

Recommended Reading



Irish College of GPs Library

Welcome to the July 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 July 2026

GPs of the Future: How training selection has evolved.

The GP Podcast

Listen to the latest episodes of The GP Podcast.

In a two-part series, Dr Ciara McCarthy, GP Lead in Women's Health, HSE and Irish College of GPs and Dr Laura Cullen, Director of Women's Health, Irish College of GPs review the provision of Early Medical Abortion (EMA) in primary care Ireland.

Dr David McConaghy, Irish College of GPs Clinical Lead in Prevention & Member of the HSE Team on the Integrated Care Programme for Chronic Disease, reviews the management of hypertension in primary care in light of the recently published ESC 2024 guidelines.

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

1. **'Writing letters to general practice': A qualitative interview study exploring the career sustainability of female general practitioners in Ireland.** *European Journal of General Practice*, 32(1). <https://doi.org/10.1080/13814788.2026.2686540>.
College Affiliation: Ms Ivana Keenan, Dr Aileen Barrett (PhD) & Prof Claire Collins.
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2. **Epidemiology and outcomes of adult (non-maternity) community-onset sepsis in Ireland: a secondary analysis of acute hospital administrative data 2020-2024.** *Ir J Med Sci.* 2026 Jun 20. doi: 10.1007/s11845-026-04504-x.
College Affiliation: Dr Diarmuid Quinlan & Dr Ellen Hayes.
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3. **Epidemiology, comorbidity patterns and outcomes of maternal sepsis-related coded discharges in Ireland 2020-2025.** *Eur J Obstet Gynecol Reprod Biol.* 2026 Aug;324:115251. doi: 10.1016/j.ejogrb.2026.115251.
College Affiliation: Dr Ellen Hayes & Dr Diarmuid Quinlan.
[🔗 Read Article](#)
4. **"There is never any rest, never enough time and too much to do": a qualitative study of GP work intensity in an Irish context.** *BMC Prim Care.* 2026 Apr 18;27(1):212.
College Affiliation: Dr Mike O'Callaghan.
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5. **Validating a Virtual Consultation Implementation Framework for Global Primary Care Settings: An International Electronic Delphi Study.** *SSRN preprint:* <https://ssrn.com/abstract=6205252> or <http://dx.doi.org/10.2139/ssrn.6205252>.
College Affiliation: Prof Claire Collins.
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GPs In the News: What's making headlines?

- 🔗 **NewsTalk, 9 June 2026**
[New research links obesity to the environment we live in](#)
- 🔗 **Medical Independent CPD Update, 12 June 2026**
[Navigating codeine legislation: Safe practice and effective alternatives in acute pain](#)
- 🔗 **Irish Times, 23 June 2026**
[Pharmacists in Ireland would be allowed prescribe contraception under proposed new law](#)
- 🔗 **Irish Times, 26 June 2026**
[How does a heatwave affect the body?](#)

-  [Irish Examiner, 28 June 2026](#)
[Inside Safetynet Primary Care: The mobile GP service transforming homeless healthcare](#)
-  [Irish Times, 29 June 2026](#)
[How accurate are AI chatbots when we ask them a medical question?](#)
-  [Medical Independent, 29 June 2026](#)
[Project Home: Encouraging healthcare workers to return to Ireland](#)
-  [Irish Examiner, 3 July 2026](#)
[Just over one in 10 GPs has signed up for abortion programme six years on](#)
-  [The Journal, 3 July 2026](#)
[Over 46,000 abortions carried out in Ireland in six years](#)
-  [Irish Examiner, 7 July 2026](#)
[How to protect your children from summertime hazards like ticks, jellyfish and sunburn](#)
-  [RTE.ie, 7 July 2026](#)
['Game-changer' tests for endometriosis approved in UK](#)

Latest from the Department of Health

Press Release 8 July

[Minister Carroll MacNeill and Minister Murnane O'Connor launch the Third National Women's Health Action Plan](#)



An Roinn Sláinte
Department of Health

Press Release, 9 July

[Ministers announce launch date for Health Referral Scheme for people found in possession of drugs for personal use](#)

Press Release, 13 July

[Minister Butler encourages parents, young people and mental health professionals to participate in consultation on draft National Standards for Child and Adolescent Mental Health Services \(CAMHS\)](#)

Press Release, 13 July

[Minister Murnane O'Connor launches public consultation on mandatory folic acid fortification of flour](#)

Press Release, 25 June

[Minister Murnane O'Connor publishes public consultation findings on National Drugs Strategy](#)

Press Release, 25 June

[Minister Murnane O'Connor and Minister Butler launch 'Pathways to Wellbeing' Implementation Plan – Ireland's first cross-Government mental health promotion plan](#)

Termination of Pregnancy services in Ireland report 2019-2025

This report outlines progress made in provision of Termination of Pregnancy Services within Ireland's

secondary care system from 2019 to 2025. International research and independent reviews recognise Ireland's model of termination of pregnancy care as a successful expansion of access, delivered through integrated community and hospital pathways. This model is supported by national referral mechanisms such as MyOptions, alongside strong implementation collaboration among policy, clinical and service user stakeholders.

Report 2019-2025

TERMINATION
OF PREGNANCY
SERVICES IN IRELAND

Key Findings:



1. GP-delivered early medical abortion (EMA) is now an established part of Irish primary care.

- ✓ Community EMA has become a routine component of general practice since services commenced in January 2019.
- ✓ The number of GP contract holders has increased from 310 in 2019 to more than 480 in 2025, substantially improving national access.
- ✓ Many contracts now cover multiple GP providers within a practice, improving resilience and availability.

