



KnowledgeShare

NHS information support for evidence-based practice

Alert 106

Resources published in November/December 2020

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Economic benefit of NHS library and knowledge services



Library services such as Brighton and Sussex NHS Library and Knowledge Service deliver a net economic benefit of £77m a year to the NHS.

This is the conclusion from a new HEE-commissioned report which was presented to the All-Party Parliamentary Group for Libraries on 2 November 2020.

The report, **Value Proposition: the Gift of Time** suggests that, if target staff ratios for librarians were to be achieved, that benefit could increase to £106m a year.

NHS funded Library and Knowledge Services in England



Libraries and librarians, and, in particular those working in specialist roles embedded within NHS clinical and managerial teams, make it possible for healthcare professionals to put knowledge and evidence into practice and give them the 'gift of time' which they can then spend with patients. This has both a direct and indirect effect on the care patients receive and a positive impact on NHS services as a whole.

KNOWLEDGESHARE Team

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NICE – COVID-19 Rapid Guideline

COVID-19 rapid guideline: reducing the risk of venous thromboembolism in over 16s with COVID-19
www.nice.org.uk/guidance/ng186

COVID-19 rapid guideline: vitamin D
www.nice.org.uk/guidance/ng187

COVID-19 rapid guideline: managing the long-term effects of COVID-19
www.nice.org.uk/guidance/ng188

NICE – Guideline

Osteoarthritis: care and management
www.nice.org.uk/guidance/cg177

Peripheral arterial disease: diagnosis and management
www.nice.org.uk/guidance/cg147

Low back pain and sciatica in over 16s: assessment and management
www.nice.org.uk/guidance/ng59

Human and animal bites: antimicrobial prescribing
www.nice.org.uk/guidance/ng184

Acute coronary syndromes
www.nice.org.uk/guidance/ng185

NICE – Quality Standard

Acute coronary syndromes in adults
www.nice.org.uk/guidance/qs68

NICE – Interventional Procedures

Low-energy contact X-ray brachytherapy (the Papillon technique) for locally advanced rectal cancer
www.nice.org.uk/guidance/ipg659

Swallowable gastric balloon capsule for weight loss
www.nice.org.uk/guidance/ipg684

NICE - Technology Appraisals

Guidance on the use of coronary artery stents
www.nice.org.uk/guidance/ta71

Drug-eluting stents for the treatment of coronary artery disease
www.nice.org.uk/guidance/ta152

Siponimod for treating secondary progressive multiple sclerosis
www.nice.org.uk/guidance/ta656

Carfilzomib for previously treated multiple myeloma
www.nice.org.uk/guidance/ta657

Isatuximab with pomalidomide and dexamethasone for treating relapsed and refractory multiple myeloma
www.nice.org.uk/guidance/ta658

Galcanezumab for preventing migraine
www.nice.org.uk/guidance/ta659

Darolutamide with androgen deprivation therapy for treating hormone-relapsed non-metastatic prostate cancer
www.nice.org.uk/guidance/ta660

Pembrolizumab for untreated metastatic or unresectable recurrent head and neck squamous cell carcinoma
www.nice.org.uk/guidance/ta661

Durvalumab in combination for untreated extensive-stage small-cell lung cancer (terminated appraisal)
www.nice.org.uk/guidance/ta662

Venetoclax with obinutuzumab for untreated chronic lymphocytic leukaemia
www.nice.org.uk/guidance/ta663

Liraglutide for managing overweight and obesity
www.nice.org.uk/guidance/ta664

Upadacitinib for treating severe rheumatoid arthritis
www.nice.org.uk/guidance/ta665

Atezolizumab with bevacizumab for treating advanced or unresectable hepatocellular carcinoma
www.nice.org.uk/guidance/ta666

Caplacizumab with plasma exchange and immunosuppression for treating acute acquired thrombotic thrombocytopenic purpura
www.nice.org.uk/guidance/ta667

Encorafenib plus cetuximab for previously treated BRAF V600E mutation-positive metastatic colorectal cancer
www.nice.org.uk/guidance/ta668

All NICE guidance is available from the NICE web site: www.nice.org.uk.

