

Recommended Reading



Irish College of GPs Library



Welcome to the December 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. The library would like to wish you all a peaceful & Happy Christmas & all the best for the New Year.

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 December 2025

A decade later: Big changes for the class of 2015

Type 2 Diabetes: General Practice Update (November 2025)

Authors: Lisa Devine, Diarmuid Quinlan, Suzanne Kelly, Eamonn O'Shea, Derek O'Keefe, Emer O'Brien, Michael Lockhart

This general practice update (GPU) aims to summarise the latest evidence relating to the care for people living with type 2 diabetes in the community and focuses on individualising type 2 diabetes care and maximising efficacy and safety of type 2 diabetes care.

Paediatric Sepsis: General Practice Update (November 2025)

Authors: Andrea Fitzgerald, Ellen Hayes, Michael Barrett, Emmanuelle Fauteux-Lamarre, Emer O'Brien, Michael O'Dwyer

This document is intended to support general practitioners (GPs) in their clinical decision making. It is not intended to replace clinical judgement. It aims to:

- Increase awareness of paediatric sepsis and post sepsis syndrome as it applies to general practice.
- Highlight infection prevention measures such as vaccination as the most effective means to prevent

sepsis.

- Assist GPs in the detection, assessment and early management of suspected sepsis.

Eating Disorders: General Practice Update (December 2025)

Authors: Aoife O'Sullivan, Sara McDevitt, Art Malone

This General Practice Update (GPU) aims to assist general practitioners (GPs) in the screening, assessment, referral and management of patients with eating disorders. It identifies available screening tools and recommends assessment guidelines including critical points in history, examination and investigations.

GP Works: Professor Robert Scully & Dr Padraic McCarthy (December 2025)

Listen to Professor Robert Scully, Curriculum Lead with the College, and Dr Padraic McCarthy, Curriculum Development Fellow with the College, describe the process involved in developing the new core curriculum for GP training. They welcome the feedback of members. You can find the 2026 curriculum [here](#).

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

1. **Changing Working Patterns in Irish general practice.** *Health Policy*. 2025 Dec 1;164:105505. doi: 10.1016/j.healthpol.2025.105505.
College Affiliation: Dr Mike O'Callaghan & Dr Laura Cullen.
[🔗 Read Article](#)
2. **An analysis of applications and acceptances to the National Specialist Training Programme in General Practice Ireland from 2021-2024.** *Ir Med J*. 2025 Dec 10;118(10):176.
College Affiliation: Dr Harry Comber, National Recruitment Lead for GP Training.
[🔗 Read Article](#)
3. **Effectiveness, acceptability, and feasibility of naloxone in carceral settings.** *Harm Reduct J*. 2025 Nov 29. doi: 10.1186/s12954-025-01358-x.
College Affiliation: Dr Des Crowley.
[🔗 Read Article](#)
4. **Designing a referral pathway for patients with non-specific cancer symptoms in Irish primary care: a qualitative study protocol. [version 1; peer review: awaiting peer review].** *HRB Open Res* 2025, 8:127.
College Affiliation: Dr Mike O'Callaghan.
[🔗 Read Article](#)



Guidance for GPs

National Policy Framework for Adult Safeguarding in the Health and Social Care Sector

This is the first national policy framework on adult safeguarding for the health and social care sector by the Department of Health. It sets out an ambitious programme of policy and legislative measures that will significantly expand and strengthen the existing supports and protections for adults at risk of abuse in the sector. It will apply right across our health and social care services, including public, voluntary and private.

[🔗 Read Policy Framework](#)

Prolonged Sick Leave: Guidance Document for Trainees

As part of the work on the Royal College of Physicians of Ireland (RCPI) Health and Wellbeing Committee, Maria Golden, Patrick C., Sophie Duignan and Aoife Broderick came together to write this guidance document for trainees. The goal is to support NCHDs during a difficult time by providing clear, compassionate and up-to-date information that will allow you to know your rights regarding taking a leave of absence and returning to work. It may also be helpful for trainers in helping to support their trainee through a challenging time.

[!\[\]\(c507f772dba2b921f86777f01218e570_img.jpg\) Read Guidance](#)



GPs In the News: What's making headlines?

