COVID-19 weekly update

23rd July 2021

clinical management

**Title:** Dapagliflozin in patients with cardiometabolic risk factors hospitalised with COVID-19 (DARE-19)

The Lancet Diabetes & Endocrinology | 21st July 2021

COVID-19 can lead to multiorgan failure. Dapagliflozin, a SGLT2 inhibitor, has significant protective benefits for the heart and kidney. This study aimed to see whether this agent might provide organ protection in patients with COVID-19 by affecting processes dysregulated during acute illness.

In patients with cardiometabolic risk factors who were hospitalised with COVID-19, treatment with dapagliflozin did not result in a statistically significant risk reduction in organ dysfunction or death, or improvement in clinical recovery, but was well tolerated.

Full paper: [Dapagliflozin in patients with cardiometabolic risk factors hospitalised with COVID-19 (DARE-19): a randomised, double-blind, placebo-controlled, phase 3 trial](https://www.thelancet.com/action/showPdf?pii=S2213-8587%2821%2900180-7)

Related: [Dapagliflozin in patients with COVID-19: truth or dare](https://www.thelancet.com/journals/landia/article/PIIS2213-8587(21)00206-0/fulltext)

**Title:** Clozapine treatment and risk of COVID-19 infection: retrospective cohort study

The British Journal of Psychiatry | Vol. 219 | July 2021

Clozapine, an antipsychotic with unique efficacy in treatment-resistant psychosis, is associated with increased susceptibility to infection, including pneumonia. The aim of this study was to investigate associations between clozapine treatment and increased risk of COVID-19 infection in patients with schizophrenia-spectrum disorders who are receiving antipsychotic medications.

The findings of this paper provide support for the hypothesis that clozapine treatment is associated with an increased risk of COVID-19 infection. Further research will be needed in other samples to confirm this association. Potential clinical implications are discussed.

Full paper: [Clozapine treatment and risk of COVID-19 infection: retrospective cohort study](https://www.cambridge.org/core/journals/the-british-journal-of-psychiatry/article/clozapine-treatment-and-risk-of-covid19-infection-retrospective-cohort-study/2C5CCC8CE96854A56E2E4C8A2C0805C7)

recovery

**Title:** £19.6 million awarded to new research studies to help diagnose and treat long COVID

National Institute for Health Research | 18th July 2021

People experiencing long COVID will benefit from a comprehensive package of new NIHR-funded research to help improve understanding of the condition, from diagnosis and treatment through to rehabilitation and recovery.

An extensive range of 15 projects from across the UK have been awarded a total of £19.6 million to examine causes of long COVID, trial drugs to tackle it, and investigate symptoms such as breathlessness and ‘brain fog’ that have become synonymous with the condition. Studies will also evaluate health services, such as long COVID clinics, and explore ways patients can monitor the condition to optimise their recovery and return to work.

Recent research shows that as many as a third of people who report being infected with the coronavirus also report long COVID.

Full detail: [£19.6 million awarded to new research studies to help diagnose and treat long COVID](https://www.nihr.ac.uk/news/196-million-awarded-to-new-research-studies-to-help-diagnose-and-treat-long-covid/28205)

**Title:** Creating a gold standard of care for long COVID

University of Leeds | 18th July 2021

A major £3.4 million research project has launched to identify the best way to treat and support the one million people in the UK now living with long COVID.

Led by the University of Leeds and Leeds Community Healthcare NHS Trust, and funded by the National Institute for Health Research (NIHR), the study aims to create a “gold standard” approach for the treatment of long COVID.

The research, titled LOCOMOTION, will identify best practice in providing services, ensuring people are supported quickly and receive the right treatments from the right healthcare professionals – in their own home, through their GP or at specialist long COVID clinics.

It will investigate how many people are unable to work due to long COVID and look at developing a vocational rehabilitation programme to support them back into employment.

Full detail: [Creating a gold standard of care for long COVID](https://www.leeds.ac.uk/news/article/4871/creating-a-gold-standard-of-care-for-long-covid)

**Title:** Long Covid in children: A report summarising the views of young people, parents and doctors

University of Bristol | 21st July 2021

The clinical definition of long COVID in children is at present very limited and poorly understood by doctors, according to this new report. The report also found that symptoms typically associated with long COVID were having a significant physical and psychological impact on children’s day-to-day lives. Long COVID is commonly used to describe signs and symptoms that continue or develop after acute COVID‑19.