Support and resources to maximise uptake and use of evidence and guidance:

<https://www.nice.org.uk/about/what-we-do/into-practice>

NICE - Medical Technologies Guidance

Zio XT for detecting cardiac arrhythmias

www.nice.org.uk/guidance/mtg52

The PLASMA system for transurethral resection and haemostasis of the prostate

www.nice.org.uk/guidance/mtg53

Patient Safety

Guideline

Supporting surgeons after adverse events

Royal College of Surgeons (RCS); 2020.

<https://www.rcseng.ac.uk/standards-and-research/standards-and-guidance/good-practice-guides/supporting-surgeons-after-adverse-events/guide/>

[This evidence-based document builds on existing RCS England guidance (Good Surgical Practice and Duty of Candour) and aims to provide advice on how adverse events affect the surgical workforce and what might be done to minimise the impact of an adverse event on surgeons while supporting patient safety]

Managing and Leading People

Guideline

Raising and Escalating Concerns: A guide for nurses, nursing associates, students and health care support workers.

Royal College of Nursing (RCN); 2020.

<https://www.rcn.org.uk/professional-development/publications/rcn-raising-and-escalating-concerns-uk-pub-009425>

[This resource, aimed at NHS and independent sector nursing staff and student nurses, will support you to raise concerns wherever you work. It includes a decision making flowchart to help staff and students decide whether to raise a concern and when to escalate a concern.

Report

Building the NHS nursing workforce in England: Workforce pressure points.

The Health Foundation; 2020.

<https://www.health.org.uk/publications/reports/building-the-nhs-nursing-workforce-in-england>

[The central aim of this report is to examine the supply of nurses to the NHS in England. It covers: the scale and nature of the shortfall in nurses; the sources of nurse supply; recent trends and how these compare with the government's pledge for 50,000 extra nurses by the end of the parliament. The analysis shows that achieving the government's target will only be possible with sustained investment and policy action on domestic supply.]

Flexible working enablers in practice.

NHS Employers; 2020.

<https://www.nhsemployers.org/case-studies-and-resources/2020/10/flexible-working-enablers-in-practice>

[Read how Chesterfield Royal Hospital NHS Foundation Trust has committed to being a flexible employer and the actions they have undertaken to achieve this, framed under the key enablers to flexible working.]

Improving nurses' work-life balance.

NHS Employers; 2020.

<https://www.nhsemployers.org/case-studies-and-resources/2020/11/improving-nurses-work-life-balance>

[Read how Birmingham Women's and Children's NHS Foundation Trust implemented a team-based rostering system for nurses and improved their work-life balance. The trust began its work in 2017, with the ultimate goal to improve the retention of nurses and fulfil needs outlined by them for flexible working.]

Listening to the voices of staff with disabilities.

NHS Employers; 2020.

<https://www.nhsemployers.org/case-studies-and-resources/2020/11/listening-to-the-voices-of-staff-with-disabilities-case-study>

[In this case study University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT) talk about the rationale for setting up a staff disability network and the impact this has had on both staff and patients.]

Mend the gap: the independent review into gender pay gaps in medicine in England.

Department of Health and Social Care (DHSC); 2020.

<https://www.gov.uk/government/publications/independent-review-into-gender-pay-gaps-in-medicine-in-england>

[The Independent Review into Gender Pay Gaps in Medicine in England was commissioned by the Department of Health and Social Care in 2017. Chaired by Professor Dame Jane Dacre and led by Professor Carol Woodhams, the review takes a comprehensive approach to understanding the structural and cultural barriers affecting the female medical workforce.]

Supporting doctors throughout the second COVID-19 wave

NHS England & NHS Improvement; 2020.

<https://icmanaesthesiacovid-19.org/s/Second-wave-statement.pdf>

[Statement from the Chief Medical Officers for England, Northern Ireland, Scotland and Wales the GMC and the Academy of Medical Royal Colleges]

Education and Professional Practice

Report

Doctor, who? Shaping a Vision for 2040.

