

NHS Kent & Medway Medicines Optimisation Team

NICE News Bimonthly – February 2024

FOR INFORMATION

NICE Publications

NICE clinical guidelines

[Cardiovascular disease: risk assessment and reduction, including lipid modification published in December 2023](#)

This guideline covers identifying and assessing risk of cardiovascular disease (CVD) in adults without established CVD. It covers lifestyle changes and lipid-lowering treatment (including statins) for primary and secondary prevention of CVD, and includes guidance for people who also have diabetes or chronic kidney disease.

Updated NICE Clinical Guidelines

[Bipolar disorder: assessment and management Updated December 2023](#)

This guideline covers recognising, assessing and treating bipolar disorder (formerly known as manic depression) in children, young people and adults. The recommendations apply to bipolar I, bipolar II, mixed affective and rapid cycling disorders. It aims to improve access to treatment and quality of life in people with bipolar disorder.

MHRA advice on valproate: Valproate must not be used in women and girls of childbearing potential, unless other options are unsuitable and the pregnancy prevention programme is in place. See the [MHRA guidance on valproate use by women and girls](#). **December 2023:** NICE amended recommendations in line with the latest [MHRA guidance on the use of valproate](#). For more details see [update information](#).

[Early and locally advanced breast cancer: diagnosis and management Updated January 2024](#)

This guideline covers diagnosing and managing early and locally advanced breast cancer. It aims to help healthcare professionals offer the right treatments to people, taking into account the person's individual preferences.

In **January 2024**, NICE reviewed the evidence and updated the [recommendations on further surgery after breast-conserving surgery](#). NICE also updated some recommendations for style and consistency, or to reflect current practice. For more details, see the [update information](#).

[COVID-19 rapid guideline: managing COVID-19 Updated January 2024](#)

This guideline covers managing COVID-19 in babies, children, young people and adults in community and hospital settings. It includes recommendations on communication, assessment, therapeutics for COVID-19, non-invasive respiratory support, preventing and managing acute complications, and identifying and managing co-infections.

NICE has also produced [COVID-19 rapid guidelines on managing long-term effects of COVID-19 \('long COVID'\)](#) and [haematopoietic stem cell transplantation](#).

On **25 January 2024**, NICE made editorial changes to ensure the recommendations reflect the current context for COVID-19.

[COVID-19 rapid guideline: managing the long-term effects of COVID-19 Updated January 2024](#)

This guideline covers identifying, assessing and managing the long-term effects of COVID-19, often described as 'long COVID'. It makes recommendations on care in all healthcare settings for adults, children and young people who have new or ongoing symptoms 4 weeks or more after the start of acute COVID-19. It also includes advice on organising services for long COVID. NICE has also produced [COVID-19 rapid guidelines on managing COVID-19](#) and [haematopoietic stem cell transplantation](#).

On **25 January 2024**, NICE transferred the guideline from the MAGICapp platform to the NICE website, changing the presentation. The recommendations are unchanged.

Caesarean birth Updated January 2024

This guideline covers when to offer and discuss caesarean birth, procedural aspects of the operation, and care after caesarean birth. It aims to improve the consistency and quality of care for women and pregnant people who are thinking about having a caesarean birth or have had a caesarean birth in the past and are now pregnant again. For information on related topics, see [women's and reproductive health summary page](#).

In **January 2024**, NICE reviewed the evidence and made new and updated recommendations on placenta accreta spectrum.

Suspected sepsis: recognition, diagnosis and early management Updated January 2024

This guideline covers the recognition, diagnosis and early management of suspected sepsis. 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.

In **January 2024**, NICE reviewed the evidence and made new [recommendations on risk evaluation and management of suspected sepsis for people aged 16 or over who are not and have not recently been pregnant, in mental health, ambulance and acute hospital settings](#). This covers the population and settings in which the national early warning score (NEWS2) applies.