-  **The Irish Examiner, 14 Nov 2025**
[What you need to know about Ireland's high blood pressure problem](#)
-  **RTE Radio 1 – Drivetime, 17 Nov 2025**
[Should you use AI for medical advice?](#)
-  **The Irish Times, 21 Nov 2021**
[Total of 500 people died by suicide in the State in 2022, updated figures show](#)
-  **Medical Independent, 24 Nov 2025**
[GPs call for structured menopause care amid rising demand](#)
-  **Medical Independent, 24 Nov 2025**
[Active travel and 'health beyond the hospital walls'](#)
-  **The Irish Times, 24 Nov 2025**
[Strong, consistent evidence HPV vaccines prevent cervical cancer, reviews find](#)
-  **RTE Radio 1 – Drivetime, 2 Dec 2025**
[Trolley overcrowding amidst surge in flu cases](#)
-  **NewsTalk, 8 Dec 2025**
[Working with AI scribing tools](#) [Call for more GPs as postcode lottery revealed across the country](#)



Latest from the Department of Health

Press Release, 2 Dec 2025

[Delivering an Age-Friendly Health System – A Blueprint to Transform Health and Healthcare for Older Adults published](#)



An Roinn Sláinte
Department of Health

Press Release, 28 Nov 2025

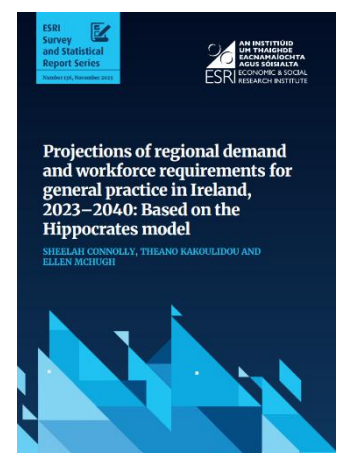
[Minister for Health publishes NDP Sectoral Plan for Health 2026-2030](#)



Key Health Reports

Projections of regional demand and workforce requirements for general practice in Ireland, 2023–2040: Based on the Hippocrates model

In recent decades, the Irish healthcare system has undergone a number of structural and regional reconfigurations, the most recent of which was the implementation of six HSE health regions. This report is part of a new series of reports that uses the ESRI Hippocrates model to provide up-to-date projections for three service areas (public acute hospitals, general practice and



older people's services) at both the national and regional level. Focusing on general practice, this report extends the national-level analysis published in June 2025, by estimating regional baseline utilisation profiles for 2023, and providing medium-term projections of demand and workforce requirements to 2040 in each of the six HSE health regions.

[Read Report](#)

Findings:

- ✓ Between 2023 and 2040, nationally, demand for GP consultations is projected to increase by between 23 per cent and 30 per cent.
- ✓ Projected increases are observed for each of the six health regions with higher increases projected in Dublin North East (DNE) (25 per cent-32 per cent), Dublin Midlands (DML) (28 per cent-35 per cent) and Dublin South East (DSE) (23 per cent-30 per cent) relative to the Mid West (MW (19 per cent-25 per cent) and West North West (WNW) (19-25 per cent).
- ✓ For the same time period, nationally, demand for GP Nurse (GPN) consultations is projected to increase by between 32 per cent and 36 per cent.
- ✓ For both GP and GPN consultations, the largest driver of the projected increases is population growth in each of the six regions.
- ✓ Reflecting these increases in demand, there will be a need for additional GPs and GPNs in the coming years.
- ✓ By 2040, assuming a constant regional GP-consultation ratio, the number of additional GPs required to meet projected demand (in the central scenario) ranges from 64 in the MW to 228 in DML.
- ✓ The lack of available, regional-level data on general practice presents a major challenge for effective capacity planning.



2025 State of Health in the EU Synthesis Report

The 2025 SoHEU Synthesis Report is now available, providing a clear overview of the cross-country findings from the Country Health Profiles, and the broader reform trends they reveal.

The Synthesis report looks into the current challenges and policy responses around four priority topics:





- 1** preventing Noncommunicable Diseases (NCDs),
- 2** accelerating the Digital Health transformation,
- 3** strengthening Primary Care, and
- 4** promoting affordable access to pharmaceuticals and innovation.

It also pools together one-page summaries that highlight the key insights on health status and the performance of the health systems for each of the 29 Country Health Profiles.