Academy of Medical Royal Colleges; 2020.

https://www.aomrc.org.uk/wp-content/uploads/2020/11/Changing_face_of_medicine_Doctor_who_1020.pdf

[A report from The Changing Face of Medicine Commission under the auspices of The Academy of Medical Royal Colleges. The impetus for the CFM initiative stems from the 2017 British Medical Association Presidential project that sought to visualise the future, prepare better for it and provide a sense of direction for so many who are disillusioned and feel constricted within their professional roles and environments.]

Health Education England mandate: 2020 to 2021.

Department of Health and Social Care (DHSC); 2020.

<https://www.gov.uk/government/publications/health-education-england-mandate-2020-to-2021>

[Sets out the government's objectives for Health Education England (HEE) to provide healthcare education and training. This mandate is an interim mandate for 2020 to 2021, which will be updated later in the year once the UK emerges from the COVID-19 crisis.]

The state of medical education and practice in the UK: 2020.

General Medical Council (GMC); 2020.

<https://www.gmc-uk.org/about/what-we-do-and-why/data-and-research/the-state-of-medical-education-and-practice-in-the-uk>

[This report finds that, despite the pressures caused by Covid-19, 89 per cent of doctors experienced at least one positive change during the pandemic. However, it found that black and minority ethnic doctors were less likely to share the positive experiences reported by many of their white counterparts.]

Finance and Procurement

Guideline

Increasing capacity framework.

NHS England; 2020.

<https://www.ardengemcsu.nhs.uk/icf>

[The Increasing Capacity Framework is designed to create a simple and efficient solution for those looking to procure a variety of clinical services from pre-approved providers. It allows a commissioner to put in place a contract with a Framework Provider by a direct award or by undertaking a mini competition. Trusts and CCGs can use it to purchase additional elective acute services from a range of pre-approved providers at prices equivalent to or lower than those they usually pay.]

Report

Access to new medicines in the English NHS.

The King's Fund; 2020.

<https://www.kingsfund.org.uk/publications/access-new-medicines-english-nhs>

[This briefing describes the processes that decide whether NHS services in England will pay for patients to receive new, patented drugs, from the initial development and testing of drugs, to the National Institute for Health and Care Excellence's (NICE's) appraisal of their effectiveness and negotiations between the NHS and pharmaceutical companies to agree prices. 30-minute read.]

Reforming the finances of the NHS.

The King's Fund; 2020.

<https://www.kingsfund.org.uk/publications/reforming-finances-NHS>

[Many decisions about the design of the financial system are taken at national level. However, as key elements of the future NHS evolve – integrated care systems (ICSs), new provider collaboratives, new forms of contracting – many of these decisions are also being taken at a more local level. This long read hopes to help those making decisions, at all levels, about the new financial system.]

Managing Knowledge and Information

Guideline

Information Governance Guidance.

NHSX; 2020.

<https://www.nhsx.nhs.uk/information-governance/guidance/>

[A compilation of guidance including GDPR, enabling remote working, comms with patient/service users, communication tools and personal health records.]

The eight Caldicott Principles.

National Data Guardian; 2020.

<https://www.gov.uk/government/publications/the-caldicott-principles>

[A new eighth Caldicott Principle makes clear that patients and service users should be informed about how their confidential information is used. It has been developed as part of the National Data Guardian for Health and Social Care's outcomes from the NDG's public consultation. There will be new guidance in 2021 to define Caldicott Guardians' roles and responsibilities and how their organisations should support them.]

Report

[Digital Inclusion in Health and Care: Lessons learned from the NHS Widening Digital Participation Programme \(2017-2020\).](#)

Good Things Foundation; 2020.

<https://www.goodthingsfoundation.org/research-publications/digital-inclusion-health-and-care-lessons-learned-nhs-widening-digital>

[The NHS Widening Digital Participation programme completed in March 2020 - the month when the country went into lockdown following the outbreak of coronavirus. Since then, the national and community response to COVID19 has revealed digital as a universal need. Digital participation has become essential for our lives, for our health and wellbeing. This new report brings together the lessons learned, practical tips and recommendations from the Widening Digital Participation programme.]

Patient Experience

Evidence-Based Summary

[Managing medication: older people and their families need support to deal with the hidden burden of medication.](#)

NIHR Evidence; 2020.

