Recommended Reading



Irish College of GPs Library

Welcome to the October issue of Recommended Reading.

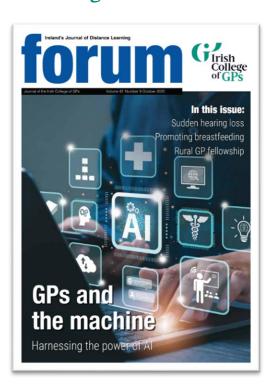
Every month, the library scan resources of interest to General Practice and recommends reports and research articles from reputable sources. Previously published issues are available on our website https://www.irishcollegeofgps.ie/Home/Clinical-Hub/Publications-and-Journals/Evidence-Based-Resources. We welcome any feedback or comments which can be emailed directly to library@icgp.ie.

Inside this issue:

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College News & Publications



Forum October 2025

GPs and the machine: Harnessing the power of AI

GP Works: Dr Alina Zidaru (October 2025)

In the latest episode of GP Works, Tallaght GP Dr Alina Zidaru introduces us to NEGS, the network that supports newly emerging GPs.

Audit Report: Chronic disease management in Irish General Practice (2019 vs 2024): A retrospective audit of public and private patient records

Author: Dr Mike O'Callaghan Research, Policy & Information Department, Irish College of GPs

Audit Report: Public vs Private Patient Monitoring in General Practice: A Comparative Audit

Author: Dr Mike O'Callaghan Research, Policy & Information Department, Irish College of GPs

Recent contributions to medical literature by Irish College of GP's affiliated researchers:

1. European general practitioners' attitudes towards person-centred care and factors that influence its implementation in everyday practice. Eur J of Gen Pract. 2025 Feb

26;31(1):2463630.

College Affiliation: Prof. Claire Collins, COO.

- Read Article
- 2. Prescriptions of Essentially Placebo Treatments Among General Practitioners in 21 2.

Countries. *JAMA Netw Open*. 2025 Sep 18;8(9):e2532672.

College Affiliation: Prof. Claire Collins, COO.

& Read Article



Guidance for GPs

National Framework for the Management of Endometriosis in Ireland, Oct 2025.

The Department of Health sets out a defined clinical pathway for women with endometriosis.

& Read Press Release

National Clinical Practice Guideline: Assessment and Management of Endometriosis. National Women and Infants Health Programme and The Institute of Obstetricians and Gynaecologists, March 2025.

The HSE National Clinical Practice Guideline for the Assessment and Management of Endometriosis provides guidance for healthcare professionals on diagnosing and treating the condition.

® Read Guidance

GPs In the News: What's making headlines?

Medical Independent, 29 Sept 2025

Reform still required for GP care in nursing homes

Many men dying from largely preventable causes

ℰ Irish Times, 23 Sept 2025

Two in five men in Ireland die before the age of 75, report finds

ℰ Irish Times, 25 Aug 2025

Cancer deaths to reach more than 18 million globally per year by 2050, study finds

Women who take HRT after menopause less likely to develop dementia, study indicates

PRINTER RTE, 14 Oct 2025

Women face financial barriers to healthcare, report finds

Ø Irish Times, 15 Oct 2025

At least 1,000 new GPs required to maintain patient ratios, says representative group

ℰ RTE, 16 Oct 2025

Third of new cancer drugs improve survival rates - report

ℰ RTE, 17 Oct 2025

BioBank Ireland to create snapshot of people's health

①

Latest from the Department of Health

Press Release, 16 Oct 2025

Ministers for Health, Culture, Communications and Sport launch National Physical Activity Framework and Action Plan



Press Release, 14 Oct 2025

Minister for Health publishes reports from Women's Experiences of Healthcare in Ireland Listening Forum

Press Release, 10 Oct 2025

Minister Butler marks World Mental Health Day 2025 with €4 million investment package in early intervention, digital and talking therapies

Press Release, 8 Oct 2025

Ministers for Health announce €27.4 billion health budget for 2026



Key Health Reports



The Real Face of Men's Health 2023 REPUBLIC OF IRELAND REPORT

The Real Face of Men's Health: 2025 Republic of Ireland Report

This Institute of Men's Health/Movember report aims to map the health landscape for men: where men are at greater risk, what behaviours and structural forces drive poorer outcomes, and how health systems and communities might better respond. It combines data, lived experiences, and health system perspectives to show that many conditions causing male morbidity and premature mortality are preventable or modifiable, yet men often delay seeking care or face health services not tuned to their needs.

