

# **Current Awareness Bulletin November 2024**

## **Public Health**

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## Public Health Reports Digest

November 2024

Welcome to the latest Public Health Reports Digest compiled by NHS Fife Library & Knowledge Service which highlights recent publications and journal articles which we hope you find of interest.

Some of the items highlighted in this digest are available with an ATHENS username and password only. NHS staff and partners can obtain an account by registering on the NHS Scotland Knowledge Network (TKN) at [www.knowledge.scot.nhs.uk](http://www.knowledge.scot.nhs.uk)

### ***In the Media, Recent Reports, and From the Journals***

Items from the media, recently published reports and articles from the journals are listed in topic order. CTRL + Click on the links below to view items on the listed topic.

<a href="#">Alcohol</a>	<a href="#">Health &amp; Social Care</a>	<a href="#">Obesity &amp; Healthy Eating</a>	<a href="#">Public Health</a>
<a href="#">Cancer</a>	<a href="#">Health Inequalities</a>	<a href="#">Older People</a>	<a href="#">Sexual Health</a>
<a href="#">Children &amp; Young People</a>	<a href="#">Health Protection</a>	<a href="#">Pharmacy</a>	<a href="#">Smoking</a>
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<a href="#">Drugs</a>	<a href="#">Mental Wellbeing</a>	<a href="#">Population Statistics</a>	<a href="#">Women's &amp; Infant Health</a>

## Alcohol

### Drink Spiking Report

Drink Aware, 20<sup>th</sup> November 2024

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“This report presents findings from research carried out over a two-year period by Drinkaware and Anglia Ruskin University.”

Available: <https://www.drinkaware.co.uk/research/research-and-evaluation-reports/drink-spiking-report/>

### **What is methanol and how does it affect the body?**

BBC News, 22<sup>nd</sup> November 2024

“Travellers are being warned of the dangers of methanol poisoning after six tourists to Laos have died. Methanol is an industrial chemical found in antifreeze and windscreen washer fluid.”

Available: <https://www.bbc.co.uk/news/articles/cn42rnp4n9jo>

## **Cancer**

### **Systemic Anti-Cancer Therapy activity**

Public Health Scotland, 7<sup>th</sup> November 2024

“This release by Public Health Scotland (PHS) reports on systemic anti-cancer therapy (SACT) activity across NHS services in Scotland. Treatment activity includes the weekly number of appointments and the monthly and annual number of appointments and patients receiving treatment.”

Available: <https://publichealthscotland.scot/publications/systemic-anti-cancer-therapy-sact-activity/systemic-anti-cancer-therapy-activity-7-november-2024/>

### **Thousands of lung cancer cases detected in lorry clinics**

BBC News, 8<sup>th</sup> November 2024

“A lung-cancer screening programme that sees mobile clinics visit local communities in England has detected the disease earlier in more than 5,000 people. Specially adapted lorries have been visiting supermarkets, football grounds and town centres in areas with the highest rates of the disease, as part of the biggest initiative of its kind in NHS history.”

Available: <https://www.bbc.co.uk/news/articles/cdrdkl2kl32o>

### **Cancer Medicines Outcomes Programme Public Health Scotland (CMOP-PHS) report**

Public Health Scotland, 19<sup>th</sup> November 2024

“The aim of this work was to capture real-world evidence from Scotland on the use of trametinib for recurrent or progressive low grade serous (LGS) ovarian cancer after at least one line of platinum-based chemotherapy.”

Available: <https://publichealthscotland.scot/publications/cancer-medicines-outcomes-programme-public-health-scotland-cmop-phs-report/cancer-medicines-outcomes-programme-public-health-scotland-cmop-phs-report-for-the-national-cancer-medicines-advisory-group-ncmag-19-november-2024/>

## Children & Young People

### **PHS and YouthLink Scotland commit to working together for children and young people**

Public Health Scotland, 11<sup>th</sup> November 2024

“Public Health Scotland and YouthLink Scotland have issued a joint statement committing to working together to improve the long-term health outcomes of Scotland’s children and young people.”

Available: <https://publichealthscotland.scot/news/2024/november/phs-and-youthlink-scotland-commit-to-working-together-for-children-and-young-people/>

## Climate change and Environment

### **Policy levers for a net zero NHS: four priorities for the future**

Health Foundation, 22<sup>nd</sup> November 2024

“Transitioning to low-carbon health care is essential for the NHS to respond to the health emergency of climate change and meet its 2045 net zero target in England.”