<https://evidence.nihr.ac.uk/alert/managing-medication-older-people-need-support-hidden-burden/>

[NIHR Alert. The MEMORABLE (Medication Management in Older people: Realist Approaches Based on Literature and Evaluation) study aimed to understand the difficulties patients have in managing medication. One of the key findings was that medication management places a large burden on older people and family carers and that this burden is often hidden. The study recommends that doctors, pharmacists and nurses consider burden when prescribing or changing medicines.]

Report

[Inadmissible Evidence: the double standard in evidence-based practice, and how it harms patients.](#)

Patient Experience Library; 2020.

<http://pexlib.net/?227119=>

[The report points to a double standard which takes medical research seriously, while dismissing the experiences of patients as "anecdotal". We call for steps that would strengthen evidence-based practice and ensure that the patient voice is better heard. These include better research prioritisation, improved analytical tools and a professional learning infrastructure for patient experience work.]

Toolkit

[The RCEM End of Life Care Toolkit](#)

Royal College of Emergency Medicine (RCEM); 2020.

https://www.rcem.ac.uk/docs/RCEM%20Guidance/RCEM_End_of_Life_Care_Toolkit_December_2020.pdf

[The emergency department provides some unique challenges to the delivery of end of life care, not least an environment which has been described as volatile, uncertain, complex and ambiguous. The need for staff to constantly react to changing circumstances within the department, often of a time critical nature, adds another layer of challenge.]

Service Design and Commissioning

Guideline

[Advancing mental health equalities strategy](#)

NHS England (NHSE); 2020.

<https://www.england.nhs.uk/publication/advancing-mental-health-equalities-strategy/>

[This strategy summarises the core actions that we all need to take to bridge the gaps for communities fairing worse than others in mental health services. It is also an important element of the overall NHS plans to accelerate action to address health inequalities in the next stage of responding to COVID-19.]

Integrating care: next steps to building strong and effective integrated care systems across England.

NHS England & NHS Improvement; 2020.

<https://www.england.nhs.uk/wp-content/uploads/2020/11/261120-item-5-integrating-care-next-steps-for-integrated-care-systems.pdf>

[A consultation document setting out proposals for operational direction of travel for Integrated Care Systems. It opens up a discussion with the NHS and its partners about how ICSs could be embedded in legislation or guidance. Consultation closes 8 January 2021.]

Transformation of urgent and emergency care: models of care and measurement

NHS England & NHS Improvement; 2020.

https://www.england.nhs.uk/wp-content/uploads/2020/12/Transformation-of-urgent-and-emergency-care_-_models-of-care-and-measurement-report_Final.pdf

[The NHS National Medical Director was asked in June 2018 to review access standards to ensure that they measure what matters most both to patients and clinically. Building on The NHS Long Term Plan, we set out here the next steps to transform urgent and emergency care for patients, drawing on the learning from the coronavirus pandemic and building on the findings of the Clinically-led Review of Standards (CRS).]

Evidence-Based Summary

The Vanguard programme to integrate health and social care achieved some of its aims but took time to show an effect.

NIHR Evidence; 2020.

<https://evidence.nihr.ac.uk/alert/vanguard-integrated-health-social-care-took-time-to-achieve-aims/>

[NIHR Alert. This research is the first evaluation of integrated care models that were piloted across England between 2015 and 2018. Two models focused on the general population; another on care homes. The NHS England programme slowed the rise in emergency admissions to hospital among care home residents but did not achieve its other aims.]

Report

An introduction to population health management.

NHS Confederation; 2020.

<https://www.nhsconfed.org/resources/2020/11/introduction-to-population-health-management>

[This primer provides an introduction to population health management for primary care networks (PCNs). It answers key questions intended to guide PCNs' thinking and practice. It also showcases examples of how primary care networks have adopted the approach.]

Building common purpose: Learning on engagement and communications in integrated care systems.

NHS Confederation; 2020.

<https://www.nhsconfed.org/resources/2020/12/building-common-purpose-engagement-communications-ics>

[A group of communications leaders, led by the NHS Confederation, has examined local integrated care systems that have been successful in communicating and engaging across local communities, staff and the full range of partners that comprise their systems. This follows research we published earlier this year into the pandemic and how it has changed communications practice.]

Community pharmacy explained.

