WHAT'S NEW
IN HEALTH & SOCIAL CARE FORTNIGHTLY BULLETIN
KEEPING YOU UP TO DATE WITH ALL THE LATEST RESEARCH AND GUIDANCE IN HEALTH AND SOCIAL CARE WE COLLATE IT SO YOU DON'T HAVE TO

28th August 2020

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Please note:

Research articles and guidance are selected in accordance with agreed inclusion/exclusion criteria. This is available on request and will be reviewed regularly. In brief, research is taken only from peer-reviewed, generic public health journals; guidance is taken only from reputable national organisations such as NICE, SCIE and SIGN

Follow the weblinks provided to access abstracts or where available, full text articles. Sometimes full text articles are only available via an Athens account.

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ADULT SOCIAL CARE

1.   **Fixing Social Care: The Fundamental Choices**

Author: ELSDEN, J CENTRE FOR POLICY STUDIES
Date: 28 August 2020

Abstract: As the Government prepares to unveil its long-awaited plan for social care, this report weighs up the three leading options for social care reform, ranking them by cost, political feasibility and impact on supply. The report finds that, of the options being considered, a pension-style model would be most cost-effective, while also increasing supply and meeting the increasing demand for social care. It would also better protect people's assets and benefit a greater number of hard-working families.

Websites Centre for Policy Studies - Report; Centre for Policy Studies - Press Release

CHILDREN, YOUNG PEOPLE & FAMILIES

2.   **A review of what works in multi-agency decision making and the implications for child victims of trafficking**

Author: ECPAT UK; OFFICE OF THE INDEPENDENT ANTI-SLAVERY COMMISSIONER
Date: August 2020

Abstract: ECPAT UK and the Office of the Independent Anti-Slavery Commissioner have produced a review into models of multi-agency decision making in the UK. The report makes recommendations for best practice in multi-agency decision making for child victims of trafficking, including potential future devolved decision-making in the National Referral Mechanism.

Websites ECPAT - Report; ECPAT - Press Release

3.   **The Good Childhood Report**

Author: CHILDREN'S SOCIETY
Date: 28 August 2020

Abstract: This is the ninth annual report on the well-being of children in the UK. This years report finds that there has been a continued decrease in average happiness with life among 10-15 year olds in the UK. Their happiness with friends is in decline. It finds that 15-year olds in the UK were among the saddest and least satisfied with their lives in Europe. The Coronavirus pandemic affected children's happiness due to the lack of choice they had in life.

Websites Children's Society - Report; Children's Society - Press Release

4. **The whole society approach: Making a giant leap on childhood health**

Author: INSTITUTE FOR PUBLIC POLICY RESEARCH
Date: 27 August 2020

Abstract: Health improved radically in the 20th century, but progress has since stalled. This report states that the UK has the opportunity to make another 'giant leap' forward but to achieve this, the government will need to address growing levels of 'health risk' faced by children. Any progress would be good for health, business and the economy. This report outlines a 'whole society' approach to expand ambition from obesity to all health issues; tackle the link between childhood health and issues like marginalisation, poverty and deprivation; and ensure the full range of levers offered by a collective approach.

Websites IPPR - Report; IPPR - Press Release

5. **Change in physical activity is not associated with change in mental distress among adolescents: the Tromsø study: Fit Futures**

Author: OPDAL, I
Journal: BMC Public Health Vol: 19: Pages: 916

Abstract: Previous research shows that physical activity has a protective effect on mental distress in adults, but the relationship is less researched and seems more ambiguous for adolescents. The aim of this study was to investigate the relationship between change in objectively assessed physical activity as measured by accelerometer and change in mental distress among adolescents using longitudinal data from The Tromsø Study: Fit Futures. This study was based on data from 676 upper-secondary school students (mean age 16.23 years at baseline, 45.26% boys) In conclusion, the study results indicate that for adolescents in the sample, change in physical activity is unrelated to change in mental distress over a two-year period.

Websites BioMed

6. **Preschool children's preferences for sedentary activity relates to parent's restrictive rules around active outdoor play**

Author: WISEMAN, N
Journal: BMC Public Health Vol: 19: Pages: 946

Abstract: With prevalence estimates indicating that young Australian children are increasingly sedentary, it is important to identify the relevant attributes that are shaping this lack of activity. The current study investigates the link between controlling and supportive physical activity parenting practices and preschool children's physical activity knowledge, preferences and parent-reported behaviour. This study identified that parenting practices are not only associated with children's active and sedentary behaviours (parent-reported), but also with how children prefer to play (parent-reported). Future research should seek to clarify the relationship between children's activity preferences and parent's use of screen-time to reward and control their child's behaviour, given the developmental and behavioural health risks associated with excessive media/screen exposure in early childhood. Further research should investigate whether competing societal values of the importance of encouraging children's risky play and the need to prevent children from being injured, coupled with parent's busy schedules are contributing to parental ambivalence regarding how to promote active play for their children. Finally, research should be conducted to establish the relationship between physical activity parenting practices and children's objectively-measured activity level.