Available: <https://www.health.org.uk/publications/long-reads/policy-levers-for-a-net-zero-nhs-four-priorities-for-the-future>

## Covid-19

### **Viral respiratory diseases (including influenza and COVID-19) in Scotland surveillance report**

Public Health Scotland, 7<sup>th</sup> November 2024

“This weekly release by Public Health Scotland presents epidemiological information on respiratory infection activity, including COVID-19, across Scotland. Due to the dynamic nature of all datasets included in this report, figures contained within each update may be subject to change in future releases.”

Available: <https://publichealthscotland.scot/publications/viral-respiratory-diseases-including-influenza-and-covid-19-in-scotland-surveillance-report/viral-respiratory-diseases-including-influenza-and-covid-19-in-scotland-surveillance-report-7-november-2024/>

### **NHS urges vulnerable to get Covid and flu vaccines**

BBC News, 11<sup>th</sup> November 2024

“People in clinically at-risk groups are being urged to get their free Covid-19 and flu vaccinations this winter. NHS Cambridgeshire and Peterborough said only 27% of those eligible for the Covid vaccine, and 35% of those eligible for a flu vaccine in the two areas - plus Royston, in Hertfordshire - had come forward.”

Available: <https://www.bbc.co.uk/news/articles/ce893d41f550>

## Dental Health

N/A

## Drugs

### **Guidance on the management of clusters of drug related harms**

Public Health Scotland, 6<sup>th</sup> November 2024

Available: <https://publichealthscotland.scot/publications/guidance-on-the-management-of-clusters-of-drug-related-harms/guidance-on-the-management-of-clusters-of-drug-related-harms-version-1/>

## Health & Social Care

### **Kinship care: assessment framework 2024**

Scottish Government, 1<sup>st</sup> November 2024

“Designed to assist social work practitioners to undertake a comprehensive assessment of a kinship carer within Scotland. It is intended to support practitioners as an accessible assessment tool to assess a kinship carers' individual needs.”

Available: <https://www.gov.scot/publications/kinship-care-assessment-framework-2024/>

### **Audit of critical care in NHSScotland Reporting on 2023**

Public Health Scotland, 5<sup>th</sup> November 2024

“This release by Public Health Scotland (PHS) and the Scottish Intensive Care Society Audit Group (SICSAG) provides a summary of the activity, quality indicators, interventions and outcomes of critical care services in NHSScotland during 2023. Critical care units are specialist hospital wards for the most severely ill or injured patients.”

Available: <https://www.publichealthscotland.scot/publications/audit-of-critical-care-in-nhsscotland/audit-of-critical-care-in-scotland-2024-reporting-on-2023/>

### **Out of hours primary care services in Scotland January 2017 to September 2024**

Public Health Scotland, 5<sup>th</sup> November 2024

“This release by Public Health Scotland (PHS) provides new figures on Primary Care Out of Hours (PC OOH) service activity for the month of September 2024. Trend data includes COVID-19 Hub/ Assessment centre activity from March 2020 to March 2022, as this was managed by the PC OOH services in the out of hours period. Unplanned Accident and Emergency (A&E) attendances during the out of hours period are also presented up to September 2024. PC OOH data is missing for August - September 2022 due to a system outage.”

Available: <https://www.publichealthscotland.scot/publications/out-of-hours-primary-care-services-in-scotland/out-of-hours-primary-care-services-in-scotland-january-2017-to-september-2024/>

### **Is Care Affordable for Older People?**

Any comments or queries please contact [fife.libraries2@nhs.scot](mailto:fife.libraries2@nhs.scot)

OECD, 2024

Available: [https://www.oecd.org/content/dam/oecd/en/publications/reports/2024/10/is-care-affordable-for-older-people\\_43625a72/450ea778-en.pdf](https://www.oecd.org/content/dam/oecd/en/publications/reports/2024/10/is-care-affordable-for-older-people_43625a72/450ea778-en.pdf)

### **‘I can’t see myself doing this forever’: younger people’s experiences of working in adult social care**

King’s Fund, 12<sup>th</sup> November 2024

Available: <https://www.kingsfund.org.uk/insight-and-analysis/long-reads/younger-people-experiences-adult-social-care>

### **Social care commissions: looking back to move forward**

The Health Foundation, 15<sup>th</sup> November 2024

“Adult social care in England desperately needs reform and investment. Amid reports the government is considering a new Royal Commission to establish cross-party consensus on social care reform, we look back at the approaches and proposals of previous similar reviews.”