The King's Fund; 2020.

<https://www.kingsfund.org.uk/publications/community-pharmacy-explained>

[Community pharmacy is a critical part of primary care in England, but its role and relationship to the wider NHS is often poorly understood. This explainer looks at the community pharmacy sector in England, explaining how pharmacies are contracted and funded, the types of services they provide and future trends in the sector.]

Early evidence of the development of primary care networks in England: a rapid evaluation study.

Health Services Management Centre; 2020.

<https://www.birmingham.ac.uk/news/latest/2020/11/new-research-on-primary-care-networks-reports-significant-progress-and-challenges-ahead.aspx>

[This report finds that primary care networks need to increase the engagement of GP practices and wider primary care teams, and strengthen their leadership and management, to become firmly established to meet the challenges ahead.]

Health Leaders Panel: the views of healthcare leaders on the future of health and care.

NHS Confederation; 2020.

<https://www.nhsconfed.org/resources/2020/11/health-leaders-panel-2020-survey>

[This report provides a digest of the findings from our inaugural survey of the Health Leaders Panel. The panel draws together more than 100 healthcare leaders to provide an expert view on the state of the health and care system in England.]

Improving flow along care pathways: Learning from the Flow Coaching Academy programme.

The Health Foundation; 2020.

<https://www.health.org.uk/publications/reports/improving-flow-along-care-pathways>

[The Health Foundation has been supporting efforts to improve the flow of patients along care pathways for more than 10 years. This has culminated in a UK-wide programme, the Flow Coaching Academy (FCA), led by the Sheffield Teaching Hospitals NHS Foundation Trust. This learning report is based on the formative FCA evaluation completed in 2019 by RAND Europe and interviews with FCA programme leads during the COVID-19 pandemic.]

Primary care networks explained.

The King's Fund; 2020.

<https://www.kingsfund.org.uk/publications/primary-care-networks-explained>

[For primary care networks moving beyond the immediate challenges of Covid-19, there is also a need to maximise the value of their spending and used their income effectively to develop and strengthen the network and ensure their offer matches local patient need.]

The future of integrated care in England: Health leaders' views on how to make system working a success.

NHS Confederation; 2020.

<https://www.nhsconfed.org/resources/2020/11/the-future-of-integrated-care-in-england>

[To support the development of new policy and legislation relating to the future of systems, the NHS Confederation has undertaken an extensive six-month engagement process with our members across England. This report outlines the key findings from this engagement and sets out recommendations for the changes to national policy and legislation.]

The next steps towards integrated care.

The King's Fund; 2020.

<https://www.kingsfund.org.uk/publications/next-steps-towards-integrated-care>

[This explainer describes the model in the publication Integrating care: next steps to building strong and effective integrated care systems across England, and sets out some of the cross-cutting themes within it and describes the associated proposals for legislative change. It concludes by identifying some of the remaining questions that will determine how this proposed package will work.]

The remote care revolution during Covid-19: What does the rapid adoption of digital technology for delivering NHS care mean for patients?

Quality Watch; 2020.

<https://www.nuffieldtrust.org.uk/files/2020-12/QWAS/digital-and-remote-care-in-covid-19.html#1>

[This scrolling data story analyses the rapid adoption, during the pandemic, of digital technology for delivering NHS care.]

Understanding the impact of Brexit on health in the UK.

Nuffield Trust; 2020.

<https://www.nuffieldtrust.org.uk/research/understanding-the-impact-of-brexit-on-health-in-the-uk>

[This report, commissioned by the Health Foundation, maps out the health areas that will be affected by exiting the EU, identifies both well-known and often overlooked policy issues and dilemmas, lays out their possible impacts, and describes how they could be tracked over time.]

Vertical Integration of GP Practices with Acute Hospitals in England and Wales: Rapid Evaluation.

RAND Europe; 2020.

https://www.rand.org/pubs/external_publications/EP68354.html

[This report, commissioned by the National Institute for Health Research and undertaken together with the Health Services Management Centre at the University of Birmingham and the Health Services Research Group at the University of Cambridge, evaluates what has led to this kind of vertical integration in England and Wales, how it has been implemented, and with what consequences.]

