

**NIHR**

[Accuracy and clinical effectiveness of fetal growth monitoring strategies for the prediction of small for gestational age at birth: a systematic review and meta-analysis](#)

There is limited evidence linking fetal growth monitoring tests results to the changes in fetal/neonatal outcomes. There is some evidence supporting the reduction of adverse outcomes by Growth Assessment Protocol implementation. Testing during the third trimester is likely to result in more accurate prediction of smallness for gestational age at birth than earlier testing. Use of a locally derived reference chart for estimated fetal weight may result in optimised sensitivity for a given birthweight reference chart (definition of smallness for gestational age).

Systematic search: Yes

December 2025

[Behavioural weight management interventions for the treatment of obesity: network meta-analysis of trial and real-world individual participant data](#)

Behavioural weight management interventions in both real-world services and randomised controlled trials are effective for weight loss, but there is a variation in the weight loss achieved at the end of the active weight loss period depending upon the structure of the intervention and participant engagement.

Systematic search: Yes

December 2025

[Dismantling behavioural weight management interventions: component network meta-analysis of randomised controlled trials and real-world services](#)

The review sought to deconstruct behavioural weight management interventions into constituent components and identify the effectiveness of individual components for weight loss. The findings highlight the importance of understanding the impact of intervention components such as accessibility, flexibility, tailoring and dietary advice and in-person delivery in weight loss at 12 weeks. Future research should consider exploring the component interactions and long-term weight loss for improved understanding and developing effective programmes.

Systematic search: Yes

December 2025

[Risk assessment tools for predicting transfusion in surgery: a systematic review and meta-analysis](#)

Despite the availability of multiple potential tools, available data suggest none are currently suitable for predicting blood transfusion in surgical practice. It should be noted that this conclusion was based on a small number of papers of limited quality and included some prospective tools which had only been validated once.

Systematic search: Yes

December 2025

[Clinical and cost-effectiveness of technologies for the assessment of attention deficit hyperactivity disorder: a systematic review and economic model](#)

QbTesting as part of the diagnostic workup for attention deficit hyperactivity disorder in children (age < 18 years), when used in combination with clinical assessment, may be cost-effective. There are insufficient data on other sensor continuous performance tests in adults or on medication management.

Systematic search: Yes

November 2025

### [Treatment effect modifiers of cognitive behaviour therapy in people with psychosis: an individual participant data meta-analysis of RCTs](#)

The effectiveness of cognitive-behavioural therapy for overall symptom change in this patient group is not significantly affected by the covariates examined in this individual participant data meta-analysis. CBT should continue to be offered equally to service users irrespective of their demographic or clinical characteristics.

Systematic search: Yes

November 2025

### **The King's Fund**

#### [Approaches To Vaccine Delivery: Learning From Gloucestershire ICB's Covid-19 Vaccine Programmes](#)

The report explores how Gloucestershire ICB has achieved some of the highest vaccination uptake rates in the England. Their success was achieved in a variety of ways including by using tailored messaging, data-driven planning, trusted community engagement, clear information, and easy access through flexible options such as walk-ins and mobile clinics.

Systematic search: No

December 2025

#### [How To Support Partnership Working](#)

This report offers practical insights to support people who are seeking to develop partnership working within their local areas.

Systematic search: No

December 2025

### **SIGN**

#### [SIGN 173 Management of chronic pain \(part one\)](#)

This interim guideline replaces SIGN 136: Management of chronic pain. It contains the first part of the content of this guideline. The second part will be added in summer 2026. This guideline focuses on managing chronic non-malignant pain (pain lasting longer than 12 weeks) in adults. It applies to non-specialist healthcare settings that are not specifically designed for treating chronic pain. This part of the guideline includes recommendations and information on: opioids, naloxone, medicinal cannabis, antidepressants, pain management programmes, psychological interventions, self-help interventions, and occupation-based interventions. The second part of the guideline will contain information on: muscle relaxants, simple analgesics, topical analgesics, antiepileptics, combination pharmacological therapies, hands-on physical therapies, hands-off physical therapies, electrotherapies, alternative interventions and dietary interventions. The guideline does not cover: pain caused by cancer pain or caused by migraine (see SIGN 155: Pharmacological management of migraine pain in children and young people).