The report, led by the University of Bristol, is the first step in a COVID-19 testing in schools study to obtain opinions and experiences of long COVID from different groups of people.

Full report: [Long Covid in children: A report summarising the views of young people, parents and doctors](https://commins.org.uk/documents/Long-COVID-in-children-report-21_07_21.pdf)

Press release: [Long COVID in children poorly understood by doctors](https://www.bristol.ac.uk/news/2021/july/long-covid-children.html)

**Title:** Are hospitals returning to pre-Covid activity levels?

Nuffield Trust | 22nd July 2021

The latest guidance states that hospitals should aim to deliver at least 95% of the services they delivered before the pandemic, measured against the value of services delivered in the same month in 2019/20. But with rising numbers of Covid patients in hospital, this article looks at how realistic this target is.

Full detail: [Are hospitals returning to pre-Covid activity levels?](https://www.nuffieldtrust.org.uk/resource/chart-of-the-week-are-hospitals-returning-to-pre-covid-activity-levels)

**Title:** Tackling childhood overweight and obesity after the COVID-19 pandemic

The Lancet Child & Adolescent Health | 22nd July 2021

Although essential, there are indications that interventions to curb the COVID-19 pandemic are worsening the childhood overweight and obesity crisis globally.

Restricted use of public spaces and play areas mean children have fewer opportunities to engage in physical activities than they had before the pandemic. The closure of schools has compounded the situation; studies have shown that children are more likely to gain excess weight during holiday periods when they are out of school than during term time. This gain in weight could be due to the loss of the positive influence schools tend to have on key risk factors, such as defined mealtimes, physical activity, and sleep schedule.

This comment piece suggests that tackling childhood overweight and obesity after the pandemic will not be easy and might require decades to fully reverse current trends. Genuinely committed and sustained collaborative actions are urgently required to address childhood overweight and obesity and the complex underlying issues.

Full detail: [Tackling childhood overweight and obesity after the COVID-19 pandemic](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(21)00204-2/fulltext)

Infection control

**Title:** Everything you need to know about COVID-19 vaccines

The Pharmaceutical Journal | 21st July 2021

Vaccines have been the success story of the COVID-19 pandemic, with three already approved for use in the UK, and promising late-stage trial results for a further two vaccines backed by the UK government.

This feature illustrates how each type of vaccine works, and brings together key data for pharmacists on the vaccines currently available, as well as those in the pipeline. It will be updated regularly to include the latest information.

Full detail: [Everything you need to know about COVID-19 vaccines](https://pharmaceutical-journal.com/article/feature/everything-you-need-to-know-about-covid-19-vaccines)

**Title:** Fully vaccinated critical workers to be able to leave self-isolation in exceptional circumstances

Department of Health and Social Care | 19th July 2021

From 19th July, in exceptional circumstances - where there would otherwise be a major detrimental impact on essential services - a limited number of critical workers may be informed by their employer, following advice from the relevant government department, that they may be able to leave self-isolation to attend work.

This is a small and targeted intervention to ensure that services critical to the safety and functioning of our society can continue, and will only apply to workers who are fully vaccinated (defined as someone who is 14 days post-final dose) and will be solely so that they can attend work.

Full detail: [Fully vaccinated critical workers to be able to leave self-isolation in exceptional circumstances](https://www.gov.uk/government/news/fully-vaccinated-critical-workers-to-be-able-to-leave-self-isolation-in-exceptional-circumstances)

See also: [Fully vaccinated NHS staff may not need to self-isolate](https://www.bmj.com/content/374/bmj.n1830) | BMJ

[Food industry Covid testing rolled out to support sector](https://www.gov.uk/government/news/food-industry-covid-testing-rolled-out-to-support-sector) | Department of Health & Social Care

**Title:** JCVI statement on COVID-19 vaccination of children and young people aged 12 to 17 years

Department of Health & Social Care | 19th July 2021

In view of the progress in offering COVID-19 vaccination to all adults, the Department of Health Social Care (DHSC) asked JCVI for advice on a possible extension of the programme to children and young people. JCVI has also received representations from professional bodies and members of the public on vaccination of children, both for and against such an extension.