What is social prescribing?

The King's Fund; 2020.

<https://www.kingsfund.org.uk/publications/social-prescribing>

[This explainer was originally written by David Buck and published in February 2017. It was updated in November 2020 by Leo Ewbank. Covid-19 has seen the voluntary and community sector's income fall, while the need for the sector has increased. The policy support for social prescribing must be accompanied by adequate funding for those organisations, primarily local charities, receiving social referrals if it is to be sustainable in the long term.]

Measuring Outcomes and Performance

Evidence-Based Summary

GIRFT best practice library.

Getting it Right First Time (GIRFT); 2020.

<https://www.gettingitrightfirsttime.co.uk/best-practice-library-access-request/>

[The Best Practice Library brings together, in one place, the knowledge of best practice gained through our GIRFT deep-dive visits to hospitals and clinically-led national reports. The Best Practice Library will cover 40 specialties and cross-cutting themes, and will signpost healthcare providers and healthcare professionals to established best practice, support for implementation and an evidence base to support the case for change. Includes documents to support services in the COVID-19 era.]

Report

Elective care in England: Assessing the impact of COVID-19 and where next.

The Health Foundation; 2020.

<https://www.health.org.uk/publications/long-reads/elective-care-in-england-assessing-the-impact-of-covid-19-and-where-next>

[While the pandemic's full impact on access to elective care in England is still emerging, this long read uses routine data on 18-week waiting times for consultant-led elective care to look at what we know so far. Every day that activity lags behind demand, the backlog will continue to grow. 14 minute read]

Conducting Research

Evidence-Based Summary

INCLUDE Roadmap can help researchers make trials more inclusive.

NIHR Evidence; 2020.

<https://evidence.nihr.ac.uk/alert/include-roadmap-can-help-researchers-make-trials-more-inclusive/>

[NIHR Alert. Many groups – such as women, older people and ethnic minorities – are under-served in clinical trials. An NIHR project aims to ensure that health research includes the people who most need it. The project is called Innovations in Clinical Trial Design and Delivery for the Under-served (INCLUDE); the current research formed the first phase of the project. INCLUDE's advisory group created a plan, or Roadmap, and made recommendations for improving access to clinical research.]

Report

European medicines agencies network strategy to 2025: Protecting public health at a time of rapid change.

European Medicines Agency; 2020.

<https://www.ema.europa.eu/en/news/joint-strategy-sets-direction-ema-eu-medicines-regulatory-agencies-2025>

[The strategy details how the European medicines regulatory network can enable the supply of safe and effective medicines in the face of challenges posed by ever-accelerating developments in medicine, digital technologies, as well as emerging health threats, such as the COVID-19 pandemic.]

Health Facility Environment

Report

Climate change and sustainability: the health service and net zero.

British Medical Association (BMA); 2020.

<https://www.bma.org.uk/media/3464/bma-climate-change-and-sustainability-paper-october-2020.pdf>

[This report states that with the NHS contributing up to 5 per cent of the UK's total carbon emissions, increased sustainability and changes to working practices are vital if the health of future generations is to be protected. The health service has a responsibility to its patients to reduce its own carbon footprint and to strive for net zero emissions, if it is to take a leading role in combating the harmful effects of climate change.]

Putting sustainability at the heart of an NHS reset.

NHS Confederation; 2020.

<https://www.nhsconfed.org/resources/2020/12/putting-sustainability-at-the-heart-of-an-nhs-reset>

[This briefing follows a roundtable discussion in September 2020, held in partnership with Boehringer Ingelheim and attended by leaders in the health and environmental fields, on how healthcare can improve its approach to climate issues.]

Innovation

Report

An Innovator's Guide to the NHS: Navigating the barriers to digital health.

Boehringer Ingelheim (BI); 2020.

<https://www.boehringer-ingelheim.co.uk/about-us/our-company-uk/digital-innovation>

[Using examples from Academic Health Science Networks (AHSNs), experts in digital and data and successful health care innovators, this guide provides an overview on how to navigate some of the barriers to bringing a new digital health product to market.]

Building and enabling digital teams.

NHS Providers; 2020.

