

Recommended Reading



Irish College of GPs Library

Welcome to the September 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 September 2026

Taking the Chair: Dr Knut Moe on the challenges ahead.

Pre-Budget Submission 2027: From Strategy to Delivery: Implementing Sláintecare Through General Practice

The College calls for sustained investment in primary care with the following priorities: integrated and connected care, delivering the GP workforce Ireland needs, providing more care to patients with multidisciplinary GP teams, supporting modern built infrastructure, and ensuring our health system is driven by data.

Heart Failure: General Practice Update

The aim of this General Practice Update (GPU) is to provide GPs with a guidance document on heart failure in general practice which will encompass awareness of patients at risk of

developing the condition, clinical features, initial diagnosis, appropriate use of investigations, referral pathways and ongoing management of the condition within general practice including pharmacological and non-pharmacological measures.

Involuntary Admission Procedural Guide for GPs (Interim document)

Involuntary admission in Ireland is governed by the Mental Health Act 2001. Amendments to the Mental Health Act 2001 are contained in the Mental Health Bill 2024 which is currently in progress. This guidance is based on the 2001 Act and will be updated when the 2024 Bill is enacted.

The GP Podcast

You can locate the latest episodes:

- Dr Eamonn O'Shea, Cardiovascular Clinical Lead provided an update on heart failure management in primary care in Ireland. The podcast is based on a Distance Learning module titled "Heart Failure Prevention in Primary Care," written by Dr O'Shea and published in the June 2025 edition of Forum magazine.
- Dr Andrea Fitzgerald, GP Clinical Lead for Paediatric Sepsis provides a two-part series on Paediatric Sepsis. The podcast is based on the Paediatric Sepsis General Practice Update published in November 2025.

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

1. **Effectiveness of Extended-Release Buprenorphine in Custodial Settings and during the High-Risk Eight Weeks Post-Release: A Scoping Review.** *Heroin Addiction and Related Clinical Problems*: 2026, 28: 119-130.
College Affiliation: Dr Des Crowley.

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GPs In the News: What's making headlines?

-  Irish Independent, 15 August 2026
[Half of counties still have fewer than 10 GP providers for medical abortion as women travel for care](#)
-  Irish Independent, 15 August 2026
[Shortage of GP providers for medical abortion in half of counties](#)
-  Western People, 17 August 2026
[Mayo GP to launch book on rural life and healthcare](#)
-  Connaught Independent, 17 August 2026
[Mayo GP launches book linking rural Ireland and Kenya](#)
-  Mayo Live, 18 August 2026
[Achill GP brings rural Mayo and Kenya together in new book](#)
-  Irish Times, 21 August 2026
[More than 600 extra university places to train nurses, doctors and other key medics](#)
-  Irish Independent, 27 August 2026
[HSE urges parents to avail of free RSV immunisation for babies as nationwide rollout set to begin](#)
-  Irish Times, 27 August 2026
[Some people face choice between seeing a doctor and buying food, Dr Mike Ryan says](#)
-  Irish Times, 28 August 2026
[GP numbers rise by just 185 in five years despite healthcare needs of growing population](#)

- 🔗 **RTE News, 31 August 2026**
[Number of doctors working in Ireland rising - Medical Council](#)
- 🔗 **The Medical Independent, 31 August 2026**
[New report shows growing medical workforce and increasing workload pressures](#)
- 🔗 **RTE News, 16 September 2026**
[Abortion wait rule may impact care for some, committee told](#)
- 🔗 **Irish Medical Times, 16 September 2026**
[‘Reflective period’ should be supported under changes to abortion legislation – ICGP](#)
- 🔗 **Irish Independent, 16 September 2026**
[GPs want end to three-day wait for abortion, but say ‘reflection period’ should be up to women and doctors](#)
- 🔗 **Irish Independent, 16 September 2026**
[Irish GP group backs ending three-day wait for abortion, but has not consulted with members](#)

