



Recommended Reading

Irish College of GPs Library

Welcome to the April issue of Recommended Reading.

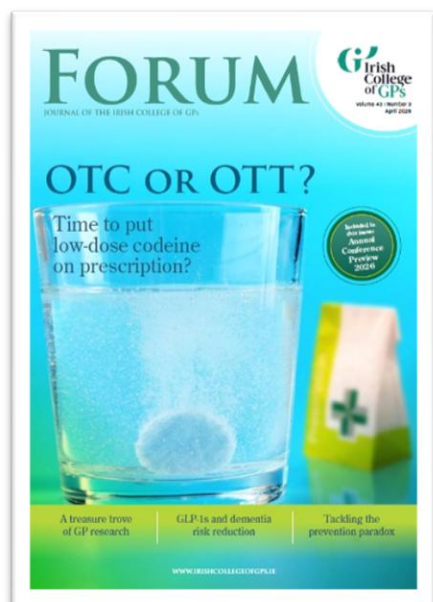
Every month, the library scan resources of interest to General Practice and recommends reports and research articles from reputable sources. Previously published issues are available on our website <https://www.irishcollegeofgps.ie/Home/Clinical-Hub/Publications-and-Journals/Evidence-Based-Resources>. 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 April 2026

OTC or OTT? Time to put low-dose codeine on prescription?

Analysis of GP Shortages- GP capacity and areas of GP shortages pressures (27th March)

New national analysis of GP shortages shows concerning patterns of workforce pressures in Dublin’s commuter belt, and the western seaboard. The analysis by the Irish College of GPs also shows pressures on GP services in areas of urban deprivation on Dublin’s northside. The latest data from the training body for GPs highlights the urgent need for supports for newly emerging GPs, and measures to ensure GP services are retained in low population areas as single-handed GPs retire.

The GP Podcast

The GP Podcast was launched in March. The topics & speakers so far include:

- Type 2 Diabetes: General Practice Update – Dr Lisa Devine, clinical lead in Diabetes.



- Codeine misuse and dependence – Dr Bernard Kenny, director of Addiction Management in Primary Care.
- Managing Depression in Primary Care - Dr Aoife O’Sullivan & Dr Brian Osborne, assistant medical director and director of the Mental Health Programme.
- GPs in the out of hours setting – an approach - Dr David McConaghy, clinical lead for Prevention.
- Eating Disorders - Dr Aoife O’Sullivan, clinical lead in Mental Health.
- UTI Management in Primary Care – Dr Scott Walkin, Antimicrobial Resistance & Infection control clinical lead.
- Atrial fibrillation – General Practice Update – Dr Eamonn O’Shea, Cardiovascular clinical lead.
- Safe prescribing in Isotretinoin in Primary Care- Dr Diarmuid Quinlan, Medical Director.

New podcasts are launched on a weekly basis. Be sure to subscribe so you don’t miss out.

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

1. **Impact of guidance issued during COVID-19 to expand take-home doses of opioid agonist treatment (OAT) in Ireland.** *HRB Open Res.* 2026 Mar 10;8:32. doi: 10.12688/hrbopenres.14044.3.
College Affiliation: Dr Des Crowley
[🔗 Read Article](#)



Guidance for GPs

Guidance for managing concussion in grassroots sports

“If in doubt, sit them out”. This is the core message in guidelines designed to assist the public in recognising and managing concussion in grassroots sports. Anyone suspected of concussion should immediately be removed from play.





These guidelines provide clear information on identifying the signs and symptoms of concussion, along with advice on how to respond to and assist someone who may be concussed.

While a healthcare professional with training in concussion should always play the lead role in managing the response, these guidelines reflect a more general understanding of concussion and the potential risks.

The guidelines were developed with the support of concussion experts from the School of Health and Human Performance at Dublin City University, following international best practice. They support a range of concussion guidance developed by the HSE which can be accessed at <https://www2.hse.ie/conditions/head-injury-concussion/>

[🔗 Read Guidelines](#)

GPs In the News: What's making headlines?

-  [RTE, 27 March 2026](#)
[Data on GP numbers shows 'concerning' workforce pressures](#)
-  [RTE Radio 1 – News At One, 27 March 2026](#)
[A new analysis of GP shortages in the west and in Dublin](#)
-  [Northern Sound - News, 31 March 2026](#)
[GP shortage impact on Cavan and Monaghan](#)
-  [Irish Examiner, 12 April 2026](#)
[GP practices at breaking point, warns incoming head of Irish Medical Organisation](#)

Latest from the Department of Health

Press Release, 11 March 2026

[Minister for Health publishes Ireland's first national AI for Care Strategy](#)



An Roinn Sláinte
Department of Health

Press Release, 23 March 2026

[Minister for Health signs the Stroke Action Plan for Europe and announces intention to develop Ireland's next national stroke strategy](#)

Press Release, 27 March 2026

[Minister for Mental Health announces recruitment of six new Suicide Crisis Assessment Nurse teams for primary care](#)

Press Release, 27 March 2026

[Minister Murnane O'Connor publishes concussion guidance for the general public](#)

Press Release, 1 April 2026

[Minister for Health announces the appointment of a Chair of the Review of Access to Cannabis for Medical Use](#)

Press Release, 14 April 2026

[Minister for Health Approves Recommendation to Extend the BowelScreen Programme to those aged 50-54](#)

Key Health Reports

AI for Care: The Artificial Intelligence (AI) Strategy for Healthcare in Ireland 2026 - 2030

The Artificial Intelligence (AI) for Care Strategy sets out the vision and opportunities for using AI in our health services over the next five years and how using AI can improve services for staff and patients.

