

Studies

[Blood pressure treatment: the risks may be as great as the benefits in older people with frailty](#)

High blood pressure increases the risk of diseases of the heart and blood vessels. Medicines that reduce blood pressure (antihypertensives) protect against these diseases. But the negative effects of blood pressure medicines are less well-studied. New research found that, among people aged 80 or more and those with frailty (who are less able to recover from injury or illness), these medicines increased the chance of being admitted to hospital or dying because of a fall.

[Can we improve discussions with pregnant women about previous trauma?](#)

Pregnancy can bring back painful memories for women who have experienced abuse. These women may face additional challenges during pregnancy; trauma can have an impact on their mental and physical health, their relationship with their partner, and bonding with their child.

Reports

[Who gets heard on Covid?](#)

In early 2020, the Patient Experience Library started collecting and cataloguing published research on people's experiences of Covid-19. Now, as we head towards three years from the declaration of the first UK lockdown, we find ourselves in possession of a unique archive. We have combed through the evidence base to try to understand whose experiences were recorded, and which aspects of life under Covid have been documented.

[Destitution in the UK 2023](#)

This study, the fourth in the Destitution in the UK series, reveals approximately 3.8 million people experienced destitution in 2022, including around one million children. This is almost two-and-a-half times the number of people in 2017, and nearly triple the number of children. There is an urgent need for action to tackle destitution in the UK.

Frameworks

[Patient and carer race equality framework](#)

This document outlines the participatory approach to anti-racism that mental health trusts and mental health providers should take to improve experiences of care for racialised and ethnically and culturally diverse communities.

Guidance

[Domestic Abuse](#)

Domestic abuse is a significant safeguarding issue in all societies and is a challenge for everyone. This guidance has been reviewed and updated in response to the recognition by the RCN of the need for nurses, midwives and health care support workers and all health care professionals to have an understanding of the impact of the domestic abuse of patients, clients and colleagues.

Publications

[Vaccine update: issue 343, October 2023](#)

Latest developments in vaccines, vaccination policies and procedures for immunisation practitioners.

[Confirmation of national vaccination and immunisation catch-up campaign for 2023/24](#)

Letter confirming that the 2023/24 national vaccinations and immunisations catch-up campaign will once again focus on measles, mumps, and rubella (MMR).



[Nine major challenges facing health and care in England](#)

Whoever is in government after the next general election will inherit a health and care system in crisis. The NHS is under extreme strain and many people are going without the care they need. In July 2023, the waiting list for routine hospital treatment in England had grown to nearly 7.7 million – an all-time high – with almost 390,000 people waiting more than a year. Grim data on access to hospital care reflect pressures right across the system – in general practice, community services, mental health, social care: everywhere. These pressures are causing unnecessary pain and suffering for people and their families, as well as severe strain on staff. Public satisfaction with the health service is at an all-time low.

[Understanding the role of mental health practitioners in primary care](#)

Discover how mental health practitioners in primary care are supporting people to access the right care at the right time.

Public Advice

[Women's health guide](#)

This booklet provides you with information about the cancers women are most at risk of and offers practical advice and tips to reduce your risk.

[Hydration](#)

1 in 4 older people are dehydrated, so aren't drinking enough. This can cause a range of health problems and can even contribute to falls, infections and strokes.

Blogs

[Launching the Patient and carer race equality framework for mental health trusts and providers](#)

Today (30 October), NHS England publishes its first ever anti-racism framework, the [Patient and carer race equality framework \(PCREF\)](#), to support mental health trusts and providers to improve experiences of care for racialised and ethnically and culturally diverse communities. The development of this framework has been necessary because of what the data tell us.

[Smokefree pregnancies](#)

Dr Misha Moore, National Specialty Adviser for Obstetrics at NHS England and a consultant obstetrician at the Royal London Hospital, reflects on the recent launch of version 3 of the Saving Babies Lives Care Bundle, the latest 2022/23 publication of the smoking at time of delivery data (SATOD) and documents how NHS England supports women to stop smoking during pregnancy.

[Reducing healthcare inequalities for those in contact with the criminal justice system](#)

Chandraa Bhattacharya is the national lead for Core20PLUS5 and the wider healthcare inequalities agenda for those in contact with the criminal justice system. Chandraa works across NHS England's Healthcare Inequalities Improvement Team and His Majesty's Prison and Probation Service (HMPPS). Chandraa explains how the NHS is supporting those in the criminal justice system to stay healthy.