<https://nhsproviders.org/building-and-enabling-digital-teams>

[In this guide we will be exploring what a good digital team looks like, how to build one, and where to start in order to support boards who want to build their digital capability.]

Digital transformation in the NHS.

Public Accounts Committee; 2020.

<https://publications.parliament.uk/pa/cm5801/cmselect/cmpublic/680/68002.htm>

[This report finds that the Department for Health and Social Care has still not achieved its target of a 'paperless NHS', and that none of the components essential to successful delivery of the digital ambition for the NHS are in place.]

Public Health

Guideline

Behaviour change: guides for national and local government and partners.

Public Health England (PHE); 2020.

<https://www.gov.uk/government/publications/behaviour-change-guide-for-local-government-and-partners>

[Based on the Behaviour Change Wheel framework, these guides are for national and local government and partners, such as the NHS, emergency services and third sector, to support people to have healthier behaviours.]

COVID-19: vaccination programme guidance for healthcare practitioners.

Public Health England (PHE); 2020.

www.gov.uk/government/publications/covid-19-vaccination-programme-guidance-for-healthcare-practitioners

[Guidance for healthcare practitioners about the coronavirus (COVID-19) vaccination programme.]

Digital inclusion in mental health - a guide to help increase choice and improve access to digital mental health services

NHS Confederation; 2020.

<https://www.nhsconfed.org/resources/2020/12/digital-inclusion-guide>

[This guide aims to help mental health service providers ensure all individuals in need of mental health services have choice in the care they receive, and nobody is excluded due to a lack of digital access, confidence or skills.]

Encouraging healthy behaviour.

British Psychological Society (BPS); 2020.

<https://www.bps.org.uk/coronavirus-resources/professional/healthy-behaviour>

[The BPS has published six new guidance documents to help health officials to encourage people to adopt healthy behaviours during the pandemic as it enters its second wave. They focus on alcohol consumption, eating behaviour, physical activity, sedentary behaviour, sleep hygiene and stopping smoking.]

Improving outdoor air quality and health: review of interventions.

Public Health England (PHE); 2020.

<https://www.gov.uk/government/publications/improving-outdoor-air-quality-and-health-review-of-interventions>

[A comprehensive overview of actions that national and local government and others can take to improve air quality and health.]

Mask use in the context of COVID-19.

World Health Organization (WHO); 2020.

[https://www.who.int/publications/i/item/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-\(2019-ncov\)-outbreak](https://www.who.int/publications/i/item/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-(2019-ncov)-outbreak)

[This document provides updated guidance on mask use in health care and community settings, and during home care for COVID-19 cases. It is intended for policy makers, public health and infection prevention and control professionals, health care managers and health workers. Updated 1 December 2020.]

Supporting public health: children, young people and families.

Public Health England (PHE); 2020.

<https://www.gov.uk/government/publications/commissioning-of-public-health-services-for-children>

[Documents to support local authorities and providers in commissioning and delivering maternal and child public health services from preconception up to 24 years.]

WHO guidelines on physical activity and sedentary behaviour.

World Health Organization (WHO); 2020.

<https://www.who.int/publications/i/item/9789240015128>

[The WHO Guidelines on physical activity and sedentary behaviour provide evidence-based public health recommendations for children, adolescents, adults and older adults, including pregnant and postpartum women, and people living with chronic conditions or disability, on the amount of physical activity (frequency, intensity and duration) required to offer significant health benefits and mitigate health risks.]

Whole systems approach to obesity.

Public Health England (PHE); 2020.

<https://www.gov.uk/government/publications/whole-systems-approach-to-obesity>

[A guide and set of resources to support local authorities with implementing a whole systems approach to address obesity and promote a healthy weight.]

Therapeutics and COVID-19: living guideline.

World Health Organization (WHO); 2020.

<https://www.who.int/publications/i/item/therapeutics-and-covid-19-living-guideline>

[Recommendations: The panel made a conditional recommendation against the use of remdesivir in hospitalized patients with COVID-19, regardless of disease severity. This guidance adds to recommendations published in the previous version: a strong recommendation for systemic corticosteroids in patients with severe and critical COVID-19, and a conditional recommendation against systemic corticosteroids in patients with non-severe COVID-19.]



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