

Recommended Reading



Irish College of GPs Library

Welcome to the June 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.

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College News & Publications



Forum June 2026

Finding a better way for migrant health: Structured approach needed.

Irish College of GPs Annual Report 2025: A Year of Growth

Among the **highlights** of the 2025 Annual Report are:

- 4,600 GP members, reflecting continued growth in the College's membership base
- 1,300 GP trainees and 350 new training places were introduced in 2025
- Record-breaking graduation of 233 doctors joining the Specialist Register for General Practice
- Official opening of the College's new headquarters in Dublin 2, providing a hub for education, collaboration and innovation



Guidance for GPs

HSE Guidance on Point of Care Data Access

Under the GDPR, service users have the right to request access to their personal data including their medical information. When a service user requests to see or get a copy of their personal information in a care setting, we as healthcare workers should facilitate this where possible.

You should aim to provide a copy of the information if the request is:

- a low volume of information
- about a current or recent episode of care
- readily available to staff upon request
- easy to respond to orally or by sharing the information (such as a printout of a blood test result)
- free from third-party information that should not be included

 [Read Guidance](#)



GPs In the News: What's making headlines?

-  **Irish Mirror, 26 April 2026**
[Irish GPs raise concerns over 'never any rest, never enough time and too much to do'](#)
-  **Irish Times, 23 May 2026**
[Newly-qualified doctors could have college fees paid in bid to stem numbers moving abroad](#)
-  **Irish Times, 24 May 2026**
[‘You can’t force people to stay’: How to stop the exodus of Irish medical graduates?](#)
-  **Medical Independent, 31 May 2026**
[Study highlights growing pressure in general practice](#)
-  **Medical Independent, 31 May 2026**
[Medical Council may develop guidance for doctors on PAs](#)
-  **The Irish Times, 2 June 2026**
[‘It’s like an NCT for human beings’: Free annual health check gives peace of mind](#)



Latest from the Department of Health

Press Release, 13 May

[Minister for Mental Health Mary Butler welcomes new national guidance for mental health services for people with intellectual disabilities](#)



An Roinn Sláinte
Department of Health

Press Release, 18 May

[Minister for Health publishes Health in Ireland: Key Trends 2025](#)

Press Release, 20 May

Minister for Public Health, Wellbeing, and the National Drugs Strategy welcomes increased uptake of drug treatment services following Government investment in service capacity

Press Release, 27 May

Government launches Ireland's Strategy to Reduce Suicide and Self-harm: Connecting for Life 2026–2035

Press Release, 28 May

Minister for Public Health, Wellbeing and the National Drugs Strategy announces 2026 allocation of €5.2 million under the Healthy Ireland Fund Round 4

Press Release, 29 May

Minister for Health publishes Diabetes Policy and Services Review

Press Release, 29 May

Minister for Health, Jennifer Carroll MacNeill TD, welcomes progress made in Endometriosis Services at the Ladies Lounge Event

Key Health Reports

Health in Ireland: Key Trends 2025

The Department of Health's *Health in Ireland: Key Trends 2025* report highlights a healthcare system facing rising demand from an ageing population, while showing significant gains in prevention and population health.



Key Findings:

1. The ageing population is the biggest challenge facing primary care.

The population aged 65+ has increased by 36.7% since 2016. This means more complex patients, more chronic disease, and greater demand for coordinated community-based care.

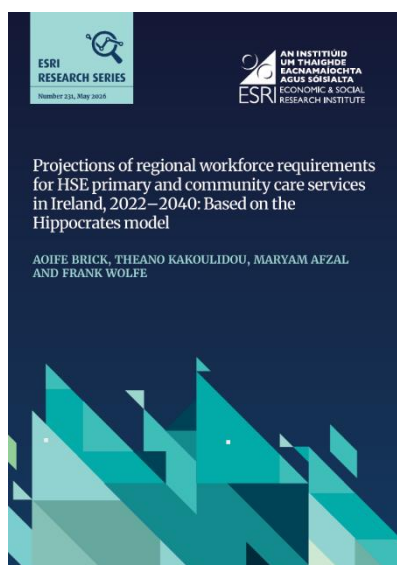
2. Prevention is working.