⊕ Latest from the Department of Health

Press Release, 25 August

[Statement from the Minister for Health on HSE approval of reimbursement of Skyclarys for patients with Friedreich’s Ataxia](#)



An Roinn Sláinte
Department of Health

Press Release, 28 August

[Minister for Health announces introduction of MediBack, a free in-pharmacy service for the safe disposal of unused and expired medicines](#)

Press Release, 1 September

[New health-led pathway for personal drug possession begins today](#)

Press Release, 4 September

[Minister for Health Publishes Research on Pandemic and Emergency Preparedness](#)

Press Release, 10 September

[Minister Butler marks World Suicide Prevention Day 2026](#)

Press Release, 16 September

[Minister Murnane O’Connor opens European Society for Prevention Research conference 2026 and publishes report on drug prevention in Ireland](#)

Press Release, 17 September

[Ministers for Health and Chief Nursing Officer mark World Patient Safety Day 2026](#)

Press Release, 21 September

[Minister for Older People highlights the importance of dementia awareness and timely diagnosis on World Alzheimer’s Day, 21 September](#)

Key Health Reports



Medical Workforce Intelligence Report 2025

This report shows a growing, diverse workforce and a rise in internationally trained doctors, but continuing workload and bureaucracy pressures, with GPs and doctors in training reporting the greatest strain. Ireland's clinically active medical workforce reached a record 22,257 doctors in 2025.

There are 5,017 self-reporting GPs, marking a 5.3% increase from the previous year. Of these GPs, 78.9% belong to the specialist division and 19.3% to the general division.

GPs report the greatest strain of any group

GPs reported the highest rate of difficulty providing safe patient care of any group of doctors, with 34.7% experiencing barriers at least weekly. The leading barriers were bureaucracy and administration, workload, and difficulty accessing specialist opinion. 10.2% of GPs worked more than 48 hours a week.

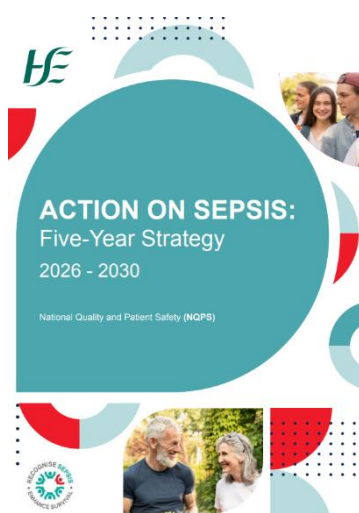
GPs aged 34 and under were more likely to report barriers than any other age group. A fifth of the GP workforce is approaching typical retirement age.

Ireland's growing reliance on internationally trained doctors

56.6% of doctors obtained their basic medical qualification in Ireland, 13.9% in the EU or UK, and 29.5% outside Ireland, the EU or the UK, continuing a year-on-year rise (27.8% in 2024, 25.7% in 2023)

The most common country of qualification for international graduates was Pakistan with 41.7% of the international graduate cohort. This was followed by Sudan with 20.3% of the international graduate cohort.

 [Read Report](#)



HSE's Action on Sepsis: Five-Year Strategy (2026–2030)

Sepsis remains one of the most significant patient safety challenges facing healthcare systems and continues to be a major cause of preventable harm, morbidity and mortality.

The Action on Sepsis: Five-Year Strategy (2026–2030) sets out a comprehensive, system-wide plan to improve:

- sepsis prevention
- early recognition
- treatment

- support for sepsis survivors across adult, maternity, paediatric and community services

 [Read Report](#)

Evidence-Based Medicine (EBM) Round-up

September 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. Targeting deprescribing where it matters most.

McCarthy C, *Age Ageing*. 2026 Aug 3;55(8):afag248. doi: 10.1093/ageing/afag248.

 [Read Full Text](#)

2. A survey of healthcare simulation activities in the Republic of Ireland.

O'Malley R, Byrne D, O'Connor P, *Ir J Med Sci*. 2026 Sep 12. doi: 10.1007/s11845-026-04593-8. Epub ahead of print.