Systematic search: Yes

December 2025

### **Public Health Scotland**

#### [Policy briefing: alcohol](#)

The short briefing with infographics sets out the range of evidence-based actions that could be taken to prevent and reduce harm from alcohol, building on the progress that has been made through minimum unit pricing. It is hoped that these actions, taken together, could reverse current trends in terms of harm from alcohol, and would reduce the burden that alcohol-related conditions place on health and social care services.

Systematic search: No  
December 2025

[Linking local electronic Holistic Needs Assessment \(eHNA\) data to national health data in Scotland: pilot feasibility study](#)

This report provides information on a pilot project to link holistic needs assessment information for cancer patients to national cancer registry and hospital data for three areas of Scotland (Highland, Renfrewshire & Tayside). The aim of the project is to facilitate a greater understanding of patient's perspectives, feelings and concerns following a cancer diagnosis. The project will also facilitate understanding of the reach of eHNA and care planning services and equity of service use.

Systematic search: No  
December 2025

[Evaluation of perinatal and infant mental health care in Scotland](#)

This report presents the findings of a mixed methods research project which explored the views of women and health professionals in relation to new Perinatal and Infant Mental Health (PIMH) Services in Scotland. The report highlights the need to: understand and mitigate the risks to perinatal and infant mental health arising from birth trauma; increase the awareness of perinatal and infant mental health and services which are available; ensure sufficient staffing levels to support the relationships between universal staff and the women they support in talking about mental health and accessing appropriate support; streamline services and improve communication regarding the referral process into specialist services. The report makes ten specific recommendations for improving PIMH Services in Scotland.

Systematic search: No  
December 2025

[Respiratory Syncytial Virus \(RSV\) Immunisation Programme: a health impact assessment](#)

This is a report of the findings from stakeholder engagement to identify potential impacts of the proposed RSV immunisation programmes on different population groups prior to their implementation in Scotland.

Systematic search: No  
November 2025

**Scottish Government**

[Breast screening modernisation programme: final report](#)

This report presents findings and recommendations from Scotland's Breast Screening Modernisation Board. It outlines challenges in the breast screening programme and proposes steps for a more efficient, sustainable, equitable, and participant-focused service.

Systematic search: No  
December 2025

[Review of Abortion Law in Scotland Expert Group: report](#)

A report prepared by an Expert Group commissioned by the Scottish Government to review the law on abortion in Scotland. Includes recommendations.

Systematic search: No  
November 2025

[Ethnic and racialised inequalities in cancer services: evidence review](#)

Summarises the findings of an evidence review into ethnic and racialised inequalities in cancer screening, diagnosis, treatment, care and experience.

Systematic search: Limited  
November 2025

[Food and drink high in fat, sugar and salt - out of home advertising restrictions: rapid evidence review](#)

Rapid evidence review on the current restrictions on out of home advertising of products high in fat, sugar and salt across local governments in England.

Systematic search: No  
November 2025

**NICE – Guidelines**

NG255 [Suspected sepsis in pregnant or recently pregnant people: recognition, diagnosis and early management](#)

This guideline covers the recognition, diagnosis and early management of suspected sepsis in pregnant or recently pregnant people. It includes recommendations on recognition and early assessment, initial treatment, escalating care, finding and controlling the source of infection, early monitoring, information and support, and training and education.

Systematic search: Yes  
November 2025

NG253 [Suspected sepsis in people aged 16 or over: recognition, assessment and early management](#)

This guideline covers the recognition, diagnosis and early management of suspected sepsis in people aged 16 or over who are not and have not recently been pregnant. It includes recommendations on recognition and early assessment, initial treatment, escalating care, finding and controlling the source of infection, early monitoring, information and support, and training and education.

Systematic search: Yes  
November 2025

NG254 [Suspected sepsis in under 16s: recognition, diagnosis and early management](#)

This guideline covers the recognition, diagnosis and early management of suspected sepsis in under 16s (not pregnant or recently pregnant). It includes recommendations on recognition and early assessment, initial treatment, escalating care, finding and controlling the source of infection, early monitoring, information and support, and training and education.

Systematic search: Yes  
November 2025

**UKHSA**

[Public health evaluation of BBV opt-out testing in EDs in England, 33-month final report 2025](#)

This large-scale testing programme has demonstrated high uptake and had a positive impact in finding people who are undiagnosed with a bloodborne virus (BBV), many of whom may not otherwise have been tested and diagnosed elsewhere. The programme was most effective at finding people with HBV and HCV. Overall the programme had a high test uptake: almost 70% of eligible ED attendees (those having blood taken as part of emergency care) had a BBV test at some point during the programme.