Available: <https://www.health.org.uk/publications/long-reads/social-care-commissions-looking-back-to-move-forward>

## **Health Inequalities**

### **The real inheritance: UK living standards crisis at October Budget**

Joseph Rowntree Foundation, 25<sup>th</sup> October 2024

Available: <https://www.jrf.org.uk/cost-of-living/the-real-inheritance-uk-living-standards-crisis-at-october-budget>

### **Alternative voice: inclusive decision-making empowering Dundee’s community**

Joseph Rowntree Foundation, 6<sup>th</sup> November 2024

“What key aspects and principles make this community’s participatory approach successful? Dundee people with lived experience of poverty share their thoughts.”

Available: <https://www.jrf.org.uk/power-and-participation/alternative-voice-inclusive-decision-making-empowering-dundees-community>

## Health Protection

### **Guidance on prevention and control of Clostridioides difficile Infection (CDI) in community-based settings in Scotland**

Public Health Scotland, 4th November 2024

“This guidance is for health protection professionals only and supports the community detection and management of Clostridioides difficile infection (CDI) in Scotland. Community-based settings covered by this guidance include situations where care is provided to individuals at home or other-non secondary care settings.”

Available: <https://publichealthscotland.scot/publications/guidance-on-prevention-and-control-of-clostridioides-difficile-infection-cdi-in-community-based-settings-in-scotland/guidance-on-prevention-and-control-of-clostridioides-difficile-infection-in-community-based-settings-in-scotland-version-1/#section-1-1>

### **Scottish Vaccine Update Issue 84**

Public Health Scotland, 15<sup>th</sup> November 2024

Available: <https://publichealthscotland.scot/publications/scottish-vaccine-update/scottish-vaccine-update-issue-84/#section-1>

### **Flu vaccine information for poultry workers and bird handlers**

Public Health Scotland, 15<sup>th</sup> November 2024

Available: <https://publichealthscotland.scot/publications/flu-vaccine-information-for-poultry-workers-and-bird-handlers/>

### **Scotland's 5-year Vaccination and Immunisation Framework and Delivery Plan**

Public Health Scotland, 21st November 2024

“This publication and its summary provide clear direction on our collective mission, vision, goals and priority areas for the Scottish Vaccination and Immunisation Programme (SVIP).”

Available: <https://publichealthscotland.scot/publications/scotlands-5-year-vaccination-and-immunisation-framework-and-delivery-plan/>



## Medical Conditions

### 'Don't delay' making stroke 999 call – NHS

BBC News, 4<sup>th</sup> November 2024

“A new campaign by the NHS in England is encouraging people who experience the first sign of a stroke not to delay calling 999, after analysis of calls made in the last year showed the average time to do so was nearly an hour and a half.”

Available: <https://www.bbc.co.uk/news/articles/ce9g810m8kxo>

### How optogenetics can put the brakes on epilepsy seizures

Science Daily, 15<sup>th</sup> November 2024

“In what could one day become a new treatment for epilepsy, researchers have used pulses of light to prevent seizure-like activity in neurons.”

Available: <https://www.sciencedaily.com/releases/2024/11/241115124741.htm>

Reference: John P. Andrews, Jinghui Geng, Kateryna Voitiuk et al. **Multimodal evaluation of network activity and optogenetic interventions in human hippocampal slices.** *Nature Neuroscience*, 2024; DOI: [10.1038/s41593-024-01782-5](https://doi.org/10.1038/s41593-024-01782-5)

### Atlas of cells transforms understanding of human body

BBC News, 20<sup>th</sup> November 2024

“An ambitious plan to map all 37 trillion cells in the human body is transforming understanding of how our bodies work, scientists report.”

Available: <https://www.bbc.co.uk/news/articles/c23829l8kzro>

### First new asthma attack treatment in 50 years

BBC News, 28<sup>th</sup> November 2024

“Researchers say they have found the first new treatment for asthma attacks in 50 years. The injection dampens part of the immune system that can go into overdrive in flare-ups of both asthma and a lung condition called chronic obstructive pulmonary disease (COPD).”