Websites BioMed

7. **Supporting unaccompanied asylum-seeking young people: The experience of foster care**

Author: WADE, J
Journal: Child & Family Social Work Vol: 24 Part: 3: Pages: 383-390

Abstract: Although research on the experiences of unaccompanied asylum-seeking young people in the UK has grown steadily in recent years, their experience of fostering and of the role played by foster carers in helping their adjustment have been neglected. This paper reports findings from the first UK study into these

experiences, describing issues arising from initial assessment and preparation for fostering and the ways in which young people and foster carers adjusted to their lives together. It assesses the progress made by young people during placement, the strategies that appeared helpful to relationship building, and the extent to which young people had become integrated within the wider network of family relationships. Given that most young people first arrive as teenagers, it also considers the ways in which foster carers and social workers helped young people prepare for adult life in the context of uncertainties arising from the asylum process.

Websites Wiley

8.   Providing a secure base for LGBTQ young people in foster care: The role of foster carers

Author: SCHOFIELD, G
Journal: Child and Family Social Work Vol: 24 Part: 3: Pages: 372-381

Abstract: The experiences and needs of lesbian, gay, bisexual, trans and queer/questioning (LGBTQ) young people in care have been overlooked in England, in both policy and research. This paper reports on findings from the first study of LGBTQ young people in care in England and focuses on the nature of foster carers' experiences and perspectives on caring for LGBTQ young people. Qualitative interviews regarding the fostering role in caring for LGBTQ young people were conducted with a sample of foster carers and analysed thematically. The foster carer interviews provided rich examples of the ways in which their caregiving relationships provided support for LGBTQ young people, including in managing their sexual orientation and gender identities. The Secure Base caregiving dimensions (Schofield & Beek, 2018) were a helpful way of analysing these interviews and will be used here to explore these caregiving roles and relationships.

Websites Wiley

9.   MindEd: A whole-school strategy on wellbeing - Tackling mental health stigma and promoting positive wellbeing in secondary schools

Author: BAXTER, R
Journal: Education & Health Journal Vol: 37 Part: 2 Pages: 40-42

Abstract: Recent research into young people's mental health in the UK supports what teachers and pastoral leaders have been witnessing in schools over the past decade: an exponential rise in the rates of reported mental health disorders. It is not enough to simply be reactive; schools and local authorities are becoming increasingly aware of the need for a far greater emphasis on proactive mental health and wellbeing education. One way to be more proactive in tackling mental health concerns is through the taught curriculum. This article looks at the MindEd programme introduced at St Albans Schools which is designed to promote positive wellbeing and tackle mental health stigma amongst three core groups: pupils, staff and parents.

Websites SHEU

10.   Factors that predict weight gain among first-year colledge students

Author: YAN, Z
Journal: Health Education Journal Vol: 79: Part: 1: Pages: 94-103

Abstract: In the USA, undergraduate students gain more weight in the first year in college than at any other point in their lives. However, the factors that predict their weight gain are unknown. The purpose of this correlational longitudinal study and follow-up self-report data was to explore the predictors of weight gain among first-year college students at a US college over a 3-month period. . A total of 110 first-year college students were invited to complete both baseline and follow-up surveys 3 months apart. The study concludes that even living in the same college environment, students perceive environmental barriers differently, which was associated with body weight gain. Health education and promotion professionals should guide students to overcome barriers to healthy eating and exercise, as well as making the campus environment more conducive to healthy behaviour.

Websites SAGE

11. Electronic cigarette use and suicidal behaviours among adolescents

Author: KIM, J.S
Journal: Journal of Public Health: Early Online

Abstract: The aim of this study was to investigate the association of the use of e-cigarettes, which are regarded as alternatives to traditional cigarettes and are easy to purchase, with suicidal behaviors in adolescents. Data for 5405 middle and high school students aged 13–18 years who had used e-cigarettes were extracted from the 2016 Korean Youth Risk Behavior Web-Based Survey and analyzed using multiple logistic regression. The study concludes that suicidal behaviors are significantly higher among current adolescent e-cigarette smokers than adolescents who have not used an e-cigarette in the past 30 days. Therefore, comprehensive intervention is needed to protect adolescents' mental health.