Systematic search: No  
December 2025

Influenza evidence reviews:

[Influenza A \(H3, H7, H9, H10\): incubation and infectious period](#)

[Influenza A \(H3, H5, H7, H9, H10\): asymptomatic and pre-symptomatic transmission](#)

[Influenza A \(H3, H5, H7, H9, H10\): routes of transmission](#)

[Influenza A \(H1N1pdm09\): infectious and incubation period, and pre-symptomatic and asymptomatic transmission](#)

[Influenza A \(H5\): incubation and infectious period](#)

[Influenza A \(H5\): incubation and infectious period in non-human mammals](#)

[Influenza A \(H5 or H7\) and conjunctivitis](#)

[Influenza A \(H1N1v and H1N2v\): incubation and infectious period](#)

Systematic search: Limited

December 2025

[Transport interventions at schools: health impacts and benefit: summary of international and UK studies](#)

Following previous reviews, this work is a step further in reviewing the effectiveness of transport-related interventions around schools in reducing children's exposure to air pollution and assessing associated health benefits as well as other co-benefits.

Systematic search: No

December 2025

[Climate change and mental health report](#)

This report provides an update on the evidence base of the mental health impacts from climate change and adverse weather that the UK is currently facing and will likely experience in future.

Systematic search: Yes

November 2025

[The health of people in prison, on probation and in the secure NHS estate in England](#)

The Chief Medical Officer for England identifies areas of good practice and areas of risk, and recommends actions to improve health outcomes for this population.

Systematic search: No

November 2025

[Lived experience: informing inclusive health protection](#)

This report explores how insights from people with lived experience can inform inclusive approaches to health protection. It is a synthesis of findings from individual Voluntary, Community and Social Enterprise (VCSE) organisation reports.

Systematic search: No

November 2025

[The effectiveness and unintended consequences of public health and social measures for respiratory pathogens as part of epidemic or pandemic response: a rapid mapping review](#)

This rapid mapping review identified and mapped available evidence on the effectiveness and unintended consequences of public health and social measures (PHSM) when implemented to reduce or prevent transmission of respiratory pathogens other than COVID-19.

Systematic search: Limited

November 2025

[Air pollution: effects on adverse birth outcomes](#)

In this report, the Committee on the Medical Effects of Air Pollutants (COMEAP) examined published studies and reviews that considered whether the levels of outdoor air pollution during pregnancy affects birth outcomes. The published research identified provided low quality evidence that small particles (PM2.5 and PM10) and ozone (O3) in air might be linked to these effects. There was very

little research on the way that air pollutants might affect pregnancy. However, some studies suggested air pollutants may interfere with how the placenta works.

Systematic search: Limited

November 2025

#### **Health and Care Research Wales Evidence Centre**

##### [A rapid review of the literature contrasting cost-effectiveness analysis and value-based healthcare approaches to assess how these paradigms are complemented in the context of health care in Wales](#)

The aim of this review was to contrast and where possible describe the complementarity of CEA and VBHC approaches to maximising value to healthcare systems. The objective was to review published literature contrasting these approaches in terms of their aims, perspectives of analysis, mathematical approach, and strengths and limitations.

Systematic search: Limited

December 2025

##### [What is the effectiveness of interventions to support the mental and emotional health and wellbeing of young people who are not in education, employment or training \(NEET\)? a rapid review](#)

It is estimated that 13.4% of all young people (aged 16-24) are considered not in education, employment or training (NEET) across the UK. Young people who are NEET have been found to have a higher incidence of mental health problems than those who are not NEET. Limited evidence suggests that interventions delivered in a nonclinical, community- based, or home setting could potentially improve a range of mental health and wellbeing outcomes in young people who are NEET and participants were generally accepting of these interventions. Psychological interventions identified were found to improve psychological, social and occupational functioning, reduce difficulties in emotion regulation and psychological distress and led to positive behaviour changes. Nature-based interventions improved social, emotional and behavioural functioning, as well as social connection and mental wellbeing and may be more effective for those who meet the criteria for anxiety or depression. Animal assisted interventions improved social behaviour, and participant abilities however some mixed findings were reported relating to self-esteem. A social prescribing interventions improved mental wellbeing and psychological distress. A holistic coaching intervention improved participants' sense of wellbeing, anxiety, access to peer support resources, knowledge of and access to services and connection to learning and earning opportunities.