- [!\[\]\(83eb2aa26b610eb6a9dca7cf4702d681_img.jpg\) Read EU Synthesis Report](#)
- [!\[\]\(94dfacbf937cdd7da4837a6fcd8fc785_img.jpg\) Read Country Report: Ireland](#)
- [!\[\]\(dae8c3c5fa7c80febd6526a5e8a853bf_img.jpg\) See Interactive Dashboard](#)

Highlights:

Check out some of the health policy reform trends:

-  NCDs are the top cause of preventable illness and early death.
-  Primary care is under pressure from rising demand, workforce shortages and uneven service distribution.
-  Balancing affordability, timely access, and innovation of medicines is challenging.
-  Most countries offer EHRs, but gaps and inequalities in access persist.

Ireland's Health System: Strong Outcomes, Big Challenges Ahead

- ✓ **Growing Importance of Primary Care in Health System Reforms**
The report highlights that primary care (general practice) coverage is expanding under Sláintecare reforms aimed at achieving universal, equitable, and better-integrated healthcare. This signals a policy priority on strengthening GP services and shifting care out of hospitals into communities. For GPs, this means a reinforced role in chronic disease management, preventative care, and coordination across multidisciplinary teams as part of broader health system transformation.
- ✓ **Persistent Challenges in Accessibility of Primary Care**
Accessibility of primary care remains a key challenge in Ireland's health system. 5% of adults report unmet needs due to cost, distance, or waiting times. Over 50% of patients wait more than 12 weeks for elective surgery despite affordability schemes. This highlights ongoing barriers patients face when trying to access GP services, reinforcing the importance of GPs in tackling inequity and advocating for services that reduce delays and financial barriers for patients.
- ✓ **Socio-Demographic & Health Status Indicators with GP Relevance**
Life expectancy has rebounded to 82.9 years and Ireland's population reports high self-rated health, but substantial health inequalities persist across income groups. As cancer and cardiovascular diseases remain leading causes of death and key drivers of morbidity, GPs play a central role in prevention, early detection (e.g., screening follow-up), risk factor modification (e.g., smoking cessation, obesity management), and longitudinal care planning.
- ✓ **Workforce Issues Remain an ongoing challenge**
Medical graduate numbers rose 25% in a decade, and senior doctor posts doubled between 2019–2021. Yet retention issues persist, leaving ongoing workforce shortages.

Evidence-Based Medicine (EBM) Round-up

December 2025 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.



World Health Organization Guideline on the Use and Indications of Glucagon-Like Peptide-1 Therapies for the Treatment of Obesity in Adults

Obesity affects more than 1 billion people globally and is recognized by the World Health Organization as a chronic, relapsing disease associated with significant morbidity, mortality, and economic impact. WHO published a guideline in JAMA outlining two conditional recommendations around the use and indications of glucagon-like peptide-1 (GLP1)–based therapies for the management of obesity in adults.

Recommendation #1: In adults living with obesity, long-term GLP-1 therapies may be used for weight management. This conditional recommendation is supported by moderate-certainty evidence from ongoing trials for their effectiveness in achieving clinically meaningful weight loss and broad metabolic benefits, together with cost, health system preparedness, and potential equity implications.

Recommendation #2: Those prescribed GLP-1 therapies benefit from structured behavioural therapy, including goal setting for physical activity and diet, energy intake restriction, regular counselling sessions, and ongoing assessment of progress. This conditional recommendation is supported by low-certainty evidence of intensive behavioural therapy enhancing the efficacy of GLP-1 therapies across tirzepatide, semaglutide, and liraglutide.

Epilepsy Ireland – The EpiKNOW Project

The EpiKNOW project was a research study supported by Epilepsy Ireland, the Health Research Board and the National Women & Infants Health Programme. This research, in partnership with subject matter experts and women with epilepsy, identified where information gaps existed for women with epilepsy in the preconception to postpartum period. This led to the development of the EpiKNOW resources - a series of checklists which have been designed to help support conversations between women with epilepsy and their healthcare providers for during this period.

The iSupport Rights-Based Standards Checklist

The iSupport Rights-Based Standards Checklist is an evidence-informed tool to help professionals ensure that every child's rights and well-being are respected in practice. The iSupport Checklist offers a clear, practical way for teams to translate rights-based standards into everyday practice. With its nine core statements, based on the iSupport Rights-Based Standards, this checklist aims to help professionals to deliver safe, compassionate, and child-centred care which enhances trust and communication between children, families, and professionals.