Websites Oxford

HEALTH IMPROVEMENT

12. Statistics on Smoking

Author: UNITED KINGDOM House of Commons Library
Date: 21 August 2020

Abstract: This note provides a summary of statistics on smoking among adults in Great Britain and children in England and Scotland. Data on smoking-related hospital admissions and deaths in England and Scotland is also shown.

Websites HoC Library - Report; HoC Library - Press Release

13. Community pharmacies: promoting health and wellbeing

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE
Date: 28 August 2020

Abstract: This quality standard covers how community pharmacies can support the health and wellbeing of the local population. It describes high-quality care in priority areas for improvement.

Websites NICE - Quality Standard

14. Population screening: applying All Our Health

Author: PUBLIC HEALTH ENGLAND
Date: 27 August 2020

Abstract: This 'All Our Health' population screening information has been created to help health professionals to support people to make an informed choice about screening.

Websites PHE

15. **Exploring the characteristics of newly defined at-risk drinkers following the change to the UK low risk drinking guidelines: a retrospective analysis using Health Survey for England data**

Author: CASE, P
Journal: BMC Public Health Vol: 19: Pages: 902

Abstract: Alcohol guidelines enable individuals to make informed choices about drinking and assist healthcare practitioners to identify and treat at-risk drinkers. The UK *Low Risk Drinking Guidelines* were revised in 2016 and the weekly guideline for men was reduced from 21 to 14 units per week. This study sought to retrospectively establish the number of additional at-risk male drinkers in England, and which demographic characteristics were associated with being an at-risk drinker under the previous versus new guidelines. The study concludes that the change to the *Low Risk Drinking Guidelines* would have resulted in more than 2 million additional male at-risk drinkers in England. Most groups with greater odds of being at-risk drinkers under the new guidelines were those already known to be drinking the most, strengthening the case for targeted screening and education. Additionally, under the new guidelines, a marked proportion of 16–35 year olds and married men were at-risk and men in the West Midlands and London had greater odds of being at-risk drinkers. These groups may benefit from specific education around the new *Low Risk Drinking Guidelines*.

Websites BioMed

16. **The impact of physical activity and an additional behavioural risk factor on cardiovascular disease, cancer and all-cause mortality: a systematic review**

Author: LACOMBE, J
Journal: BMC Public Health Vol: 19: Pages: 900

Abstract: Regular physical activity improves overall health, and has the capacity to reduce risk of chronic diseases and death. However, better understanding of the relationship between multiple lifestyle risk behaviours and disease outcomes is pertinent for prioritising public health messaging. The aim of this systematic review is to examine the association between physical inactivity in combination with additional lifestyle risk behaviours (smoking, alcohol, diet, or sedentary behaviour) for cardiovascular disease, cancer, and all-cause mortality. The study concludes that high levels of physical activity in combination with other positive lifestyle choices is associated with better health outcomes. Applying new approaches to studying the complex relationships between multiple behavioural risk factors, including physical activity, should be a priority.

Websites BioMed

HEALTH PROTECTION

17. **National framework for e-sexual and reproductive healthcare**

Author: PUBLIC HEALTH ENGLAND
Date: 18 August 2020

Abstract: Details on how e-sexual and reproductive services can complement specialist, clinic-based facilities in local area, providing other methods of accessing healthcare.

Websites PHE - Document; PHE - Press Release

18. Communication interventions to promote the public's awareness of antibiotics: a systematic review

Author: BURSTEIN, V
Journal: BMC Public Health Vol: 19: Pages: 899

Abstract: Inappropriate antibiotic use is implicated in antibiotic resistance and resultant morbidity and mortality. Overuse is particularly prevalent for outpatient respiratory infections, and perceived patient expectations likely contribute. Thus, various educational programs have been implemented to educate the public. This study systematically identified public-directed interventions to promote antibiotic awareness in the United States. Identified educational interventions were coded for target audience, content, distribution site, communication method, and major outcomes. The study concludes that messaging programs varied in their designs, and many were multifaceted in their approach. These interventions can change patient perspectives regarding antibiotic use, though it is unclear if clinician education is also necessary to reduce antibiotic prescribing. Further investigations are needed to determine the relative influence of interventions focusing on patients and physicians and to determine whether these changes can influence rates of antibiotic resistance long-term.

Websites BioMed

MATERNITY AND INFANTS

19. Screening in pregnancy: information leaflets

Author: PUBLIC HEALTH ENGLAND
Date: 18 August 2020

Abstract: These publications explain NHS antenatal screening programme tests, possible results and follow-up tests.