& Read Report



Highlights:

✓ Delays in help-seeking are common

Many men delay seeking medical attention, sometimes for days, weeks, or even months after symptoms arise. This contributes to late diagnosis of serious conditions (e.g. cardiovascular disease, cancer) and limits opportunities for early intervention.

√ High burden of preventable disease in men

A substantial proportion of male deaths and years of healthy life lost are attributable to modifiable factors (smoking, poor diet, physical inactivity, alcohol, etc.). In Ireland, two in five men die before they're 75. Most of these deaths are preventable, with men's premature death rates 40% higher than women's. There is a large "prevention dividend" in addressing risk factors early.

✓ Mental health, suicidality, and the "gender paradox"

Men are overrepresented in suicide statistics, yet under-diagnosed or under-treated for depression and other mental health conditions. Men account for four in every five suicides in Ireland. 97% of GPs in our research treated male patients with suicidal thoughts in the past year. The report underscores that typical presentations (e.g. irritability, withdrawal, substance use) may mask underlying mental distress. GPs frequently encounter men with suicidal ideation, but

many lack confidence in screening or intervening.

✓ Masculinity, stigma, and gender norms are barriers

Social norms about masculinity (stoicism, self-reliance, reluctance to show vulnerability) discourage men from disclosing symptoms or emotional distress. Many men view seeking help as weakness. GPs may need to adopt gender-sensitive communication, destignatize emotional health discussions, and engage with men in "male-friendly" ways.

✓ Capacity, confidence, and training gaps among primary care

Many GPs report constraints: limited time in consultations, uncertainty in managing male mental health or suicidality, and lack of training in gender-informed approaches. The report calls for more continuing professional development (CPD) tailored to men's health, digital/online learning, and system support (e.g. referral pathways, flexibility) to better respond to men.



HRB Women's health treatment interventions and outcomes: An evidence and gap map review

This evidence and gap map review was commissioned by the Irish Department of Health to map out what is known — and what remains unknown — about the effectiveness of interventions for women's health conditions in OECD settings. The aim is not to produce clinical recommendations, but to visualise where robust evidence exists and where there are gaps, to guide future research priorities. The authors screened literature from January 2019 to February 2024 and included 2,279 studies across many womenspecific health conditions.

8 Read Report

Highlights:

✓ Volume, but uneven distribution

While over 2,200 studies met inclusion criteria, the evidence is heavily skewed toward certain conditions (e.g. menstrual bleeding disorders, menopause, endometriosis) and certain interventions. Many female-specific or female-predominant conditions remain underexamined.

✓ Key gaps in "cold-spot" conditions

Some of the conditions with the least intervention evidence include:

- o Pelvic and vulvar vaginosis
- o Pelvic organ prolapse
- o Early pregnancy loss (< 20 weeks)
- o Postpartum mental health (especially outcomes like suicidal ideation, self-harm)

✓ Poor reporting of core outcomes

Even where interventions have been studied, many trials do *not* report agreed-upon core outcomes (e.g. menstrual regularity in adenomyosis, chronic anovulation in PCOS, mortality in ectopic pregnancy) — leading to disconnects in comparability.

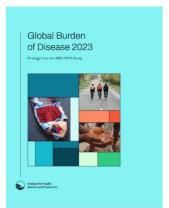
✓ Utility for research prioritisation (less so for clinical guidelines)

This map is a tool for researchers, funders, and policy makers to identify where new trials or syntheses are most needed.

