

Mental Health Current Awareness Bulletin Oct/Nov 2024 For C&I staff working at North London Foundation Trust

Please contact the Library if you are experiencing problems accessing any of the articles included in this bulletin or with using your NHS OpenAthens username and password.

whl@nhs.net

Library Training

We are offering 1 hour/30 mins 'Quick-Fire' training sessions via Microsoft Teams!
These are VERY popular so sign up ASAP

- Quick-fire Critical Appraisal of QUALITATIVE Research -12/12/24 11-12
- Quick-fire Critical Appraisal of QUANTITATIVE Research -10/12/24 11-12
- Quick-fire Finding the Evidence - 17/12/24 11.30-12.30
- Quick-fire Health Literacy- Getting your message across - 4/12/24 10.30-11.30
- What the library service can do for me - 6/12/24 9.30-10
- Getting the best from Uptodate/BMJ Best Practice - 6/12/24 11-11.30

To book yourself on a session, please contact whl@nhs.net

We will need your preferred email address and you'll need access to Microsoft Teams from your device.

News

[The rise of ketamine addiction in the UK - podcast](#)

[One in seven A&E patients are repeat visitors with unmet needs, study finds](#)

[When we see others in distress we can suffer too. How do we heal from this collective trauma? | Sara Mussa](#)

['Deep in my madness, witches gave me hope': Elizabeth Sankey on motherhood, depression and witches](#)

[Mental health patients harmed by being sent to units far from home, report finds](#)

[Silent Men review – man puts himself on the spot as he dives into his big emotions](#)

[Better care for mental health patients will hinge on funding | Letters](#)

[Bipolar disorder: how lithium as a treatment fell out of favour](#)

[The Guardian view on fixing the Mental Health Act: an overdue return to dignity | Editorial](#)

[A decade ago, my father suffered alone and in misery. Why do dementia sufferers still face the same fate? | Nicci Gerrard](#)

[Why I would counsel against statutory regulation of psychotherapists | Letter](#)

[Talking back: the power of digital avatars in psychosis therapy](#)

[Podcast: Local green spaces and mental health](#)

Guidance and Reports

[Preferred product characteristics of blood-based biomarker diagnostics for Alzheimer disease - WHO 2024.](#)

[Mental health inpatient settings: creating conditions for the delivery of safe and therapeutic care to adults - Health Services Safety Investigations Body; 2024](#)

[Mental Health Bill: European Convention on Human Rights memorandum - Dept of Health and Social Care .](#)

[What needs to improve for social care to better support people with dementia? - Nuffield Trust; 2024.](#)



Articles

[Pathways to specialist community perinatal mental health services: a two-site longitudinal retrospective service evaluation. Health and Social Care Delivery Research, October 2024 FREE TO READ](#)

The study provides important insights into how patients find their way to community perinatal mental health services. It shows that there is a great degree of variability in the time taken to get into these services, and the pathway taken. This variation does not come from different needs of patients or different clinical presentations but rather from service-level factors

[Behavioural interventions to treat anxiety in adults with autism and moderate to severe intellectual disabilities: the BEAMS-ID feasibility study - Health Technology Assessments, 2024;28\(72\):1-147. Read this article using your NHS OpenAthens account](#)

Interventions for anxiety need to be adapted to meet the needs of autistic people with moderate to severe learning disabilities and successfully modelled before evidence about efficacy can be generated from clinical trials. The BEAMS-ID intervention and associated study processes were judged to be feasible and acceptable. The intervention required minor revision

[LSD-assisted therapy in patients with anxiety: open-label prospective 12-month follow-up - British Journal of Psychiatry 2024;225\(3\):362-370. FREE TO READ](#)

The authors investigated the long-term safety and efficacy of LSD-assisted therapy in patients with anxiety with or without life-threatening illness. Participants reported a sustained reduction of STAI-G scores compared with baseline. Similar effects were observed for comorbid depression. Personality trait neuroticism decreased and trait extraversion increased compared with study inclusion. Individuals attributed positive long-term effects to the psychedelic experience

[Health and care lasting power of attorney: key features. - British Journal of Nursing 2024;33\(19\):944-945.](#)

The Mental Capacity Act 2005 sets out principles and powers aimed at maximising the decision-making ability of patients so that as many people as possible can decide for themselves what treatment and care they receive while allowing nurses to provide care and treatment in the person's best interests where they are incapable of making such decisions (Mental Capacity Act 2005, sections 1 and 4).

[Comparative efficacy of various exercise types and doses for depression in older adults: a systematic review of paired, network and dose-response meta-analyses. - Age and Ageing 2024;53\(10\) Use our FREE article request service](#)

Our study determined the effectiveness of different exercises in improving levels of older adults and found that resistance exercise and MBE were more effective adjunctive treatments. By providing the most effective treatments, older adults can reap the benefits of improving depression in older adults at doses lower than the World Health Organization guidelines.

[Effectiveness of the Maudsley Model of Anorexia Nervosa Treatment for Adults: A systematic review. - European Eating Disorders Review 2024;32\(6\):1227-1241. Use our FREE article request service](#)

This review was the first to examine the effectiveness of Maudsley Model of Anorexia Nervosa (AN) Treatment for Adults (MANTRA). The results indicate that MANTRA has shown effectiveness similar to other treatments for adults AN patients in addressing key clinical variables. It has been used in different populations (adolescents, males, inpatients) and formats (group, online) However, more research is needed to determine its effectiveness.

[Prevalence, correlates, tolerability-related outcomes, and efficacy-related outcomes of antipsychotic polypharmacy: a systematic review and meta-analysis - The Lancet Psychiatry, Volume 11, Issue 12, 975 - 989. Use our FREE article request service](#)

Antipsychotic polypharmacy remains a clinical reality, despite an increased risk of adverse events and little evidence of additional efficacy compared with antipsychotic monotherapy. In this systematic review and meta-analysis, we aimed to provide a comprehensive assessment of antipsychotic polypharmacy prevalence, trends, and correlates across mental disorders.

[Schizophrenia – new treatments soon - The British Journal of Psychiatry, First View, pp. 1 - 2 2024 FREE TO READ](#)

Antipsychotic medications targeting dopamine receptors were identified 70 years ago. Recent clinical trials have shown that agonists of muscarinic acetylcholinergic receptors can improve both psychotic and negative symptoms in schizophrenia. Here, this new approach to the treatment of schizophrenia is reviewed in anticipation of the drugs being licensed clinically.

[Contribution of severe mental disorders to fatally harmful effects of physical disorders: national cohort study - British Journal of Psychiatry 2024;225\(4\):436-445. FREE TO READ](#)

A wide range of physical illnesses are more likely to result in all-cause death in people with pre-existing severe mental disorders. This premature mortality cannot be fully explained by having more clinically recorded physical illness, suggesting that physical disorders are more likely to be fatally harmful in this patient group