[Third-party access and managing money: what do carers and people with mental health problems want to see?](#)

Two years into rising living costs, budgeting is becoming an increasingly difficult task for many people. But for people with mental health problems, these challenges can be much harder. Juggling tight budgets while experiencing the cognitive and psychological effects of mental health problems – such as reduced memory, concentration and difficulties with clarity of thought – can make managing money extremely challenging.



News

[NHS virtual wards to treat thousands of patients with heart failure at home](#)

Thousands of patients with heart failure will now be treated from home as the NHS expands its world-leading virtual wards scheme.

[Earlier mental health support announced for thousands nationwide](#)

The government has announced almost £5 million to fund early support hubs nationwide to deliver mental health support for children and young people.

[Partnering with the independent sector to help cut waiting lists](#)

Steve Barclay addressed the IHPN Annual Summit and Dinner 2023, discussing how partnering with the independent sector can help diagnose and treat more patients.

[Government updates regulations to help deliver COVID-19 and flu jabs](#)

Public consultation supports proposal to update 3 regulations that ensure the safe and effective delivery of COVID-19 and influenza vaccination programmes.

[MHRA warns of unsafe fake weight loss pens](#)

Fake, potentially harmful Ozempic and Saxenda pens have been found in the UK: you should only access weight loss medicines via a medical prescription.

[Carers Rights Day](#)

Your rights: today, tomorrow and in the future - Carers Rights Day is Thursday 23 November 2023. Each year Carers UK promotes Carers Rights Day where we're joined by hundreds of organisations and thousands of individuals raising awareness of caring, helping to identify carers and signposting them to information, advice and support.

[Tens of thousands of women set to benefit from 'repurposed' NHS drug to prevent breast cancer](#)

Tens of thousands more women at increased risk of breast cancer could now benefit from a proven risk-reducing drug on the NHS, after it was licensed in a new use to help prevent the disease.

[UKHSA campaign: 'get winter strong' with flu and COVID-19 vaccines](#)

The UK Health Security Agency (UKHSA), Department of Health and Social Care and NHS England are urging those eligible who've not yet come forward for the flu and COVID-19 vaccines to 'get winter strong' and join the millions of others in taking up the offer ahead of the festive and new year season when flu and COVID-19 are expected to peak.

[What's the point of connecting with nature?](#)

The UK Health Alliance on Climate Change launched its ambitious policy report on Biodiversity, Nature and Health on 9 October. Many of us have experienced the personal benefits to our mental health and wellbeing of taking time out in nature, but how can we, in often stretched mental health services, share these insights with the people we work with?

[NHS 'Talking Therapies' review identifies barriers and opportunities in accessing care](#)

A landmark independent review of services provided by NHS Talking Therapies has identified that psychotherapy services need better tailoring to meet the needs of Black and minoritised ethnic groups.

[Listening to the system - implementing virtual wards](#)

Angela sets out to understand some of the challenges, benefits and considerations of setting up and running a virtual ward, from the perspective of teams on the front lines.

[People with severe mental illness at 50 per cent higher risk of death following COVID-19 infection](#)

New research from King's College London has found that people in the UK with severe mental illness were at increased risk of death from all causes following COVID-19 infection compared to those without severe mental illness.

[Brain health in over 50s deteriorated more rapidly during the pandemic](#)

Brain health in over 50s deteriorated more rapidly during the pandemic, even if they didn't have COVID-19, according to major new research linking the pandemic to sustained cognitive decline.

[How to measure improvement in Long COVID identified in an international consensus study](#)

Researchers have reached an agreement on how best to measure the severity and impact of Long COVID by identifying a "Core Outcome Measure Set" (COMS).

[SANE's response to Government dropping Mental Health Act reform](#)

The King's Speech, which sets out the Government's legislative agenda for the coming parliamentary year, was today delivered by King Charles in the Lords Chamber to mark the State Opening of Parliament. The speech sets out the government's last legislative programme before the General Election next year or early 2025 and failed to include a mental health bill, meaning that any reform will have to be carried out at the discretion of a future government.

[Is it a cold, flu or hay fever? How to tell symptoms apart – and boost your immune system](#)

As the crisp autumn air sets in and leaves turn to shades of red and gold, many of us eagerly anticipate the seasonal delights that come with the autumn and winter months. But, for some, these seasons also bring an unwelcome guest: hay fever.

[How to solve our mental health crisis](#)

When BBC journalist Rory Carson sought online consultations for a potential mental health issue, three private clinics diagnosed him with attention deficit hyperactivity disorder (ADHD). They charged between £685 and £1,095 for these consultations, which lasted between 45 and 100 minutes, and all prescribed him medication.