

NHS Kent & Medway Medicines Optimisation Group

Recent NICE publications – October 2022

FOR INFORMATION

NICE Publications

NICE clinical guidelines

[Self-harm: assessment, management and preventing recurrence published Sept 2022](#)

This guideline covers assessment, management and preventing recurrence for children, young people and adults who have self-harmed. It includes those with a mental health problem, neurodevelopmental disorder or learning disability and applies to all sectors that work with people who have self-harmed.

Updated NICE Clinical Guidelines

[Tobacco: preventing uptake, promoting quitting and treating dependence. Updated August 2022](#)

This guideline covers support to stop smoking for everyone aged 12 and over, and help to reduce people's harm from smoking if they are not ready to stop in one go. It also covers ways to prevent children, young people and young adults aged 24 and under from taking up smoking. The guideline brings together and updates all NICE's previous guidelines on using tobacco, including smokeless tobacco. It covers nicotine replacement therapy and e-cigarettes to help people stop smoking or reduce their harm from smoking. It does not cover using tobacco products such as 'heat not burn' tobacco. **In August 2022**, NICE reviewed the evidence on Allen Carr's Easyway to stop smoking in-person seminar for people who smoke and updated recommendations on treating tobacco dependence in the section on stop-smoking interventions. In August 2022, varenicline was unavailable in the UK.

[Type 1 diabetes in adults: diagnosis and management. Updated August 2022](#)

This guideline covers care and treatment for adults (aged 18 and over) with type 1 diabetes. It includes advice on diagnosis, education and support, blood glucose management, cardiovascular risk, and identifying and managing long-term complications. **In August 2022**, NICE amended recommendations on blood pressure targets to make them consistent with recommendations on blood pressure control in NICE guidelines on chronic kidney disease and hypertension.

[Obesity: identification, assessment and management. Updated September 2022](#)

This guideline covers identifying, assessing and managing obesity in children (aged 2 years and over), young people and adults. **In September 2022**, NICE reviewed evidence on anthropometric measures for assessing health risks associated with overweight and obesity in adults and updated the recommendations on identifying and assessing overweight, obesity and central adiposity.

[Colorectal cancer prevention: colonoscopic surveillance in adults with ulcerative colitis, Crohn's disease or adenomas. Updated September 2022](#)

This guideline covers using colonoscopy to check for signs of bowel cancer in people aged 18 and over with ulcerative colitis or Crohn's disease (types of inflammatory bowel disease) or adenomas (also known as polyps). It aims to prevent cancer and prolong life by offering advice on identifying early bowel cancer in adults most at risk. **In September 2022**: NICE replaced recommendations on colonoscopy for adults with adenomas with a link to the British Society of Gastroenterology's guidelines on post-polypectomy and post-colorectal cancer resection surveillance.

[Lung cancer: diagnosis and management. Updated September 2022](#)

This guideline covers diagnosing and managing non-small-cell and small-cell lung cancer. It aims to improve outcomes for patients by ensuring that the most effective tests and treatments are used, and that people have access to suitable palliative care and follow-up. **In September 2022:** NICE added the NICE technology appraisal guidance on tepotinib to the systemic anti-cancer therapy treatment pathways for advanced non-small-cell lung cancer.

NICE COVID Rapid Guidelines

No new NICE Rapid Guidelines

NICE Quality Standards

No new NICE Quality Standards

Updated NICE Quality Standards**[Self harm. Updated September 2022](#)**

This quality standard covers the initial management of self-harm and the provision of longer-term support for children and young people (aged 8 to 18) and adults (aged 18 and over) who self-harm. It describes high-quality care in priority areas for improvement. **In September 2022,** changes were made to align this quality standard with the updated NICE guideline on self-harm.

[Postnatal care. Updated September 2022](#)

This quality standard covers routine postnatal care in the first 8 weeks after birth. **In September 2022,** this quality standard was updated and replaced the previous version published in 2013.