Websites PHE

20. Newborn screening: information leaflets

Author: PUBLIC HEALTH ENGLAND
Date: 18 August 2020

Abstract: These publications explain NHS newborn screening programme tests, possible results and follow-up tests.

Websites PHE

21. Your baby carries a gene for sickle cell

Author: PUBLIC HEALTH ENGLAND
Date: 19 August 2020

Abstract: Guidance for parents of babies found to carry the sickle cell gene following their newborn blood spot screening test.

Websites PHE

22. E-cigarettes and smoking cessation: a prospective study of a national sample of pregnant smokers

Author: CHIANG, S
Journal: BMC Public Health Vol: 19: Pages: 964

Abstract: Smoking during pregnancy has adverse health consequences for the mother and fetus. E-cigarettes could aid with smoking cessation but there is limited research on the prevalence and patterns of e-cigarette use, and their association with smoking cessation among pregnant smokers. A secondary analysis of a randomized controlled was conducted. Outcomes assessed were trajectories of e-cigarettes use from baseline to one-month follow-up, and longitudinal association between e-cigarette use at baseline and smoking cessation at one-month follow-up. In conclusion, a secondary analysis of a national sample of pregnant smokers indicates that use of e-cigarettes is inconsistent and is not associated with improved smoking cessation outcomes. There is an urgent need to further examine the risk and benefits of e-cigarette use, especially during pregnancy.

Websites BioMed

MENTAL HEALTH AND WELLBEING

23. Suicide Prevention in Gypsy and Traveller Communities in England

Author: FAMILIES FRIENDS AND TRAVELLERS
Date: 28 August 2020

Abstract: The suicide rate for members of the Traveller community is six times higher than the general population, yet Gypsy and Traveller communities are not recognised as a high-risk group, nor mentioned once in the Government's National Suicide Prevention Plan. 79 local suicide prevention plans were assessed which represent 113 local areas to see whether the high suicide rate in Gypsy and Traveller communities has been identified and mitigated against on a local level, and found that: Only 5 out of 79 local authority suicide prevention plans mention Gypsy and Traveller communities and only 2 out of 79 local authority suicide prevention plans listed any action to address the high suicide rate in their local Gypsy and Traveller communities. This paper sets out recommendations.

Websites FFT - Research Paper; FFt - Press Release

WIDER DETERMINANTS

24. Digital inclusion in later life: cohort changes in internet use over a ten-year period in England

Author: MATTHEWS, K
Journal: Ageing & Society Vol: 39 Part: 9: Pages: 1914-1932

Abstract: The ability to use the internet frequently is likely to provide a useful means of engaging with society and using services in later life, yet older people are the most likely to suffer digital exclusion, with those of the

oldest ages at the greatest risk. Using six waves (2002–2012) of the English Longitudinal Study of Ageing, this study models cohort-specific patterns of frequent internet use for people aged 50 and over. The study finds cohort-specific differences in patterns of internet use. Rates of internet use increase faster among younger cohorts yet, despite initially increasing, begin to decline among older cohorts. Poor health is shown to be a key factor in shaping the trajectory of internet use over time. Rates of internet use are consistently lower for women than men and for those in poorer financial circumstances, independently of age cohort. The findings demonstrate the importance of ensuring older people can remain digitally included throughout later life, including after the onset of poorer health, especially as some of these individuals might benefit the most from some of the services the internet can provide.

Websites [Cambridge](#)

25. Housing Disadvantage and Poor Mental Health: A Systematic Review

Author: SINGH, A
Journal: American Journal of Preventive Medicine Vol: 57 Part: 2: Pages: 262-272

Abstract: This study reviews collective evidence on the longitudinal impact of housing disadvantage (based on tenure, precarity, and physical characteristics) on mental health. It is focused on temporally ordered studies where exposures preceded outcomes, a key criterion to establishing causal evidence. A systematic review of evidence on housing disadvantage and mental health was performed. Housing disadvantage was measured by overcrowding, mortgage delinquency, housing mobility, housing tenure, subjective perceptions of inadequate housing, eviction, and physical housing conditions. Mental health was measured as depression, psychological impairment, anxiety, allostatic load, mental strain, and psychological health. Study sample sizes ranged from 205 to 16,234 people, and the follow-up period ranged from within 1 year to 34 years. This systematic review confirms that prior exposure to housing disadvantage may impact mental health later in life.