 [Read Full Text](#)

3. A curriculum-based program introducing mindfulness and reflection to GP trainees.

Steele et al., *Ir Med J*. 2026 Aug 20;119(7):127.

 [Read Full Text](#)

4. A realist inquiry to examine the implementation of Advanced Nurse Practitioner roles in General Practice settings: A realist review protocol.

McCann et al., *HRB Open Res*. 2026 Jul 7;9:9. doi: 10.12688/hrbopenres.14319.2.

 [Read Full Text](#)

5. The definitions and characteristics of safe, quality, person-centred care in healthcare settings: A scoping review protocol [version 1; peer review: 1 approved].

O'Malley et al., *HRB Open Res* 2026, 9:87.

 [Read Full Text](#)

Spotlight on Research Articles

1. Managing testosterone deficiency in primary care: an international expert consensus.

David et al, *Aging Male*. 2026 Dec 31;29(1):2716438. doi: 10.1080/13685538.2026.2716438. Epub 2026 Aug 26.

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2. **Prostate-specific antigen (PSA) test for prostate cancer screening.**
Franco et al., *Cochrane Database Syst Rev*. 2026 May 15;5(5):CD004720. doi: 10.1002/14651858.CD004720.pub4.
 [Read Full Text](#)
3. **Calcium, vitamin D, or combined supplementation to prevent fractures and falls: systematic review and meta-analysis.**
Massé et al., *BMJ*. 2026 May 20;393:e088050. doi: 10.1136/bmj-2025-088050.
 [Read Full Text](#)
4. **The GP Evidence website: focus-group evaluation study of a new point-of-care information resource.**
Treadwell et al., *BJGP Open*. 2026 Aug 19;10(2):BJGPO.2025.0109. doi: 10.3399/BJGPO.2025.0109.
 [Read Full Text](#)
5. **A quantitative analysis of resident composition within GP training practices across the UK.**
Emery et al., *BJGP Open*. 2026 Sep 8:BJGPO.2026.0215. doi: 10.3399/BJGPO.2026.0215. Epub ahead of print.
 [Read Full Text](#)
6. **Training for social prescribing link workers: a scoping review.**
Tierney et al., *Educ Prim Care*. 2026 Sep 3:1-8. doi: 10.1080/14739879.2026.2718220. Epub ahead of print.
 [Read Full Text](#)
7. **Long-term hormone therapy for perimenopausal and postmenopausal women.**
Bofill Rodriguez et al., *Cochrane Database Syst Rev*. 2026 Sep 4;9(9):CD004143. doi: 10.1002/14651858.CD004143.pub7.
 [Read Full Text](#)
8. **Promoting patient empowerment in chronic care: A scoping review of key facilitating factors.**
Peters et al., *Patient Educ Couns*. 2026 Nov;152:109802. doi: 10.1016/j.pec.2026.109802. Epub 2026 Jul 29.
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Top Tip from the Library – World Patient Safety Day, 17th September



The 2026 edition of World Patient Safety Day focuses on addressing one of the major health concerns affecting billions of people and accounting for 74% of deaths worldwide, namely noncommunicable diseases (NCDs).

Noncommunicable diseases are long-term conditions, such as cardiovascular diseases, cancers, diabetes and chronic respiratory diseases, that can affect people of all ages and often require ongoing care throughout life.

Globally, 1 in 10 patients is harmed during health care, with around half of this harm being considered preventable. People living with NCDs are particularly vulnerable to harm due to the long-term nature of their conditions, ongoing treatment needs and frequent interactions with health systems.

World Patient Safety Day 2026 is, therefore, focusing on safe care for noncommunicable diseases, under the slogan 'Safe care for life!'. It calls for multisectoral and multi-stakeholder action to ensure that no one is harmed while receiving care for NCDs.



Learn more: <https://www.who.int/campaigns/world-patient-safety-day/2026>

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