

# He@lth Information on the Internet

## What's new?

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*Newly announced Web sites, documents, mailing lists and other resources, selected by OMNI.  
Visit <<http://omni.ac.uk>> for more details.*

All resources in this list have been selected according to the **BIOME Guidelines for Resource Evaluation** <<http://biome.ac.uk/guidelines/eval/>>. Further Information: PDF documents require the Adobe Acrobat Reader, which can be downloaded from <[www.adobe.co.uk/products/acrobat/readstep2.html](http://www.adobe.co.uk/products/acrobat/readstep2.html)>.

### Improved early pain management for musculoskeletal disorders

<[www.hse.gov.uk/research/rrpdf/rr399.pdf](http://www.hse.gov.uk/research/rrpdf/rr399.pdf)>

This research report was prepared by the Institute for Musculoskeletal Research and Clinical Implementation for the Health and Safety Executive in 2005. The report examines the 'usefulness of secondary intervention pain management techniques in helping people with musculoskeletal disorders (MSDs) to stay at work or get back to work in the early stages of an episode.' The report includes care pathways for healthcare professionals, employers, and employees. This 92-page report is available in PDF.

### World Health Organization: Avian influenza

<[www.who.int/csr/disease/avian\\_influenza/en/](http://www.who.int/csr/disease/avian_influenza/en/)>

This resource contains up-to-date authoritative information on avian influenza (bird flu) and is produced by the Department of Communicable Disease Surveillance and Response (CSR), of the World Health Organization (WHO). Documents available here include WHO press releases, fact sheets, pandemic preparedness plans, diagnostic manuals, and links to relevant Web resources. Daily updates on avian influenza are archived from 13 January 2004.

### Guidance for mentors of student nurses and midwives: an RCN toolkit

<[www.rcn.org.uk/publications/pdf/guidance\\_for\\_mentors.pdf](http://www.rcn.org.uk/publications/pdf/guidance_for_mentors.pdf)>

This toolkit provides guidance for mentors of student nurses and midwives and was published in October 2005 by the Royal College of Nursing (RCN). The toolkit is designed for a mentor or associate mentor new to the role but can also act as a useful prompt and update for more experienced mentors. It considers the role of the mentor, the support available for mentors, and provides guidance, including a

placement checklist, on how to help students get the most out of their placements. It also discusses the responsibilities of the student and issues around supporting students with special needs. The toolkit includes a glossary and a series of frequently asked questions. This 20-page document is available in PDF.

### NHS Emergency Planning Guidance 2005

<[www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT\\_ID=4121072&chk=yCJURQ](http://www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT_ID=4121072&chk=yCJURQ)>

Published by the UK Department of Health in October 2005, this guidance aims to aid all NHS organisations in developing their ability to respond to, and manage recovery of, major incidents whether the incidents have effects locally, regionally, or nationally, within the context of the requirements of the Civil Contingencies Act 2004. This guidance replaces the NHS Emergency Planning Guidance 1998. The full-text report and associated documents are available in PDF.

### The Scottish Centre for Healthy Working Lives

<[www.healthscotland.com/hwl/](http://www.healthscotland.com/hwl/)>

The Scottish Centre for Healthy Working Lives was established in April 2005 to 'improve the health of the working age people in Scotland by ensuring healthier and safer workplaces, promoting healthier lifestyles and developing employability'. It leads and supports the delivery of the workplace strand of the Scottish Executive's Health Improvement Challenge policy and is hosted by NHS Scotland and its own Advisory Group. The site provides information about the Centre, its purpose, Scotland's Health at Work Programme, the Safe and Healthy Working Advisory Service, news and events and links to key partners.

### Why 6g? A summary of the scientific evidence for the salt intake target

<[www.mrc.ac.uk/pdf/why\\_6\\_grams\\_salt\\_review.pdf](http://www.mrc.ac.uk/pdf/why_6_grams_salt_review.pdf)>

This report, published by the Medical Research Council (MRC) in 2005, summarises the scientific evidence on the links between salt and health that underpins the 6g-a-day salt intake target. It draws heavily on evidence reviewed by the UK Scientific Advisory Committee on Nutrition 'Salt and Health' report (SACN 2003). The salt reduction target is part of a broader strategy to reduce deaths from vascular disease. Clinical trial evidence shows that greater reductions in blood pressure are observed when reductions in salt are accompanied by a diet low in total and saturated fat, with an increased consumption of fruit, vegetables and low-fat dairy foods. Achieving and maintaining a healthy weight and regular physical activity also help to prevent and treat high blood pressure. Sections in the report include an executive summary, salt intake in Great Britain, salt and health, special issues for infants and children, frequently asked questions, and references. The 56-page report is in PDF.



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