.nhs.uk/2019/02/support-to-overcome-back-pain/>

NHS England. 20,000 mums get help from NHS maternity advice line. A pioneering advice line staffed by midwives has seen tens of thousands of new and expectant mothers get guidance on labour,

breastfeeding, sleep and other health problems. Women can get advice over the phone 24 hours a day, 365 days per year from the Surrey Heartlands Pregnancy Advice Line.

<https://www.england.nhs.uk/2019/02/20000-mums-get-help-from-nhs-maternity-advice-line/>

Royal College of General Practitioners. The Daffodil Standards. GP surgeries will now be able to display a 'daffodil mark' as a sign of commitment to improving end-of-life care. The mark, synonymous with the charity, is based on a new set of criteria called the Daffodil Standards – a set of eight quality improvement statements designed to support primary care teams in delivering care to patients living with an advanced, serious illness or at the end of their lives, and their loved ones.

<https://www.rcgp.org.uk/about-us/news/2019/february/daffodils-set-the-standard-for-end-of-life-care.aspx>

eHealth

Department of Health and Social Care. NHSX: new joint organisation for digital, data and technology. new joint unit, NHSX, will be created to bring the benefits of modern technology to every patient and clinician. NHSX will aim to create the most advanced health and care service in the world to diagnose diseases earlier, free up staff time and empower patients to take greater control of their own healthcare.

<https://www.gov.uk/government/news/nhsx-new-joint-organisation-for-digital-data-and-technology>

Department of Health and Social Care. New code of conduct for artificial intelligence (AI) systems used by the NHS. A new code of conduct for artificial intelligence and other data-driven technologies will ensure that only the best and safest systems are used by the NHS. The code encourages technology companies to meet a gold-standard set of principles to protect patient data to the highest standards.

<https://www.gov.uk/government/news/new-code-of-conduct-for-artificial-intelligence-ai-systems-used-by-the-nhs>

Digital Health. CQC to begin inspecting how triage apps affect care. The Care Quality Commission (CQC) is to begin inspecting how the use of triage apps affect patient care. New guidelines on how to assure inspectors that apps are being used appropriately were published last month, following legal advice that they should fall under the CQC's jurisdiction.

<https://www.digitalhealth.net/2019/02/cqc-triage-apps-inspection/>

Digital Health. NHS Digital pledges support to trusts should there be a no-deal Brexit. NHS Digital has said it will offer support to NHS trusts should Britain leave the European Union without a withdrawal agreement. A page on the national body's website explains assistance is available via The Trust System Support Model (TSSM). "Following the recent vote in Parliament rejecting the current Brexit deal, we would like to confirm to you that we stand ready to provide you with support through the TSSM should the UK leave the European Union on 29 March 2019 with no deal," the page states.

<https://www.digitalhealth.net/2019/02/nhs-digital-pledges-support-to-trusts-should-there-be-a-no-deal-brexit>

Digital Health. NHS login launches pilot to help develop service for future use. NHS login has launched a pilot with five partners to help develop the service for future users. NHS login is a single identity verification system for the health service to help make it easier for people to access their health information. The aim of the pilot is to ensure NHS login can support any future demand. Formerly known as Citizen ID, NHS login is currently being tested by 3,400 patients across England as part of the NHS App pilot.

<https://www.digitalhealth.net/2019/02/nhs-login-launches-pilot>

Guardian. Virtual GP service allowed to expand out of London despite criticism from doctors. A virtual GP service has been given the green light to expand to a second major city after health leaders dropped their objections. NHS England confirmed it had found a solution to previous concerns around access to immunisation and screening programmes for GP at Hand patients and lifted its objections to its expansion. The decision paves the way for the service, created by healthcare technology firm Babylon Health, to launch in Birmingham.

<https://www.independent.co.uk/news/uk/home-news/virtual-gp-service-birmingham-london-babylon-health-gp-at-hand-a8778506.html>

Health Education England. The Topol programme for Digital Fellowships in Healthcare. Launched in response to the Topol Review, the Topol programme for Digital Fellowships in Healthcare will support staff to develop the digital capabilities needed to become a chief clinical information officer, chief information officer or equivalent leader in health technology. Applications for the programme will close on 4 March 2019.