* JCVI advises that children and young people aged 12 years and over with specific underlying health conditions that put them at risk of serious COVID-19, should be offered COVID-19 vaccination.
* JCVI advises that children and young people aged 12 years and over who are household contacts of persons (adults or children) who are immunosuppressed should be offered COVID-19 vaccination on the understanding that the main benefits from vaccination are related to the potential for indirect protection of their household contact who is immunosuppressed.

Full detail: [JCVI statement on COVID-19 vaccination of children and young people aged 12 to 17 years](https://www.gov.uk/government/publications/covid-19-vaccination-of-children-and-young-people-aged-12-to-17-years-jcvi-statement/jvci-statement-on-covid-19-vaccination-of-children-and-young-people-aged-12-to-17-years-15-july-2021#advice)

See also: [Vulnerable children aged 12-15 will be offered Pfizer vaccine, UK announces](https://www.bmj.com/content/374/bmj.n1841) | BMJ

**Title:** The UK’s political gamble that bodes ill for health and the health service

BMJ | 2021; 374: n1848 | 22nd July 2021

This article asks are we willing to tolerate the risk of severe illness and long term sequelae of covid-19 in UK children now that only those with severe neurodisabilities, at risk of immunosuppression, or living with an immunosuppressed person are being offered vaccination.  This decision by the Joint Committee on Vaccination and Immunisation, the article claims, places it and the government under increasing scrutiny, and suggests the UK is now an outlier in international vaccination policies.

Full detail: [The UK’s political gamble that bodes ill for health and the health service](https://www.bmj.com/content/374/bmj.n1848)

See also: [Should the UK vaccinate children and adolescents against covid-19?](https://www.bmj.com/content/374/bmj.n1866) | BMJ [editorial]

**Title:** Ethnic differences in SARS-CoV-2 vaccine hesitancy in United Kingdom healthcare workers: Results from the UK-REACH prospective nationwide cohort study

The Lancet Regional Health Europe | 19th July 2021

In most countries, healthcare workers (HCWs) represent a priority group for vaccination against severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2) due to their elevated risk of COVID-19 and potential contribution to nosocomial SARS-CoV-2 transmission. Concerns have been raised that HCWs from ethnic minority groups are more likely to be vaccine hesitant than those of White ethnicity, but there are limited data on SARS-CoV-2 vaccine hesitancy and its predictors in UK HCWs.

This study found that despite increased risk of COVID-19, HCWs from some ethnic minority groups are more likely to be vaccine hesitant than their White British colleagues.

Strategies to build trust and dispel myths surrounding the COVID-19 vaccine in these communities are urgently required. Emphasis should be placed on the safety and benefit of SARS-CoV-2 vaccination in pregnancy and in those with previous COVID-19. Public health communications should be inclusive, non-stigmatising and utilise trusted networks.

Full paper: [Ethnic differences in SARS-CoV-2 vaccine hesitancy in United Kingdom healthcare workers: Results from the UK-REACH prospective nationwide cohort study](https://www.thelancet.com/action/showPdf?pii=S2666-7762%2821%2900157-5)

**Title:** Implementation of a pooled surveillance testing program for asymptomatic SARS-CoV-2 infections in K-12 schools and universities

EClinicalMedicine | 17th July 2021

The negative impact of continued school closures during the height of the COVID-19 pandemic warrants the establishment of cost-effective strategies for surveillance and screening to safely reopen and monitor for potential in-school transmission. This paper presents a novel approach to increase the availability of repetitive and routine COVID-19 testing that may ultimately reduce the overall viral burden in the community.

By establishing low-cost, weekly testing of students and faculty, pooled saliva analysis for the presence of SARS-CoV-2 enabled schools to determine whether transmission had occurred, make data-driven decisions, and adjust safety protocols. We provide strong evidence that pooled testing may be a fundamental component to the reopening of schools by minimizing the risk of in-school transmission among students and faculty.