Systematic search: Limited

November 2025

#### **EPPI Centre**

Nil

#### **AHRQ (Agency for Healthcare Research and Quality – USA)**

Nil

#### **Health Foundation**

##### [From diagnosis to delivery: a framework for accelerating NHS productivity growth](#)

This report explores current understanding of NHS system productivity (in England) and the reasons behind faltering growth. It sets out how a four-driver framework to guide future recommendations.

Systematic search: No

November 2025

#### **Canadian Agency for drugs and Technologies in Health (CADTH)**

[Injectable Opioid Agonist Treatment for Patients With Opioid Use Disorder: An Updated Review of Clinical and Cost-Effectiveness](#)

iOAT may be a promising treatment option for individuals with OUD, particularly for those whose disease has not responded to oral opioid agonist treatment. Limited evidence suggests benefits in treatment retention, reductions in illicit opioid and cocaine drug use, less involvement with the criminal justice system, and a potentially acceptable safety profile.

Systematic search: Limited

November 2025

[Upfront Dual Therapy for Pulmonary Arterial Hypertension](#)

Limited evidence suggests that initial combination therapy with 2 oral medications, an ERA and a PDE5 inhibitor, may provide better treatment outcomes in patients with PAH compared to monotherapy.

Systematic search: Limited

November 2025

**McGill University Health Centre (Canada)**

Nil

**Health Information & Quality Authority (Ireland) – Health Technology Assessments**

Nil

**Campbell Collaboration**

Nil

**Glasgow Centre for Population Health**

[850 years of change – A timeline of Glasgow's health history from 1175 to 2025](#)

This publication marks the 850 years since Glasgow became a burgh, and presents a timeline of key events that have shaped the city's health from 1175 to 2025. It adopts a broad definition of health, encompassing social determinants such as housing, sanitation, employment, and education, alongside major medical advances that influenced population wellbeing. The timeline synthesises historical research and expert input to illustrate how health outcomes have evolved in response to social, economic, political, and environmental changes. It also highlights the persistent role of inequality, showing how poverty and structural disadvantage have driven health gaps across centuries. The timeline takes a historical approach to inform present and future public health efforts, and challenges the notion of linear progress by revealing that improvements often stemmed from contested debates, activism, and collective action.

Systematic search: Limited

December 2025

**Selected other recent reports**

**Centre for Mental Health (2025) [Empowering Minds: transforming young women's mental health](#)**

The report is an evaluation of the Young Women in Mind programme, launched by the Pilgrim Trust in 2021 to address the worsening mental health of young women aged 16-25. The programme built collaboration and a strong network of funded projects. Services were designed to be safe, welcoming, and actively shaped by young women themselves, ensuring inclusivity and a sense of community. The report recommends investment in bespoke support for young women in places they feel safe and listened to.

**Nuffield Trust (2025) [How are GPs using AI? Insights from the front line](#)**

Co-authored with the Royal College of General Practitioners, this report explores the proportion of GPs in the UK currently using AI in their clinical practice, as well as how they are using it.

**Institute of Health Equity (2025) [Inequalities, Pandemics and Social Protection: Evidence review for the Global Council on Inequality, AIDS and Pandemics](#)**

This evidence review is the result of reviewing over 1,500 sources of scientific and grey literature on the links between inequalities and COVID-19, HIV/AIDS, SARS, Influenza, Ebola and TB. The evidence shows that being ready for a pandemic goes well beyond having the necessary surveillance mechanisms in place; a strong health system is also not enough. Improving conditions in the social determinants of health and reducing inequalities would significantly improve outcomes during pandemics.

**Social Care Centre for Excellence (2025) [Shaping change together: co-producing innovation in social care](#)**

This report shows that working in equal partnership with people who draw on care and support, carers and frontline staff is vital to making new ideas work in practice. It shares findings from SCIE's 2025 Co-producing Innovation in Social Care Survey, which explored how co-production supports innovation, what barriers people face, what makes it work, and whether it is leading to change.

**UK Covid-19 Inquiry (2025) [Module 2, 2A, 2B, 2C Report - Core decision-making and political governance](#)**

The second report of the UK Covid-19 Inquiry focuses on the decisions by politicians taken in response to the pandemic and the socioeconomic consequences thereof.

**NICE FORWARD PLANNING – Publications due January 2026**

Nil (next publications due February 2026)