✓ Call to action: fill the gaps with clinically relevant studies

The authors emphasize that future research should:

- o Target those under-researched conditions
- o Use standardised core outcomes
- o Be designed with clinical applicability (e.g. in primary care settings)
- o Involve consultation with clinicians and women to ensure relevance



Global Burden of Disease (GBD) 2023

The 2023 GBD study includes the most up-to-date global health data from 2023 with the latest analysis focused on five key themes: demographics, causes of death, diseases and injuries, risk factors and population forecasting.

Key Findings:

\checkmark Continued dominance of noncommunicable diseases (NCDs) in burden

Diseases such as cardiovascular disease, cancers, chronic respiratory diseases, diabetes, and neurological disorders remain major contributors to mortality and disability globally. The transition from infectious to chronic disease burden continues.

✓ Refinement in cause attribution and mortality estimates

GBD 2023 provides estimates for **292 causes of death** (disaggregated by age, sex, country, year) and a broad set of risk factors.

✓ Risk factors shifting upward: metabolic, behavioural, environmental

The 2023 report underscores that risks such as high BMI, high fasting plasma glucose, high blood pressure, and unhealthy diet are increasingly responsible for healthy years lost (DALYs).

✓ Still substantial global inequalities and variation between countries/regions

Even though the global averages may show improving trends, GBD underscores that some countries and populations lag behind. Differences in access to care, socioeconomic status, regional health systems, and demographic structure lead to heterogeneous burden.

✓ Emphasis on "preventable burden"

A key message is that a large fraction of health loss is associated with modifiable risk factors — many conditions causing disability or death could be prevented or delayed by public health action, early detection, and health system strengthening.



Evidence-Based Medicine (EBM) Round-up

October 2025 Therapeutics Today

This monthly newsletter is produced by the National Medicines Information Centre (NMIC) who are based in St James's Hospital. Evidence-based information is provided to prescribers to promote the safe, effective and efficient use of medicines



Spotlight on Irish Articles

1. Parents' perspectives on childhood antibiotic treatment in Ireland.

Maher et al., JAC Antimicrob Resist. 2025 Oct 7;7(5):dlaf176.



2. Interventions to improve adherence to clinical practice guidelines when treating cardiovascular disease.

McErlean et al., Ir J Med Sci. 2025 Sep 24.



3. Maternal sepsis: a 5-year single center review McCormick et al., Ir Med J. 2025 Sep 18;118(8):134.



Spotlight on Research Articles

1. BJGP Research Paper of the Year 2024

The Research Paper of the Year (RPY), awarded by the Royal College of General Practitioners (RCGP), gives recognition to an individual or group of researchers who have undertaken and published an exceptional piece of research relating to general practice or primary care. This blog looks at the 2024 winners.



2. Understanding persistent GP turnover using work and personal characteristics Jefferson et al. Br J Gen Pract. 2025 Sep 29:BJGP.2025.0260.



3. European society of endocrinology clinical practice guideline for evaluation and management of menopause and the perimenopause.

Lumsden et al, Eur J Endocrinol. 2025 Sep 30;193(4):G49-G81.

Read Abstract

4. Current and Future Medications for Obesity Treatment.

Kushner et al, JAMA. 2025 Sep 11.



(4)

Top Tip from the Library – Health Literacy Month

Health Literacy Month



Nearly 9 out of 10 adults have a difficult time using everyday health information.

- ✓ October is Health Literacy Month a time dedicated to helping people find, understand and use health information.
- ✓ Health Literacy is the ability to read, understand and use healthcare information.
- ✓ People who are better informed about their health live longer.

Health literacy tips for healthcare providers - NALA

Health Literacy - HSE Library at HSE Library





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CLINICAL HUB

On our website under Clinical Hub, you will locate the following:

- Clinical Topics Quick Reference Guides
- Forum Journal Publications & Journals

EVIDENCE-BASED RESOURCES

We compile evidence-based resources aimed at GPs including:

- Databases & Clinical Tools Newsletters
 - Useful Links Library Help Sheets

ONLINE JOURNALS

We subscribe to a range of online journals on behalf of our members including:

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- · Medical Education and more...

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- Recommended Reading &
- Educational Articles for General Practice

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