Full paper: [Implementation of a pooled surveillance testing program for asymptomatic SARS-CoV-2 infections in K-12 schools and universities](https://www.thelancet.com/action/showPdf?pii=S2589-5370%2821%2900308-4)

**Title:** Effectiveness of Covid-19 Vaccines against the B.1.617.2 (Delta) Variant

New England Journal of Medicine | 21st July 2021

The B.1.617.2 (delta) Covid-19 variant has surged in India and spread worldwide. In a test-negative case–control study, the effectiveness of two doses of BNT162b2 was 94% against the B.1.1.7 (alpha) variant and 88% against delta; with the ChAdOx1 nCoV-19 vaccine, effectiveness was 74% and 67%, respectively. Protection after a single vaccine injection was low; two doses are needed.

Full paper: [Effectiveness of Covid-19 Vaccines against the B.1.617.2 (Delta) Variant](https://www.nejm.org/doi/pdf/10.1056/NEJMoa2108891?articleTools=true)

**Title:** Health chiefs encourage more pregnant women to get their COVID-19 vaccine

Public Health England | 22nd July 2021

Health chiefs are encouraging more pregnant women to get their COVID-19 vaccine, as new data shows that 51,724 pregnant women in England have received at least one dose.

The data, from Public Health England (PHE), shows these were all women aged under 50 years of age, who reported that they were pregnant or could be pregnant at the time of receiving the vaccine. Of these, 20,648 women have received their second dose.

It is preferable for pregnant women in the UK to be offered the Pfizer-BioNTech or Moderna vaccines where available, as there is more safety data available on these vaccines in pregnancy.

Full detail: [Health chiefs encourage more pregnant women to get their COVID-19 vaccine](https://www.gov.uk/government/news/health-chiefs-encourage-more-pregnant-women-to-get-their-covid-19-vaccine)

**Title:** Public urged to continue protecting family and friends

Department of Health and Social Care | 22nd July 2021

New government campaign launches across England to remind public of importance of continuing healthy behaviours to reduce the spread of COVID-19.

* Short film featuring Dr Amir Khan highlights importance of remaining cautious as those vaccinated can still pass on the virus
* New research shows that nearly 9 in 10 (86%) hope that people will proceed with caution and common sense, three quarters (77%) will continue to wear face masks, 81% will practice social distancing where possible and 83% say they will continue to wash hands thoroughly and often

Everyone across England is being urged to continue letting fresh air into enclosed spaces, take up the offer of twice-weekly free testing, wash their hands and book both doses of their vaccine.

Full detail: [Public urged to continue protecting family and friends](https://www.gov.uk/government/news/public-urged-to-continue-protecting-family-and-friends)

**Title:** Does COVID-19 vaccination improve mental health? A difference-in-difference analysis of the Understanding Coronavirus in America study

medRxiv | 22nd July 2021

Mental health problems increased during the COVID-19 pandemic. Knowledge that one is less at risk after being vaccinated may alleviate distress but this hypothesis remains unexplored. Here we test whether psychological distress declined in those vaccinated against COVID-19 in the US and whether changes in perceived risk mediated any association.

The study concludes that receiving a COVID-19 vaccination was associated with declines in distress and perceived risks of infection, hospitalization, and death. Vaccination campaigns could promote this additional benefit of being vaccinated.

Full paper: [Does COVID-19 vaccination improve mental health? A difference-in-difference analysis of the Understanding Coronavirus in America study](https://www.medrxiv.org/content/10.1101/2021.07.19.21260782v1.full.pdf)

*Note: This article is a preprint and has not been certified by peer review. It reports new medical research that has yet to be evaluated and so should not be used to guide clinical practice.*

workforce wellbeing

**Title:** Caring for staff: how the NHS can improve workforce wellbeing

HSJ | 21st July 2021  
  
The pandemic has brought employees’ mental and physical health into sharp focus. As well as staff deaths and illnesses from covid, the NHS is having to deal with staff suffering from ”long covid” and others who have suffered emotionally from the trauma of caring for so many desperately unwell patients.

Many others will not have suffered such high levels of pyschological trauma but will be feeling exhausted after working through the pandemic and may have lost touch with their motivation for working within the NHS. Burnout and compasssion fatigue may be buzz words but they may also accurately describe many NHS workers’ current state. This comes with a risk of increased staff turnover and absenteeism.