Available: <https://www.bbc.co.uk/news/articles/cev93777g79o>

## Mental Wellbeing

### **Supported Decision Making: A good practice guide**

Mental Welfare Commission for Scotland, October 2024

Available: <https://www.mwcscot.org.uk/sites/default/files/2024-10/Supported%20Decision%20Making%202024.pdf>

### **Bill to ban police cell mental health detentions**

BBC News, 6<sup>th</sup> November 2024

“Police will no longer be able to hold people who are being detained for mental-health reasons in police cells, under government plans for England and Wales.”

Available: <https://www.bbc.co.uk/news/articles/c78d02zm3yno>

## Obesity & Healthy Eating

### **Dieting: Cause of the yo-yo effect deciphered**

Science Daily, 18<sup>th</sup> November 2024

“Researchers have discovered a mechanism behind the yo-yo effect: fat cells have a memory that is based on epigenetics.”

Available: <https://www.sciencedaily.com/releases/2024/11/241118125210.htm>

Reference: Laura C. Hinte, Daniel Castellano-Castillo, Adhideb Ghosh, et al. **Adipose tissue retains an epigenetic memory of obesity after weight loss.** *Nature*, 2024;

DOI: [10.1038/s41586-024-08165-7](https://doi.org/10.1038/s41586-024-08165-7)

## Older People

### **Listening for early signs of Alzheimer's disease**

Science Daily, 20<sup>th</sup> November 2024

“In-ear microphones could monitor sounds of eye movements for neurological decay.”

Available: <https://www.sciencedaily.com/releases/2024/11/241120122700.htm>

## Pharmacy

N/A

## Physical Activity

### **Five minutes of extra exercise a day could lower blood pressure**

Science Daily, 6<sup>th</sup> November 2024

“New research suggests that adding a small amount of physical activity -- such as uphill walking or stair-climbing -- into your day may help to lower blood pressure.”

Available: <https://www.sciencedaily.com/releases/2024/11/241106190302.htm>

Reference: Joanna M. Blodgett, Matthew N. Ahmadi, et al. **Device-Measured 24-Hour Movement Behaviors and Blood Pressure: A 6-Part Compositional Individual Participant Data Analysis in the ProPASS Consortium.** *Circulation*, 2024;

DOI: [10.1161/CIRCULATIONAHA.124.069820](https://doi.org/10.1161/CIRCULATIONAHA.124.069820)

## Population Statistics

### **Cancelled planned operations Month Ending 30 September 2024**

Public Health Scotland, 5<sup>th</sup> November 2024

“This release by Public Health Scotland (PHS) provides a monthly update on the number of operations in NHSScotland that were cancelled the day before or on the day of treatment. Please note that data were previously submitted for the specialty of obstetrics by several NHS boards in error.”

Available: <https://www.publichealthscotland.scot/publications/cancelled-planned-operations/cancelled-planned-operations-month-ending-30-september-2024/>

### **Delayed discharges in NHSScotland monthly Figures for September 2024**

Public Health Scotland, 5th November 2024

“A delayed discharge occurs when a hospital patient who is clinically ready for discharge from inpatient hospital care continues to occupy a hospital bed beyond the date they are ready for discharge.”

Available: <https://www.publichealthscotland.scot/publications/delayed-discharges-in-nhsscotland-monthly/delayed-discharges-in-nhsscotland-monthly-figures-for-september-2024/#section-1>

### **Accident and emergency**

Public Health Scotland, November 2024

Available: <https://publichealthscotland.scot/healthcare-system/urgent-and-unscheduled-care/accident-and-emergency/overview/>

## **Public Health**

**Public Health Scotland’s repository of Scottish Covid-19 research is now live on the PHS website.**

Its aim is to centralise, manage and promote Scottish Covid-19 research from a range of sources to a wider national and international audience. It will increase discoverability and visibility of research, and will promote knowledge sharing and reuse, creating a one-stop shop for policymakers and researchers.

<https://www.publichealthscotland.scot/our-areas-of-work/covid-19/covid-19-research-repository/>

### **UK to create world-first 'early warning system' for pandemics**

GOV.UK, 5<sup>th</sup> November 2024

“The government is set to partner with Oxford Nanopore, which uses technology to rapidly diagnose a range of cancers, along with rare and infectious diseases.”