Spotlight on Irish Articles

1. Addressing systemic workforce challenges in general practice.

Shabbir et al., *Fam Pract.* 2025 Dec 9;43(1):cmf094. doi: 10.1093/fampra/cmf094.

 [Read Full Text](#)

2. Fertility, family planning, pregnancy and motherhood among women doctors working in the EU and UK.

Biju et al., *BMJ Open.* 2025 Dec 4;15(12):e105560. doi: 10.1136/bmjopen-2025-105560.

 [Read Full Text](#)

3. **"You just forget about preeclampsia and move on" -awareness of chronic disease risks and follow-up preferences after preeclampsia in Ireland.**

Barrett et al., *PLoS One*. 2025 Dec 15;20(12):e0337875. doi: 10.1371/journal.pone.0337875.

 [Read Full Text](#)

4. **General practice / family medicine: evolving undergraduate medical curricula.**

Ravichandran et al., *Health Education*, 2025 Dec 8, 1-19. doi: 10.1108/HE-08-2025-0134.

 [Read Full Text](#)

5. **General practice professionals' perspectives on cardiovascular risk assessment in patients diagnosed with mental health disorders.**

Ravichandran et al., *Ir J Psychol Med*. 2025 Dec 16:1-8. doi: 10.1017/ipm.2025.10158.

 [Read Full Text](#)

6. **The patient-safety implications of AI-based communication with migrants in general practice.**

Cronin et al., *BJGP Open*. 2025 Dec 16:BJGPO.2025.0107. doi: 10.3399/BJGPO.2025.0107.

 [Read Full Text](#)

7. **GP or ChatGPT? Ability of large language models (LLMs) to support general practitioners when prescribing antibiotics.**

Ngoc Nguyen et al., *J Antimicrob Chemother*. 2025 May 2;80(5):1324-1330. doi: 10.1093/jac/dkaf077.

 [Read Full Text](#)

Spotlight on Research Articles

1. **Global, regional, and national burden of headache disorders, 1990-2023.**

GBD 2023 Headache Collaborators., *Lancet Neurol*. 2025 Dec;24(12):1005-1015. doi: 10.1016/S1474-4422(25)00402-8.

 [Read Full Text](#)

2. **Human papillomavirus (HPV) vaccination for the prevention of cervical cancer and other HPV-related diseases.**

Bergman et al., *Cochrane Database Syst Rev*. 2025 Nov 24;11(11):CD015364. doi: 10.1002/14651858.CD015364.pub2.

 [Read Full Text](#)

3. **Effects of human papillomavirus (HPV) vaccination programmes on community rates of HPV-related disease and harms from vaccination.**

Henschke et al., *Cochrane Database Syst Rev*. 2025 Nov 24;11(11):CD015363. doi: 10.1002/14651858.CD015363.pub2.

 [Read Full-Text](#)

4. Perceptions of an AI-based clinical decision support tool for prescribing in multiple long-term conditions.

d'Elia et al., *BMJ Open*. 2025 Nov 23;15(11):e102833. doi: 10.1136/bmjopen-2025-102833.

 [Read Full-Text](#)

5. Clinical competencies for using generative AI in patient care.

Lewis et al., *BMJ*. 2025 Dec 2;391:e085324. doi: 10.1136/bmj-2025-085324.

 [Read Full-Text](#)

6. To What Extent Do Clinical Practice Guidelines for Chronic Diseases Embrace Current Obesity Management Guidance?

Salas et al., *Obes Facts*. 2025 Nov 3;1-12. doi: 10.1159/000549374.

 [Read Full-Text](#)



Top Tip from the Library – Library Ireland Week



- ✓ Library Ireland Week took place from 30th November to 6th December 2025!
- ✓ The theme for the week was 'Libraries Light the Way' #LIW25 @LAIonline
- ✓ College members have access to Online Journals & Evidence-based Resources.

- ✓ Contact the College Library for all your information needs.

Click here to access: [Publications and Journals](#)

Read more on the value of libraries:

[The value and impact of information provided through library services for patient care](#)

[The value of health libraries and librarians to the Irish health system](#)



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a high-quality, value-
added, bespoke
Information Service"*

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- Useful Links • Library Help Sheets

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- *Recommended Reading &*
- *Educational Articles for General Practice*

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