But what are NHS organisations actually doing to improve staff wellbeing – and are they addressing the needs and experience of all staff?

Full detail: [Caring for staff: how the NHS can improve workforce wellbeing](https://www.hsj.co.uk/workforce/caring-for-staff-how-the-nhs-can-improve-workforce-wellbeing/7030487.article?mkt_tok=OTM2LUZSWi03MTkAAAF-bUTlRrHzknFbUXF2qKqB-Yig-VzSQQXLY3eVIYCHPU7MBq8mNOotKfFIdv9gSct_5AD_41-qC2rRwEFWf4s3H-zDUC5DeAOzEP1XEr1uQuwWm7c)

**Title:** Mental health outcomes of ICU and non-ICU healthcare workers during the COVID-19 outbreak: a cross-sectional study

Annals of Intensive Care | 10th July 2021

Intensive care workers are known for their stressful work environment and for a high prevalence of mental health outcomes. The aim of this study was to evaluate the mental health, well-being and changes in lifestyle among intensive care unit (ICU) healthcare workers (HCW) during the first wave of the COVID-19 pandemic and to compare these results with those of HCW in other hospital units. Another objective was to understand which associated factors aggravate their mental health during the COVID-19 outbreak.

Being a woman, the fear of catching and transmitting COVID-19, anxiety of working with COVID-19 patients, work overload, eating and sleeping disorders as well as increased alcohol consumption were associated with worse mental health outcomes.

This study confirms the suspicion of a high prevalence of anxiety, depression, peritraumatic distress and low well-being during the first COVID-19 wave among HCW, especially among ICU HCW. This allows for the identification of associated risk factors. Long-term psychological follow-up should be considered for HCW.

Full paper: [Mental health outcomes of ICU and non-ICU healthcare workers during the COVID-19 outbreak: a cross-sectional study](https://annalsofintensivecare.springeropen.com/track/pdf/10.1186/s13613-021-00900-x.pdf)

**Title:** Through the visor 2: Further learning from member experiences during COVID-19

British Geriatrics Society | 22nd July 2021

This report is a follow-up of the BGS COVID-19 workforce report [*Through the visor: Reflecting on member experiences of the COVID-19 first wave*](https://www.bgs.org.uk/resources/through-the-visor-reflecting-on-member-experiences-of-the-covid-19-first-wave). Like the first report, this follow-up was based on a survey of members on their experiences of working through the pandemic.  The report shows BGS members’ experiences through the winter and the challenges they faced.

Most of the respondents reported that they were either redeployed during the pandemic or had changes made to their job plan or rota. This took a range of forms including working in a different setting, covering COVID wards, acting up to take on more responsibility or changing working hours to help respond to the pandemic. Many respondents commented that they were covering for sick colleagues. A significant number of people told us that they took time off during the first wave of the pandemic and a majority of those tested positive for COVID.

By far the most prominent theme to come out of the survey is the significant mental and emotional toll that working through the pandemic has had on BGS members and their families.

Full detail: [Through the visor 2: Further learning from member experiences during COVID-19](https://www.bgs.org.uk/sites/default/files/content/attachment/2021-07-21/BGS%20Through%20the%20visor%202%20-%20web%20version.pdf)

Health management

**Title:** The future of the NHS hospital payment system in England: From recovery to transformation

The Health Foundation | July 2021

The whole health service needs to recover well from COVID-19 and transform to meet the challenges of the post-pandemic environment. This new briefing from The Health Foundation, produced with Frontier Economics, explores the role that a new NHS hospital payment system could play in supporting such a transformation.

It covers:

* how the NHS hospital payment system works and what makes a good system
* what kind of system will be needed for the immediate COVID-19 recovery and to transform care, shifting services towards more community and primary care.