<https://topol.hee.nhs.uk/topol-digital-fellowships/>

Huffington Post. Matt Hancock Has Banned 'Outdated and Expensive' Pagers from The NHS. Pagers are the latest piece of iconic 90s tech set for the chop as part of health secretary Matt Hancock's fervent campaign to modernise the NHS, it has emerged. The unabashed tech enthusiast – who launched his own app while digital secretary – announced on Saturday that pagers would be banned in the NHS, calling for the “outdated and expensive” technology to be eradicated by the end of 2021.

https://www.huffingtonpost.co.uk/entry/matt-hancock-pagers-nhs_uk_5c701fe4e4b06cf6bb253395

National Data Guardian. National Data Guardian: a consultation on priorities. The National Data Guardian is able to issue guidance about the processing of health and adult social care data. This consultation will help the NDG decide its key priorities for this next phase, so that it can continue its work to ensure the safe and appropriate use of health and care data. The consultation closes on 22 March 2019.

<https://www.gov.uk/government/consultations/national-data-guardian-a-consultation-on-priorities>

NHS England. Older patients spared dementia and falls by NHS tech roll-out. Digital checks that can prevent dementia and falls in older people, and save lives through diagnosis of sepsis, are among a range of tools being made available in hospitals across the country, as part of the NHS Long Term Plan. One in eight hospital patients is affected by delirium, which can make people unsteady on their feet, increases the risk of developing dementia and can result in longer hospital stays or admission to a care home.

<https://www.england.nhs.uk/2019/02/older-patients-spared-dementia-and-falls-by-nhs-tech-roll-out>

NHS Health Education England. The Topol Programme for Digital Fellowships in Healthcare. The Topol programme for Digital Fellowships aims to support NHS organisations to invest in clinical staff to develop specialist digital skills, including the use of digital technologies, while giving clinicians enough time outside of clinical commitments to dedicate training for a digital future.

<https://topol.hee.nhs.uk/topol-digital-fellowships/>

NIHR. Smartphone app could help tackle self-harm in young people. A smartphone app developed with NIHR support could help to manage negative emotions and anxiety in young people, reducing the risk of self-harm. A series of research studies published in the Journal of Medical Internet Research suggest that the 'BlueIce' app could help reduce self-harm.

<https://www.nihr.ac.uk/news/smartphone-app-could-help-tackle-self-harm-in-young-people/10365>

NIHR. Smartphones help patients with TB complete treatment. Patients with tuberculosis (TB) are more likely to continue their drug treatment if they are supported using smartphones rather than by attending face-to-face appointments. Just under 5,200 people in England have TB, of which nearly 40% are in London.

<https://www.nihr.ac.uk/news/smartphones-help-patients-with-tb-complete-treatment/10378>

WHO. Towards a digital health roadmap for the WHO European Region. This article gives an overview of the recent WHO Symposium on the Future of Digital Health Systems held in Copenhagen from 6-8 February 2019. More than 300 decision-makers, policy experts and researchers from 50 countries were present to discuss the way forward.

<http://www.euro.who.int/en/health-topics/Health-systems/pages/news/news/2019/2/towards-a-digital-health-roadmap-for-the-who-european-region>

Wired. Google offers a pair of apps to help the deaf community. Google has launched two apps aimed at helping the deaf and hard of hearing. The first focuses on translating speech to text and is available in 70 languages and dialects; the second one can amplify some sounds and minimise others.

<https://www.wired.com/story/google-live-transcribe-sound-amplifier-for-android>

Staff focus

BBC News. GP staff taught self-defence amid patient violence fears. A GP practice in West Yorkshire said employees had been given self-defence training, in response to rising levels of violence and abuse. More than 300 million GP appointments took place in England last year and staff said they were being subjected to growing levels of physical and verbal abuse from patients.

<https://www.bbc.co.uk/news/uk-england-47289997>

BMJ. NHS staff shortages could reach 250 000 by 2030 without urgent action, experts warn. Everyone is aware that, across the board, the resources for the NHS are not keeping pace with the requirements and services are overstretched. Demand continues to rise inexorably and ophthalmology is particularly hard hit by this as so much eye disease is linked to older age and diabetes.

<https://www.bmj.com/content/363/bmj.k4831/rr-0>

Department of Health and Social Care. Mental health and wellbeing support for NHS staff: government pledges overhaul. Plans to give staff immediate access to dedicated mental health support will be considered as part of the upcoming workforce implementation plan. The government is setting out new plans to provide better mental health and wellbeing support to NHS staff.

