

Apr 2018

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## **Reports**

[Managing the hospital and social care interface: interventions targeting older adults](#) Given the national policy drive for better integrated care across sectors, what examples already exist of individual hospitals and social care providers working together to reduce delayed transfers of care, length of hospital stay and admissions for older people - and how successful are they?

[RCN Gender Pay Gap](#) The RCN's reportable gender pay gap is: Mean Pay Gap 12.6 %, Median Pay Gap 13.7%

[Integrating mental health and social care - Does it work in practice?](#)

[What makes us healthy? An introduction to the social determinants of health](#) This guide explores how a person's opportunity for health is influenced by factors outside the health and social care system.

## **Cochrane Reviews**

[Risperidone for psychosis-induced aggression or agitation \(rapid tranquillisation\)](#) Cochrane Review finds overall, results for the main outcomes show no real effect for risperidone. The only data available for use in this review are from nine under-sampled trials and the evidence available is of very low quality. This casts uncertainty on the role of risperidone in rapid tranquillisation for people with psychosis-induced aggression.

[Antidepressants versus placebo for panic disorder in adults](#) Cochrane Review finds that antidepressants may be more effective than placebo in treating panic disorder.

## **Guidance**

[Attention deficit hyperactivity disorder: diagnosis and management](#) This guideline covers recognising, diagnosing and managing attention deficit hyperactivity disorder (ADHD) in children, young people and adults. It aims to improve recognition and diagnosis, as well as the quality of care and support for people with ADHD.

## **Toolkit**

[Mutual aid toolkit for alcohol and drug misuse treatment](#) Commissioners, service providers, prison staff and mutual aid organisations can use this toolkit to identify how mutual aid can enhance treatment to help people to recover from drug and alcohol problems.

## **Study**

[Transforming health care in nursing homes: An evaluation of a dedicated primary care service in outer east London](#) The study indicates that providing residents of care homes with increased GP access and continuity of primary care more generally may help to reduce hospital admissions.

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## **Systematic Review**

[Comparative efficacy and acceptability of 21 antidepressant drugs for the acute treatment of adults with major depressive disorder: a systematic review and network meta-analysis](#). A major review of 522 antidepressant trials found that all of the 21 drugs studied performed better than placebo, in short-term trials measuring response to treatment. However, effectiveness varied widely. Researchers ranked drugs by effectiveness and acceptability after eight weeks of treatment. Several drugs were more effective and were stopped by fewer people than others: escitalopram, paroxetine, sertraline, agomelatine, mirtazapine.

## **News**

[NHS Calorie Cap](#) So far 152 of 232 NHS trusts have signed up to the scheme to reduce sales of “SSBs” – sugar sweetened beverages. And new figures show that curbing the sale of chocolate and unhealthy sandwiches means hospital staff, patients and their friends and family have consumed 632 million fewer calories over the last year.

[Hospital admissions where obesity is a factor](#) NHS Digital reports that there were 617,000 admissions to NHS hospitals in 2016/17 where obesity was recorded as either a primary or secondary diagnosis, an increase of 18 per cent on 2015/163 (525,000).

## **Briefing Paper**

[Mental Health Act – Approved Mental Health Professional services](#) This briefing paper gives the CQC findings from a review of the way Approved Mental Health Professionals (AMHP) services are being delivered across the country.

## **Position Statement**

[RCPsych Position Statement: Racism and Mental Health](#)

## **Programme**

[A school-based obesity prevention programme was ineffective](#) The NIHR-funded year-long programme was delivered in 54 primary schools in one region of England. Teachers were trained to provide an additional 30 minutes of physical activity a day and deliver cookery workshops with parents each term. It also included activities with a local football club, Aston Villa. Children in schools that took part were no less likely to be overweight or obese after 15 or 30 months, and their diet and exercise levels did not improve. Less than one in six schools managed to deliver the activity sessions as planned.

*Please note:*

*From now we will be covering all aspects of health and social care in this bulletin.*