

Recommended Reading



Irish College of GPs Library

Welcome to the August 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:

College News & Publications	GPs In the News	Latest from the Department of Health	Key Health Reports
Evidence-Based Medicine (EBM) Round-up	Spotlight on Irish Articles	Spotlight on Research Articles	Top Tip



College News & Publications



Forum July/August 2026

GPs of the Future: How training selection has evolved.

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

1. **Methods used and lessons learnt: a post-graduate general practice curriculum redesign initiative from Ireland.**

Postgrad Med J. 2026 Jul 29;qqag102. doi:

10.1093/postmj/qqag102.

College Affiliation: Dr Padraic McCarthy.

[Read Article](#)

2. **Codeine Use in Irish General Practice: A Mixed-Methods Study Protocol on Prescribing, Dependence, and Management of Habit-Forming Use [version 1; peer review:**

awaiting peer review]. *HRB Open Res* 2026, 9:77.

College Affiliation: Dr Des Crowley & Dr Bernard Kenny.

[Read Article](#)



WHO Guidelines: Risk reduction of cognitive decline and dementia, 2nd Edition

The World Health Organization (WHO) released updated guidelines on reducing the risk of cognitive decline and dementia, providing countries with evidence-based recommendations to help prevent or delay the onset of dementia across the life course.

Dementia is a condition caused by brain diseases and affects memory, thinking and the ability to function. More than 57 million people live with dementia worldwide and nearly 10 million people get newly diagnosed every year. Alzheimer disease is the most common form of dementia and is estimated to account for 60–70% of cases.

While there is no cure for dementia, up to 45% of the risks can be attributed to modifiable risk factors such as tobacco, alcohol use, social isolation, physical inactivity, air pollution and noncommunicable diseases (NCDs), including high blood pressure and diabetes.

The updated guidelines reflect significant growth in the evidence base since WHO first issued recommendations on dementia risk reduction in 2019. They provide consolidated recommendations on addressing unhealthy behaviours, managing medical conditions, and reducing exposure to environmental factors that may contribute to cognitive decline and dementia.

 [Read Guidance](#)

GPs In the News: What's making headlines?

-  **RTE, 23 July 2026**
[Weight loss drugs 'linked to hair loss' - study](#)
-  **Irish Times, 25 July 2026**
[GP shortages are most acute in rural and commuter belt areas, data shows](#)
-  **The Irish Times, 25 July 2026**
[GP shortages: Where are the most acute problems across the country?](#)
-  **Donegal Daily, 27 July 2026**
[Donegal has higher than average number of GPs - report](#)
-  **Irish Times, 27 July 2026**
[Dr Muiris Houston: Name change could be game changer for women who live with PMOS](#)
-  **Radio Kerry News, 27 July 2026**
[Kerry has ninth highest level of GPs per capita](#)
-  **Sinn Fein, 28 July 2026**
[Government failure on GP workforce planning is leaving communities without care – David Cullinane TD](#)
-  **RTE, 28 July 2026**
[Acute GP shortages in commuter belts and rural areas](#)

- 🔗 [TodayFM, 29 July 2026](#)
[The Last Word with Matt Cooper: Rural And Commuter Counties Hit Hardest By GP Shortage](#)
- 🔗 [Irish Daily Mail, 29 July 2026](#)
[TWO-WEEK WAIT TO SEE YOUR GP: Rural and commuter counties hit hardest by shortage of doctors](#)
- 🔗 [KFM Radio, 29 July 2026](#)
["We Are Producing Lots Of GPs": Kilcullen Practice Founder Defiant Amid Nationwide GP Shortages](#)
- 🔗 [News Northern Sound, 29 July 2026](#)
[Monaghan records worst GP coverage in the country](#)
- 🔗 [RTE, 5 August 2026](#)
[Nearly 6,000 contact HSE for help finding a GP this year](#)
- 🔗 [Galway Advertiser, 6 August 2026](#)
[County below global doctor to patient ratio](#)
- 🔗 [UCC, 6 August 2026](#)
[Academic GP Ireland Annual Conference 2026](#)
- 🔗 [Irish Times, 6 August 2026](#)
[Study finds three midlife health factors that could delay dementia for 13 years](#)
- 🔗 [RTE, 9 August 2026](#)
[Is a shortage of GPs contributing to overcrowding at University Hospital Limerick?](#)
- 🔗 [News Northern Sound, 11 August 2026](#)
[Increasing GP numbers in Monaghan 'not enough' to solve crisis](#)

📌 Latest from the Department of Health

Press Release, 31 July

[Minister for Health announces the appointment of a Chair of the new Clinical Trials Advisory Council \(CTAC\)](#)



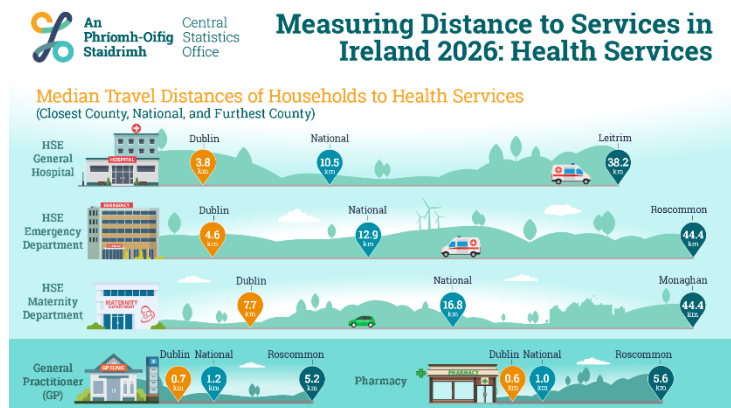
An Roinn Sláinte
Department of Health

Press Release, 3 August

[Minister Butler announces major expansion of community-based counselling and talk therapy supports](#)



Key Health Reports



CSO Statistical Release: Measuring Distance to Services in Ireland 2026 - Health Services

One in four individuals living in highly rural areas without access to a car had to travel over 8.0 km to access a GP in 2026.