2. Current community model of care.

For pregnancies under the Health (Regulation of Termination of Pregnancy) Act 2018:

- ✓ Up to 9 weeks gestation: EMA can usually be provided in general practice, family planning or women's health clinics.
- ✓ 10–12 weeks: Care is generally hospital-based, with medical or surgical options depending on local services.
- ✓ Beyond 12 weeks: Care is provided in hospital under Sections 9, 10 or 11 of the Act where legal criteria are met.

3. Blended (telephone + face-to-face) consultations are now permanent.

- ✓ The temporary COVID-era remote consultation model has been formally retained.
- ✓ The report concludes that blended care is safe, effective, acceptable to patients, and acceptable to clinicians.

 [Read Report](#)

HIQA Reports: Evidence to inform an update to Ireland's current low-risk alcohol guidelines

To inform an update to Ireland's low-risk alcohol guidelines, the Department of Health requested HIQA conduct two reports.

The first of these reports models the risk of death and admission to hospital due to alcohol consumption, using Irish mortality, hospital admission, and alcohol consumption data to characterise the risks at different levels of alcohol consumption. Between 2022 and 2024 in Ireland, alcohol was estimated to account for an average of 1,420 deaths and 27,066 hospital admissions each year.

The second report is a systematic review of international evidence on the association between alcohol consumption and mental health. This review examined 104 international studies on the link between alcohol and the presence of or later development of mental health outcomes such as depression, anxiety, and suicidal thoughts. Overall, across the mental health outcomes, mixed results of an association between alcohol consumption and mental health outcomes were observed.

 [Read Reports](#)



Evidence-Based Medicine (EBM) Round-up

July 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.



Spotlight on Irish Articles

1. **The Long-term General Practice Health Care of Women With a History of Gestational Diabetes: A Scoping Review.**

O'Flynn et al., *Endocr Pract.* 2026 Jul;32(7):1023-1034. doi: 10.1016/j.eprac.2026.02.006.

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2. **Sepsis in General Practice: experience and attitudes regarding Early Warning Scores.**
Murphy et al., *Ir Med J.* 2026 Jun 18;119(6):104.

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3. **The Impact of the Social Determinants of Health on Women with Heart Failure in Europe: a Scoping Review.**

Buckle et al., *Eur J Cardiovasc Nurs.* 2026 Jun 19;zvag150. doi: 10.1093/eurjcn/zvag150..

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4. **Exploring quality and patient safety competencies and competency frameworks: a scoping review.**
Rathnayake et al., *Int J Qual Health Care*. 2026 Apr 13;38(2):mzag090. doi: 10.1093/intqhc/mzag090.
 [Read Full Text](#)
5. **National and International Clinical Guidelines for the Management of Obesity in Adults: A Systematic Review.**
Doody et al., *Obes Rev*. 2026 May 22:e70163. doi: 10.1111/obr.70163.
 [Read Full Text](#)
6. **Making Nursing Visible in General Practice: Responsible Action Research as an Approach to Developing Nurse-Sensitive Metrics.**
Loftus Moran & Casey, *Nurs Inq*. 2026 Jul;33(3):e70130. doi: 10.1111/nin.70130.
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7. **Assessing the Feasibility and Acceptability of Implementing a Preclinic Vital Signs Assessment in Primary Care: Cross-Sectional Pilot Study.**
Broughan et al., *JMIR Med Inform*. 2026 Jun 24;14:e72655. doi: 10.2196/72655.
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Spotlight on Research Articles

1. **A year in discovery: the top 10 standout publications of 2025.**
Altmetric, Feb 24 2026.
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2. **Towards Conversational AI for Disease Management.**
Liévin et al., *Nature*. 2026 Jun 17. doi: 10.1038/s41586-026-10764-5.
 [Read Full Text](#)
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3. **Steroid hormone profiling reveals altered adrenal androgen production in endometriosis.**
Simitsidellis et al., *Eur J Endocrinol*. 2026 Jul 1;195(1):22-34. doi: 10.1093/ejendo/lvag109.
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4. Comparative effects of drugs for adults with overweight or obesity: systematic review and network meta-analysis.

Nong et al., *BMJ*. 2026 Jul 8;394:e372161. doi: 10.1136/bmj-2026-372161.

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Top Tip from the Library – Tackling antimicrobial resistance (AMR)

Tackling antimicrobial resistance, a programme that has been developed by The Fleming Fund and The Open University, comprises a series of free online courses.

The aim of the programme is to help you to identify, develop and apply skills and knowledge relevant to your role as an AMR professional in order to change and improve your working practice and the practice of people with whom you work.

The programme comprises a series of online courses, designed to be tailored to individual learners' needs and interests.

Training tracks suit:

- laboratory staff and managers working in microbiology diagnostic and reference labs for human, animal and environmental testing;
- clinical services professionals like physicians, nurses, veterinarians, pharmacists and healthcare managers;
- data scientists and epidemiologists;
- policymakers.

 **Click here to access:** [Tackling AMR Online Course](#)

The Fleming Fund also has a global platform for antimicrobial resistance knowledge.

The Knowledge Hub provides open access to the tools, resources, training materials, and outputs developed through Fleming Fund projects, supporting researchers, laboratory teams, surveillance professionals, policymakers, and practitioners globally in their efforts to combat antimicrobial resistance.

 **Click here to access:** [Fleming Fund Knowledge Hub](#)

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