Key points:

* How health care providers (such as hospitals) are paid is one way of influencing the quality and efficiency of NHS care. Over the coming years the NHS will face unprecedented challenges as it tries to recover the substantial backlog of unmet need after the pandemic, deliver on already demanding efficiency targets and redesign care, shifting services towards more community and primary care.
* Before the pandemic, the NHS payment system was moving towards a blended approach where providers receive an annual fixed payment supplemented by activity and quality-related funding – to replace the payment by results (PbR) tariff.
* With waiting lists at record highs, it might be tempting to move back to the PbR tariff to incentivise hospitals to treat many more patients. But over the coming years the NHS also needs to improve care of an ageing population with complex, long-term health problems. Coordinated care across hospitals, community, primary and mental health services is a priority and activity related payments are not well suited to this goal. Even after the pandemic, a blended payment system to replace the PbR tariff remains the right direction of travel to help balance these potentially competing priorities for the NHS.

Full detail: [The future of the NHS hospital payment system in England: From recovery to transformation](https://www.health.org.uk/sites/default/files/upload/publications/2021/TheFutureOfTheNHSHospitalPaymentSystemInEngland_WEB.pdf)

**Title:** A Wait on your Mind? A realistic proposal for tackling the elective backlog

Policy Exchange | 22nd July 2021

This research looks at the entirety of the patient pathway and proposes a package of policy recommendations. These range from how to best address the bottleneck in general practice and diagnostics, to the method of clinical prioritisation, the communication with the patient, the role for pre-habilitation, and then finally considers the policy framework which should underpin an expansion in elective care capacity over the medium term.

Full report: [A Wait on your Mind? A realistic proposal for tackling the elective backlog](https://policyexchange.org.uk/wp-content/uploads/A-Wait-on-Your-Mind.pdf)

other

**Title:** attitudes towards and experiences of the NHS during Covid-19: views from patients, professionals and the public

The Richmond Group of Charities| 21st July 2021

This report is the third and final report from a collaboration with Britain Thinks to understand how the experiences and perceptions of patients, professionals and the public have shifted during the pandemic and what this might mean for the future of the NHS in England.

It looks at the NHS across three areas: primary care; secondary care; and community care. It also examines four patient types: mental health; long term health conditions; cancer patients; and surgery patients. Additionally, it looks into what patients and the public understand about the term 'health inequalities'.

Full detail: [Attitudes towards and experiences of the NHS during Covid-19: views from patients, professionals and the public](https://richmondgroupofcharities.org.uk/news/new-research-highlights-challenges-nhs-england-unlocks)

Press release: [New research highlights challenges for the NHS as England unlocks](https://richmondgroupofcharities.org.uk/news/new-research-highlights-challenges-nhs-england-unlocks)

See also: [The public expect the NHS to return to normal quickly](https://www.hsj.co.uk/service-design/the-public-expect-the-nhs-to-return-to-normal-quickly/7030558.article?mkt_tok=OTM2LUZSWi03MTkAAAF-bAUHIsQhg7sehTYxbrMU8WQMv9Z7-Lee5gINB0yQX15bfiXZLI1-CmZE5qeQ7bX3pJGJJG_D2V4_HRy0Rmp6TgNHAo3tsltK0BL9iFG8Wt-hlr0) | HSJ

**Title:** Coronavirus (COVID-19) latest insights

Office for National Statistics | 23rd July 2021

A roundup of the latest data and trends about the coronavirus (COVID-19) pandemic from the ONS and other sources.

Latest headlines:

* [Infections have increased in England, Wales and Northern Ireland](https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/articles/coronaviruscovid19/latestinsights#infections)
* [England's COVID-19 mortality rate in June was similar to May](https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/articles/coronaviruscovid19/latestinsights#mortality)
* [Doubt about return to normality within a year](https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/articles/coronaviruscovid19/latestinsights#normality)

Full detail: [Coronavirus (COVID-19) latest insights](https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/articles/coronaviruscovid19/latestinsights)

We

[TRFT Library & Knowledge Service](https://www.trftlibraryknowledge.com/) aim to bring together the latest guidelines, research and news on Covid-19 through our [Covid-19 portal](https://www.trftlibraryknowledge.com/coronavirus.html). For daily updates on Covid-19 visit our '[Latest Health](https://trfthealthweeklydigest.wordpress.com/)' newsfeed, or use the hashtag [#covid19rftlks](https://twitter.com/hashtag/covid19rftlks?src=hashtag_click) to see our latest tweets on Covid-19 research, guidelines and news.

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