<https://www.gov.uk/government/news/mental-health-and-wellbeing-support-for-nhs-staff-government-pledges-overhaul>

FoNS Centre for Innovation. Culture Change Resources. Although the need for culture change is often spoken about in health and social care, how to work and achieve this is less clear. The Creating Caring Cultures model, animation and booklet look at how to work in ways that will help foster more supportive and person-centred cultures in practice.

<https://www.fons.org/learning-zone/culture-change-resources>

Guardian. Record numbers of NHS staff quitting due to long hours. Record numbers of burned-out NHS staff are quitting because they are fed up with spending too much time at work and not enough with their families, research reveals. The number of personnel leaving the NHS because of a poor work-life balance has almost trebled in the past seven years.

<https://www.theguardian.com/society/2019/feb/17/nhs-staff-quit-record-numbers-work-life-balance>

Guardian. Breakthrough for NHS as hundreds more men study nursing. The NHS has seen a significant rise in the number of men applying to be nurses, following a recruitment drive aimed at changing attitudes towards a career long stereotyped as female-dominated. The rise is especially notable among school leavers, with the number of men wanting to do nursing degrees up by a fifth – the highest in a decade.

<https://www.theguardian.com/society/2019/feb/24/nhs-breakthrough-more-men-study-nursing>

Guardian. NHS England survey reveals 'alarming downturn' in staff wellbeing. Number of those sick due to work-related stress is highest in five years. The NHS staff survey also found that increasing numbers of doctors, nurses and other personnel felt disillusioned, were working unpaid overtime and were thinking about quitting. Experts said the results showed an "alarming downturn" in staff wellbeing that would inevitably damage the care patients received. They said more and more NHS staff were unable to cope with the strain caused by widespread understaffing, years of tight budgets and fast-growing demand for care.

<https://www.theguardian.com/uk-news/2019/feb/26/nhs-england-survey-reveals-alarming-downturn-in-staff-wellbeing>

HSJ. Ward leaders key to safety as new roles introduced. In an in-depth interview, Ruth May said trusts had responsibility for ensuring new roles such as nursing associates and physician assistants were deployed safely. She acknowledged the introduction of new roles meant care could increasingly be fragmented into a series of separate tasks, something research has shown can damage outcomes and safety.

<https://www.hsj.co.uk/workforce/ward-leaders-key-to-safety-as-new-roles-introduced-says-chief-nurse/7024449.article>

Independent. Almost half of UK GPs plan to retire in next five years, study shows. GPs are increasingly demoralised and looking for the exit despite a raft of measures to improve the job,

according to a study which found numbers planning to leave within five years had risen by one-third. The proportion of GPs looking to quit or retire within five years rose to 42.1 per cent, up from 31.8 per cent in 2014, University of Warwick researchers found through a long-term survey of doctors in Hampshire and Dorset.

<https://www.independent.co.uk/news/health/gp-retire-patient-waiting-time-workload-nhs-crisis-a8800006.html>

NHS Employers. Training routes into the NHS. This infographic shows the additional options that are available to complement traditional training and recruitment routes. The resource can help employers to identify and consider additional routes that can be used to: support workforce challenges; recruit from the local community; and build career pathways.

<https://www.nhsemployers.org/case-studies-and-resources/2019/02/training-routes-into-the-nhs>

NHS England. NHS Staff Survey 2018. The 2018 Staff Survey of NHS trusts and foundation trusts is showing more than seven in ten staff would recommend their organisation to their family and friends for treatment, a proportion that has increased every year for the past four years. Increasing numbers of staff would also recommend their own organisation as a place to work.

<http://www.nhsstaffsurveys.com/Page/1056/Home/NHS-Staff-Survey-2018/>

NIHR Signal. NHS managers need support to use tools to ensure safe nurse staffing levels. Workforce planning technologies can help NHS managers plan for safe nurse staffing levels, but only with proper support and tools that are designed with good understanding of local needs. This study identified seven key explanations for why tools may work in given situations.

<https://discover.dc.nihr.ac.uk/content/signal-000724/nhs-managers-need-support-to-use-tools-to-ensure-safe-nurse-staffing-level>

Public Health England. Health Matters. Health and Work. As leading determinants of health, work as well as health-related worklessness are important public health issues both at a local and national level. There is clear evidence that being employed improves health and wellbeing, boosts quality of life and protects against social exclusion.

<https://www.gov.uk/government/publications/health-matters-health-and-work/health-matters-health-and-work>