Key Findings:

- ✓ Half of all households were within 12.9 km of a HSE Emergency Department, and within 10.4 km of either a HSE Emergency Department or a HSE Injury Unit.

- ✓ In County Wexford, one in two households were 59.5 km or more from a HSE Emergency Maternity Department, while one in four were more than 75.0 km away.
- ✓ Households were typically much closer to primary care services; half were located within 1.2 km of a General Practitioner (GP) and within 1.0 km of a Pharmacy.
- ✓ Half of all individuals aged 25-29 years lived within 6.0 km of a HSE General Hospital, compared with 13.0 km for those aged 65-69 years.
- ✓ Among women aged 30-34 years, half lived within 13.1 km of a HSE Maternity Department, compared with 17.4 km for the overall population.
- ✓ Half of all individuals in the lowest income bracket lived more than 17.0 km from their nearest HSE Emergency Department, compared with 6.6 km for those in the highest income bracket.
- ✓ Individuals who rented from a private landlord had the shortest distance to a HSE Emergency Department, with half living within 6.6 km. Among those who owned their home without a mortgage, half lived within 17.8 km.
- ✓ One in four individuals living in highly rural areas without access to a car had over 8.2 km to travel to access a Pharmacy, and over 8.3 km to access a GP.

 [Read Report](#)



HHI report: The Green Dividend: Ireland's Health and Enterprise Opportunity

Health Innovation Hub Ireland (HHI) has published a report presenting clinical and economic evidence that sustainable healthcare products deliver lower costs, reduced carbon emissions and stronger export opportunities for Irish enterprise and warning that Ireland risks losing first-mover advantage unless procurement, funding and policy are aligned to seize it.

The report draws on two completed clinical pilots delivered through HHI's GreenTech in Healthcare programme, run in partnership with HSE Climate and Sustainability and the Irish College of General Practitioners.

A closed-cabin cleaning system for reusable medical devices, piloted and now in-use at the Mater Misericordiae University Hospital, reduced energy use by 82 percent compared with ultrasonic cleaners and delivered annual savings of approximately €32,000 with a two-year payback. A refillable ultrasound gel system trialled at University Hospital Galway eliminated single-use plastic gel sachets entirely, cutting gel volume per scan by 95 percent.

Globally, the health sector is responsible for an estimated 5 percent of total greenhouse gas emissions, with 70 percent of that footprint arising from supply chains – production, packaging and disposal. Up to 90 percent of medical device waste in some healthcare settings comprises single use disposables, most of it routed to incineration. The report argues that this is no longer a peripheral issue for health systems, but a clinical, financial and strategic one.

The report sets out recommendations for four system partners:

- ✓ The Department of Health to fund green procurement pilots generating lifecycle evidence;
- ✓ The HSE to support full Scope 1, 2 and 3 emissions reporting and embed circularity criteria in procurement
- ✓ Enterprise Ireland to help client companies design ahead of the EU regulatory curve
- ✓ Department of Climate, Energy and the Environment to name healthcare as a priority sector in the next iteration of Ireland's Circular Economy Strategy.

 [Read Report](#)



Evidence-Based Medicine (EBM) Round-up

August 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. **Early medical abortion in Irish general practice: the Activity Data on Abortion in General Practice (ADAPT) data collection project and telemedicine as routine care.**

Bratt et al., *BMJ Sex Reprod Health*. 2026 Jul 31;bmjsrh-2026-203296. doi: 10.1136/bmjsrh-2026-203296. Epub ahead of print.

 [Read Full Text](#)

2. **Knowledge and perceptions of obesity care among general practice nurses in the Republic of Ireland.**

Donaghue et al., *Prim Health Care Res Dev*. 2026 Jul 28;27:e80. doi: 10.1017/S1463423626101285.

 [Read Full Text](#)

3. **Postgraduate Students of Health Professions' Education in Irish Universities' Views of Online Learning.**

Daly & Bennett., *Clin Teach*. 2026 Aug;23(4):e70447. doi: 10.1111/tct.70447.

 [Read Full Text](#)



Spotlight on Research Articles

1. **Interventions to Optimize Medication Management in Older Adults.**

Das et al, *J Am Geriatr Soc*. 2026 Jun 24. doi: 10.1111/jgs.70561. Epub ahead of print.

 [Read Full Text](#)

2. Primary care-based interventions for post-stroke follow-up for long-term care.

Ravenhall et al., *Fam Pract.* 2026 Jun 11;43(4):cmag058. doi: 10.1093/fampra/cmag058.

 [Read Full Text](#)

3. Midlife Vascular Risk Burden and Dementia-Free Survival Years: The Atherosclerosis Risk in Communities Neurocognitive Study.

Hu et al., *Neurology Open Access.* September 2026 issue 2 (3) e000152.

<https://doi.org/10.1212/WN9.0000000000000152>.

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4. Priority topics for preconception care in general practice.

Schoenaker et al., *BJGP Open.* 2026 Jul 31:BJGPO.2026.0072. doi:

10.3399/BJGPO.2026.0072. Epub ahead of print.

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Top Tip from the Library – Irish Hospice Foundation Healthcare Hub



The Irish Hospice Foundation Healthcare Hub is an online resource and support portal for health and social care professionals. It provides clinical guidelines, educational tools, and practical resources to improve end-of-life care, palliative care, and bereavement support across Irish healthcare settings.



Click here to access: [Irish Hospice Foundation Healthcare Hub](#)

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