Smoking, alcohol consumption and mortality from major diseases are all trending in the right direction. Mortality has fallen by 16.1% over the past decade. There have been significant reductions in deaths from cardiovascular disease; ischaemic heart disease; cancer and respiratory disease. Adult cigarette consumption has fallen by 50% since 2015. Per-capita alcohol consumption has fallen by 12.2% over the decade.

3. General practice will remain central to healthcare delivery.

Rising hospital activity and an ageing population mean more care will need to be provided closer to home through primary care services.

 [Read Report](#)



Projections of regional workforce requirements for HSE primary and community care services in Ireland, 2022–2040: Based on the Hippocrates model

A new Economic and Social Research Institute (ESRI) report projects significant increases in HSE primary and community care workforce requirements, both nationally and regionally, in Ireland between 2022 and 2040.

The research, funded by the HSE, considers a range of scenarios reflecting different assumptions about population growth and ageing, as well as changes in the mix of workforce involved in delivering care. The services examined include audiology, dietetics, occupational therapy, physiotherapy, podiatry, speech and language therapy and public health

and community nursing. In 2022, these services were delivered by a workforce of approximately 5,650 whole time equivalent (WTE) staff.

The ESRI projects substantial growth in workforce requirements across all examined community services to 2040, driven primarily by population growth and ageing. The largest increases are expected in public health nursing, occupational therapy, podiatry and audiology—services heavily used by older adults. It highlights how dependent GP care is on multidisciplinary teams. It strengthens the case for investment in Enhanced Community Care (ECC). This complements the ESRI's separate 2025 report on general practice, which projected substantial growth in GP workforce requirements nationally and regionally through 2040. Together, the two reports suggest that future primary-care planning must be viewed as a whole-system issue rather than a GP recruitment issue alone.

[Read Report](#)

The Diabetes Policy and Services Review: A Strategy for Better Care.

This is Ireland's first national strategy for diabetes and sets out recommendations for action in relation to type 1 diabetes, type 2 diabetes, diabetes in pregnancy, and paediatric diabetes.

The recommendations cover four key themes:

Service Development – Recommendations for diabetes service development include actions to standardise practices in the delivery of diabetes care according to National and International guidelines.

Affordability and Access to care – Recommended actions to improve access to diabetes technology (such as CGM, Insulin pumps, and smart pens) based on clinical need. These recommendations relate to access to the technology itself, as well as access to trained diabetes staff to support the use of diabetes technology.



Diabetes Policy and Services Review:
A Strategy for Better Care



Better support for people living with diabetes – Recommendations related to improving support for young adults transitioning from paediatric to adult diabetes care, mental health support, support for women with diabetes in pregnancy and post-pregnancy, as well as diabetes self-management support.

Digital Healthcare – Recommendations relating to the use of digital technology to provide the delivery of diabetes care. This includes the establishment of a National Diabetes Registry, improvements of IT infrastructure and investment in digitalisation of diabetes health services.

 [Read Report](#)



Evidence-Based Medicine (EBM) Round-up

June 2026 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.



TRIP Database: Evidence for Primary Care – Vol 20 May

A monthly summary of some of the most important new documents for primary care that have recently been added to the Trip Database.

Spots, Sleep & Staying Strong



Spotlight on Irish Articles

1. **"There is never any rest, never enough time and too much to do": a qualitative study of GP work intensity in an Irish context.**

Hanlon et al., *BMC Prim Care*. 2026 Apr 18;27(1):212. doi: 10.1186/s12875-026-03321-6.

 [Read Full Text](#)

2. **Medicine and motherhood: a cross-sectional survey of the experiences of women doctors in the Republic of Ireland.**

Biju et al., *BMC Womens Health*. 2026 May 20;26(1):248. doi: 10.1186/s12905-026-04450-x.

 [Read Full Text](#)

3. **The Effectiveness of Small Group Education on Improving Antibiotic Prescribing in General Practice: A Mixed Methods Systematic Review.**

Roche et al., *Antibiotics (Basel)*. 2026 Apr 30;15(5):458. doi: 10.3390/antibiotics15050458.

 [Read Full Text](#)

4. **General practice interventions to reduce cardiovascular disease risk in patients with severe mental illness.**

Muthuraman et al., *PLoS One*. 2026 May 13;21(5):e0349303. doi: 10.1371/journal.pone.0349303.

