

## Cochrane Reviews

### [Different doses, durations and modes of delivery of nicotine replacement therapy for smoking cessation](#)

Objectives: To determine the effectiveness and safety of different forms, deliveries, doses, durations and schedules of NRT, for achieving long-term smoking cessation.

### [Nicotine receptor partial agonists for smoking cessation](#)

Nicotine receptor partial agonists may help people to stop smoking by a combination of maintaining moderate levels of dopamine to counteract withdrawal symptoms (acting as an agonist) and reducing smoking satisfaction (acting as an antagonist). This is an update of a Cochrane Review first published in 2007.

## Studies

### [‘Just because we’re younger doesn’t mean our opinions should be any less valued’: A qualitative study of youth perspectives on a Youth Advisory Council in a mental healthcare context](#)

Recognition of the importance of youth engagement in youth mental health and/or addiction (MHA) service design and delivery is increasing. Youth Advisory Councils embedded in MHA organizations represent one strategy that allows youth to be involved in MHA at the individual, organization and systemic levels. This level of involvement can facilitate positive outcomes for both the youth and the organization. As these councils become more common, it is important that organizations are prepared to partner with the participating youth.

## Guidance

### [Healthy child programme schedule of interventions](#)

Tool with evidence, guidance, information and resources to support local implementation of the healthy child programme.

### [COVID-19 vaccination: at-risk children aged 6 months to 11 years](#)

Information for parents of eligible at-risk children aged 6 months to 11 years on COVID-19 vaccination.

### [COVID-19 rapid guideline: managing COVID-19 \[NG191\] - Last updated: 22 June 2023](#)

This guideline covers the management of COVID-19 for babies, children, young people and adults in all care settings. It brings together our existing recommendations on managing COVID-19, and new recommendations on therapeutics, so that healthcare staff and those planning and delivering services can find and use them more easily. We are continually monitoring the evidence and updating the guideline as new information emerges.

## Public Advice

### [RSV immunisation programme: JCVI advice, 7 June 2023](#)

Short statement setting out the advice from the Joint Committee on Vaccination and Immunisation (JCVI) on the respiratory syncytial virus (RSV) immunisation programme.

## Blogs

### [Behaviour and mental health in schools](#)

How is children's behaviour in schools linked to their mental health? And what impact are behaviour management approaches having on young people's mental health? This episode, Thea Joshi sits down with Charlotte Rainer from the Children & Young People's Mental Health Coalition and Daisy\*, a member of the Coalition's parent-carer advisory team, to discuss the Coalition's new research on behaviour and mental health in schools.



### [Reducing health inequalities by providing quality care to all communities](#)

Tackling rising health inequalities and stagnating life expectancy requires sustainable transformation towards prevention and health creation.

### [The National Expert Citizens Group's blueprint for improved dual diagnosis support](#)

Over the past three months, our National Expert Citizens Group (NECG) has been partnering with the National Health Service England (NHSE) and the Office for Health Improvements and Disparities (OHID) to inform their joint plan on dual diagnosis. The NECG's objective was to provide NHSE and OHID with insights based on the lived experiences of our members, gathered through local and regional consultations with different NECG groups. Today, the NECG presented their key findings and recommendations.

## News

### [RightCare physical health and severe mental illness scenario](#)

RightCare scenarios support local health and care systems to think strategically about designing optimal care for people (and their carers) with long term or high impact conditions. They help local systems understand how care outcomes, quality of life, and costs can be improved as the result of shifting the care pathway from a suboptimal journey to one that consistently delivers timely, evidence-based care.

### [NHS doubles gambling clinics as referrals soar](#)

Seven new gambling addiction clinics will open this summer as NHS services face record demand, chief executive Amanda Pritchard announced today.

### [Helping People Stay Well and Greater Use of Tech to Empower Patients Should be Central to NHS Plans](#)

A post-pandemic drive to help people stay well, greater use of technology to put power into the hands of patients and treating people closer to home should be at the heart of NHS plans, an independent report said today.

### [New digital health check to tackle deadly cardiovascular disease](#)

Digital NHS Health Check to be rolled out across England next spring delivering an additional one million checks in the first 4 years.

### [New lung cancer screening roll out to detect cancer sooner](#)

National targeted lung cancer screening programme designed to catch cancer sooner announced.

### [HPV vaccination programme moves to single dose from September 2023](#)

Teenagers and eligible GBMSM under the age of 25 will only require a single HPV jab from September, following updated advice from JCVI.

### [Schools encouraged to participate in NHS survey on smoking, drinking and drug use](#)

Secondary schools across England are being invited to take part in the latest edition of a statistical survey measuring the use of alcohol, nicotine and drugs by young people.

### [Establishing youth-friendly health and care services](#)

'You're Welcome': standards to help improve the quality of, and access to, health and wellbeing services for young people.

### [More evidence needed to recommend Type 2 diabetes treatment tirzepatide](#)

More evidence is needed on the clinical and cost-effectiveness of a new treatment option for people with type 2 diabetes before it could be recommended for NHS use, a NICE committee has said.



### [Tackling health inequalities in children and young people](#)

We've updated our health inequalities web resource so that it maps NICE guidance to frameworks for children and young people. Dr Clare Morgan, director of implementation and partnerships explains how you can use the resource to ensure you're delivering effective care.

### [COVID: how incorrect assumptions and poor foresight hampered the UK's pandemic preparedness](#)

Matt Hancock, the former health secretary, has told the recently opened COVID-19 Inquiry that the UK's pandemic planning was "completely wrong". According to Hancock, the doctrine was "to plan for the consequences of a disaster" rather than stopping or containing the virus in the first place.

### [Body mass index: why practitioners are relying on it less when looking at a patient's health](#)

Body mass index has long been used by doctors as the standard method for measuring health – and often still is. But earlier this month, the American Medical Association (AMA) adopted a [new policy](#) that cautions medical professionals from using the [body mass index \(BMI\)](#) as a stand-alone clinical tool during patient consultations. In 2022, England's National Institute for Health and Care Excellence (Nice) also [made similar changes](#) to obesity guidelines, recommending that waist-to-hip ratio be used alongside BMI.

### [Intermittent fasting and calorie counting about equal for weight loss – new study](#)

The traditional approach to weight loss is to count calories and try to reduce the number consumed each day. This is a time-consuming and error-prone process – often with disappointing results. Intermittent fasting – and the popular version known as time-restricted eating – could be a simpler option for people wanting to achieve a healthy weight.