[Read Strategy](#)



Key messages:

AI for Care sets a national roadmap for AI adoption across four domains:

1. **Clinical Care:** Supporting faster diagnosis, improved decision support, and reduced clinical risk.
2. **Operations:** Streamlining patient flow, reducing administrative burden, and improving system efficiency.
3. **Research & Innovation:** Enabling safe secondary use of health data for discovery, population health and clinical trials.
4. **Public Health:** Strengthening screening, early detection and preventative care.

These pillars are supported by clear guiding principles, robust governance, and a living AI Strategic Roadmap that will evolve as technologies mature.

Evidence-Based Medicine (EBM) Round-up

April 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 18 March

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

Blood Pressure, Best Intentions, and the Occasional Reality Check: What the Latest Evidence Is (Politely) Telling Us

If this month's evidence tells us anything, it's that medicine continues to generate excellent ideas—just not always excellent results. Take hypertension. NICE gently reminds us that the fundamentals still matter most: measure blood pressure properly, confirm it, assess risk, and treat stepwise.

JAMA+AI conversations: AI and Do No Harm

In this episode, JAMA+ AI Associate Editor Yulin Hswen, ScD, MPH, speaks with David Wu, MD, PhD, and Adam Rodman, MD, MPH, about what safe clinical use of LLMs requires. Drawing on the framework of Do No Harm, they examine failure modes, limits of accuracy-based evaluation, clinician AI interaction, and safeguards needed as medical AI moves into patient care.

Spotlight on Irish Articles

1. **Gabapentinoids and unexplained death in general practice.**

Gabriel & Fahey, *Eur J Gen Pract.* 2026 Dec;32(1):2645473. doi: 10.1080/13814788.2026.2645473.
Epub 2026 Mar 23.

 [Read Full Text](#)

2. Exploring the implementation of national health and social care standards in Ireland.

Kelly et al., *J Adv Nurs*. 2025 Mar;81(3):1489-1504. doi: 10.1111/jan.16346. Epub 2024 Jul 24.

 [Read Full Text](#)

3. Investigating Potential Prescribing Cascades Resulting in Prochlorperazine Prescription.

Gilmore et al., *Drugs Aging*. 2026 Apr;43(4):373-383. doi: 10.1007/s40266-026-01293-x. Epub 2026 Mar 21.

 [Read Full Text](#)

4. Addressing under-appreciated risk in healthcare simulation.

O'Connor et al., *Adv Simul (Lond)*. 2026 Mar 26;11(1):25. doi: 10.1186/s41077-026-00423-0.

 [Read Full Text](#)

Spotlight on Research Articles

1. Assessing the effectiveness of artificial intelligence education and training for healthcare workers.

Woods et al., *BMC Med Educ*. 2026 Mar 10;26(1):549. doi: 10.1186/s12909-026-08969-3.

 [Read Full Text](#)

2. Development of a novel GP continuity measurement for practices without personal lists.

Sidaway-Lee et al., *Br J Gen Pract*. 2026 Apr 2:BJGP.2025.0624. doi: 10.3399/BJGP.2025.0624.

 [Read Full Text](#)

3. Exploring the implementation and integration of structured medication reviews in primary care


Reidy et al., *Br J Gen Pract*. 2026 Apr 2:BJGP.2025.0522. doi: 10.3399/BJGP.2025.0522.

 [Read Full-Text](#)

Top Tip from the Library – Health Literacy Calendar

Did you know that about 4 in 10 adults in Ireland have limited health literacy?


Health Literacy can empower anyone to find, understand, and use information to make informed decisions about their own health. It also directly improves health outcomes and quality of life for every one of us. Health literacy matters. We can all play an important part to support good health literacy.

 Take a look at a new Health Literacy - themed calendar for health practitioners, educators or anyone, learn more about health literacy and how to support literacy-friendly healthcare settings in practice.

Find helpful tips to support good health literacy, to access:

- ✓ Informational videos & podcasts on Health Literacy
- ✓ Learnings aimed at health practitioners, health & community centres
- ✓ Health literacy information for all
- ✓ Teaching & Learning Resources on health literacy
- ✓ Research & tips to support good practice with health literacy

Click here to access: [Adult Literacy for Life Health Literacy Calendar](#)



Irish College of GPs

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

<p>CLINICAL HUB</p> <p>On our website under Clinical hub, you will locate the following:</p> <ul style="list-style-type: none">• Clinical Topics• General Practice Updates (GPUs)• <i>Forum Journal</i>• Publications & Journals	<p>ONLINE JOURNALS</p> <p>We subscribe to a range of online journals on behalf of our members including:</p> <ul style="list-style-type: none">• BMJ• DTB• BJGP• IJMS• Medical Education and more...
<p>EVIDENCE-BASED RESOURCES</p> <p>We compile evidence-based resources aimed at GPs including:</p> <ul style="list-style-type: none">• 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.	<p>CURRENT AWARENESS</p> <p>We developed the following newsletters to help you keep up to date:</p> <ul style="list-style-type: none">• 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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