Available: <https://www.gov.uk/government/news/uk-to-create-world-first-early-warning-system-for-pandemics>

### **Retention Looking after the GPs of today to safeguard the workforce of tomorrow**

Royal College of General Practitioners, October 2024

Available: <https://www.rcgp.org.uk/getmedia/69bbaeda-c8b5-4bcb-8893-67da10b51ed1/RCGP-Retention-Report-Oct-2024.pdf>

### **NICE statement of intent for artificial intelligence (AI)**

NICE, 14<sup>th</sup> November 2024

Available: <https://www.nice.org.uk/corporate/ecd12/chapter/purpose-of-this-document>

### **How assisted dying has spread across the world and how laws differ**

BBC News, 27<sup>th</sup> November 2024

“For the first time in almost a decade, MPs will vote on Friday on giving terminally ill adults in England and Wales the right to have an assisted death. While it’s something that remains illegal in most countries, more than 300 million people now live in countries which have legalised assisted dying.”

Available: <https://www.bbc.co.uk/news/articles/c1dpwg1lq9yo>

### **What is assisted dying and how could the law change?**

BBC News, 30<sup>th</sup> November 2024

“MPs have voted in favour of a bill to legalise assisted dying in England and Wales. The bill will face months of further scrutiny and votes in the Commons and Lords before the proposed changes could become law.”

Available: <https://www.bbc.co.uk/news/uk-47158287>

## **Sexual Health**

N/A

## **Smoking**

### **Pub garden smoking ban dropped from government plans (England)**

BBC News, 5<sup>th</sup> November 2024

“The government is to ditch plans to ban smoking in the gardens of pubs and restaurants in England.”

Available: <https://www.bbc.co.uk/news/articles/c79ze8gv1w4o>

### **Smoking ban introduced to protect children and most vulnerable**

GOV.UK , 5<sup>th</sup> November 2024

“The government will introduce plans for tougher action to protect people from the harms of smoking in the Tobacco and Vapes Bill today.”

Available: <https://www.gov.uk/government/news/smoking-ban-introduced-to-protect-children-and-most-vulnerable>

### **Vaping and smoking among Scottish adolescents**

Scottish Government, 5<sup>th</sup> November 2024

“This report presents results for Scotland from the ASH SmokeFree GB Youth survey to provide a picture of underage smoking and vaping behaviours.”

Available: <https://www.gov.scot/publications/vaping-smoking-scottish-adolescents/>

### **NHS offers 'improved' stop smoking pill**

BBC News, 12<sup>th</sup> November 2024

“The NHS will start offering an "improved" stop smoking pill to tens of thousands of people in England who want to quit cigarettes. Varenicline, a daily tablet given over a few months, is as effective as vapes and more effective than nicotine replacement gum or patches, NHS England says.”

Available: <https://www.bbc.co.uk/news/articles/cq520wy6nplo>

## **Suicide & Self Harm**

N/A

## **Women’s & Infant Health**

### **Sugar in first 1,000 days linked to poor health later**

BBC News, 31<sup>st</sup> October 2024

“Cutting sugar in the first 1,000 days of a baby's life - from conception to the age of two - appears to reduce the risk of developing significant health issues in adult life, say researchers.”

Available: <https://www.bbc.co.uk/news/articles/c93qlyp42iyo>

### **Vaccinations in Pregnancy - Best for babies and parents**

Public Health Scotland, 6<sup>th</sup> November 2024

“Pregnancy is the start of a journey filled with hope, expectation and, also, some uncertainties. We do our best to eat well, stay active and avoid anything that might be harmful so that we can give babies their best possible start in life.”

Available: <https://publichealthscotland.scot/our-blog/2024/november/vaccinations-in-pregnancy-best-for-babies-and-parents/>

### **Women's health plan 2021 to 2024: final report**

Scottish Government, 8<sup>th</sup> November 2024

“Plan to improve health outcomes and health services for all women and girls in Scotland. This final report provides a summary of the progress made on delivering the Plan over the past three years.”

Available: <https://www.gov.scot/publications/womens-health-plan-2021-2024-final-report/>

### **Supporting the 16 Days of Activism Against Gender-based Violence campaign**

Public Health Scotland, 25<sup>th</sup> November 2024

“The 16 Days of Activism Against Gender-based Violence campaign is an annual international movement running from 25 November (International Day for the Elimination of Violence Against Women) to 10 December (Human Rights Day). Public Health Scotland (PHS) is supporting this important campaign, which aims to raise awareness, promote advocacy and inspire action to end violence against women and girls worldwide.”

Available: <https://publichealthscotland.scot/news/2024/november/supporting-the-16-days-of-activism-against-gender-based-violence-campaign/>