Websites [Science Direct](#)

26. Impact of unemployment on self-perceived health

Author: RONCHETTI, J
Journal: The European Journal of Health Economics Vol: 20: Pages: 879-899

Abstract: This article investigates the impact of unemployment on self-perceived health using the French Longitudinal Labour Force Survey over the period 2013–2016. By applying a difference-in-difference propensity score matching approach to identify the health effect of unemployment. In the French context, characterised by high and persistent unemployment and relatively long unemployment spells, the study shows that the experience of unemployment has no significant effect on self-perceived health. Moreover, the study found no heterogenous effect by carrying out separate analyses by age, gender, marital status, education, occupation, employment contract, local unemployment rate, or past labour market history. Health selection and confounding factors appear to be important determinants of the cross-sectional association between unemployment and poor health.

Websites [Springer](#)

CORONAVIRUS (COVID-19)

27. Standing Up to the Test: Learning Lessons for the Next Phase of the National COVID-19 Testing Strategy

Author: NHS PROVIDERS
Date: 14 August 2020

- This report shows the size of the task ahead to build a national test and trace service that will be fit for purpose for this coming winter.

- Testing and tracing is an essential part of the national strategy to combat COVID-19. But, despite the good progress shown by NHS Test and Trace since its creation in May, there is a difficult legacy the new service has to overcome.

Websites NHS Providers - Report; NHS Providers - Press Release

28. The Experience of Care Home Staff during Covid-19

Author: QUEENS NURSING INSTITUTE
Date: August 2020

- In May and June of 2020, a survey was carried out to understand more about the impact of Covid-19 on the Care Home Nurse workforce within the UK.
- There was a total of 163 responses to the survey, none were excluded and all 163 answers were available for analysis.
- The survey responses confirm that for the majority of respondents, the pandemic has been a very challenging experience. They indicated that their work and wellbeing has been worse or much worse than at normal times, during the survey period.

Websites Queens Nursing Institute - Report coronavirus

29. Maternal, Newborn and Infant Programme: Learning from SARS-CoV-2-related and associated maternal deaths in the UK

Author: HEALTHCARE QUALITY IMPROVEMENT PARTNERSHIP
Date: 20 August 2020

- The emergence of the SARS-CoV-2 virus led to immediate concerns about the impact of infection on pregnant women.
- Expedited reviews were conducted into all deaths of women with confirmed or suspected SARS-CoV-2 infection during or up to one year after pregnancy, and any deaths of women who died from mental health-related causes or domestic violence, which might have been influenced by public health measures introduced to control the epidemic such as lockdown.
- This rapid report aims to identify lessons learned to guide future care and pathway changes in the context of infection transmission and the need for public health and NHS service measures to prevent infection.
- Please note that free registration is required to access this document.

Websites HQIP - Publication

30. West Midlands Inquiry into COVID-19 Fatalities in the BAME Community

Author: LABOUR LIST
Date: 17 August 2020

- A task force has found that the disproportionate number of Covid deaths in Black and ethnic minority communities in the West Midlands were avoidable
- The report calls for an independent public inquiry into the disproportionate number of BAME Covid fatalities and demanded urgent action be taken to protect communities ahead of a second wave of the virus.

Websites Labour List - Report; Labour List - Press Release

31. Coronavirus: A ban on evictions and help for rough sleepers

Author: UNITED KINGDOM House of Commons Library
Date: 24 August 2020

- This briefing paper explains measures taken by the Government during the coronavirus outbreak to assist households to retain their homes and enable local authorities to tackle the specific challenges faced by rough sleepers. The paper covers the decision to further extend the stay on eviction hearings in England and Wales to 20 September. The paper is being updated regularly to take account of new developments.

Websites HoC LIbrary - Report; HoC Library - Press release

32. How Covid-19 has magnified some of social care's key problems

Author: BOTTERY, S KING'S FUND
Date: 25 August 2020

- The pandemic has shone an uncompromising light on the social care sector. In this long read Simon Bottery explores how Covid-19 has exacerbated pre-existing challenges.

Websites Kings Fund - Long Read

How has Covid-19 and associated lockdown measures affected loneliness in the UK?

Author: WHAT WORKS WELLBEING
Date: 26 August 2020

- This study has surveyed over 70,000 people since March 2020, asking different questions about their experiences and wellbeing over the past few months, including asking people about loneliness.
- People who felt most lonely prior to Covid in the UK now have even higher levels of loneliness
- Adults most at risk of being lonely, and increasingly so over this period, have one or more of the following characteristics: they are young, living alone, on low incomes, out of work and, or with a mental health condition.
- The impact on wellbeing from people at risk of loneliness is likely to be compounded by other economic and social impacts experienced by the same people, such as those experiencing job losses and health anxieties.

Websites WWW - Report