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5. **'Taking Time' - Extended mental health consultations in a deprived urban general practice: A retrospective descriptive study.**

Hinchey et al., *PLoS One*. 2026 May 28;21(5):e0349885. doi: 10.1371/journal.pone.0349885.

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Spotlight on Research Articles

1. **Which educational interventions have been implemented to support clinical competencies among primary healthcare professionals? A scoping review.**

da Rosa et al., *BMC Prim Care*. 2026 Jun 3. doi: 10.1186/s12875-026-03355-w.

 [Read Full Text](#)

2. **Clinical audit and quality improvement: rivals, partners, or one and the same?**

Davey et al., *Front. Health Serv*. 6:1768450. doi: 10.3389/frhs.2026.1768450.

 [Read Full Text](#)

3. **Defining a theoretical framework for a quality referral at the primary-secondary care interface.**

Osman et al., *Br J Gen Pract*. 2026 May 19;BJGP.2025.0304. doi: 10.3399/BJGP.2025.0304.

 [Read Full-Text](#)

4. **Calcium, vitamin D, or combined supplementation to prevent fractures and falls.**

Massé et al., *BMJ*. 2026 May 20;393:e088050. doi: 10.1136/bmj-2025-088050.

 [Read Full-Text](#)

Top Tip from the Library – World Family Doctor Day

World Family Doctor Day is celebrated on 19 May, and this year's theme "*Compassionate Care in a Digital World*" asks what it means to be a family doctor in an age of AI. Digital tools and AI are now part of everyday practice in many settings, from electronic records and telemedicine to decision support systems and patient-facing apps. They have real potential to improve access, continuity and coordination of care. Yet poorly designed systems can add administrative and cognitive burden, deepen inequities, and strain the time and attention that compassionate care requires.

Key Messages:

1. Digital innovation must be driven by the real needs of patients, communities, and family doctors — not by technology alone.
2. Digital tools and AI in primary care must be safe, ethical, transparent, and truly worthy of patients' and doctors' trust.
3. Good technology clears the path for compassionate care.

Resources for Family Doctors:

❖ Digital Health Lexicon

The updated WONCA Digital Health Lexicon (July 2025) reflects contributions from across the global family medicine community, ensuring clear and consistent definitions in a rapidly evolving digital health landscape.

❖ International Classification of Primary Care - Third Revision (ICPC-3)

ICPC-3 is a clinical classification system designed for use in primary care. It is used daily by general practitioners and family doctors to record patients' reasons for encounter, symptoms, diagnoses, and care processes, supporting patient-centred and continuous care. WONCA has now decided to make ICPC-3 openly available under a Creative Commons licence, representing a historic change in licensing policy and arguably the most important decision regarding ICPC in recent decades.



Click here to access: [WFDD 2026 website](#)

The banner features the Irish College of GPs logo at the top, followed by the tagline "Providing GPs with a high-quality, value-added, bespoke Information Service". Below this, there are four main sections: Clinical Hub, Online Journals, Evidence-based Resources, and Current Awareness. Each section lists specific services and resources. At the bottom, there are testimonials from a GP Trainer and a GP Member, an "Ask a Librarian" section, and contact information.

Irish College of GPs

"Providing GPs with a high-quality, value-added, bespoke Information Service"

CLINICAL HUB

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

- Clinical Topics
- General Practice Updates (GPUs)
- *Forum Journal*
- Publications & Journals

ONLINE JOURNALS

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

- BMJ
- DTB
- BJGP
- IJMS
- Medical Education and more...

EVIDENCE-BASED RESOURCES

We compile evidence-based resources aimed at GPs including:

- Databases and Clinical Tools
- Newsletters
- Useful links
- Library Help Sheets – on topics such as search tips, how to reference, how to keep up to date, etc.

CURRENT AWARENESS

We developed the following newsletters to help you keep up to date:

- Recommended Reading – a monthly bulletin with reports, articles and evidence-based medicine (EBM) resources of interest

HERE IS WHAT USERS SAY:

"Thanks a million for your excellent session on library access for the second years! They found it a really practical, useful and supportive session."
GP Trainer

"This information you've gathered is excellent. Thank you again for your exceptional support."
GP Member

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