

September 2025

Evidence Unwrapped

Your Oxfordshire Primary Care monthly newsletter

from Kate Jones your Primary Care Librarian

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**If only there was an AI that
I could trust for clinical
questions!**

There Is...

Ask Trip

Ask Trip builds on decades of experience of finding high-quality evidence-based sources and pooling together the most relevant and reliable into a simple tailored digest answer. As well as asking your own questions you can browse through queries already answered and filter these by specialism, question type and the quality of evidence. Answers are succinct and full referenced. [Give it a try.](#)

A short explanation of how it works can be found [here](#).

Recent Evidence from Primary Care

[People need support to keep weight off after treatment ends](#)

Under the new NICE guidance, healthcare teams should monitor people for at least a year after they complete treatment and offer extra support if needed. This could include practical advice from programmes like NHS Better Health on changing daily habits or making adjustments at home or work to avoid slipping back.

[When and how should clinicians taper benzodiazepines when the risks outweigh the benefits?](#)

When the harms of continued benzodiazepine (BZD) use outweigh the benefits, clinicians should implement individualized, gradual tapering plans using shared decision-making, with attention to withdrawal risk and the need for psychosocial support. Abrupt discontinuation should be avoided in physically dependent patients.



KnowledgeShare

KnowledgeShare updates are personalised emails tailored to your individual areas of interest. Updates focus on the evidence that can change practice, including guidelines, policies and systematic reviews, plus local events and training opportunities. You can register [here](#) giving as much detail about your topics of interest as possible. As your interest change, these can be updated.

Randomised Coffee Trial

"we are planning to meet again. It was very therapeutic! Really good to speak with people outside your own practice as we're quite isolated, and nice to share problems and discuss potential solutions" ANPs

Feedback

"Invaluable to have a one to one service to assist and explain everything. It enabled me to be more effective with my time and utilise all the available resources. She was also lovely."

Assignment Support

"Thank you for all your help, it really made a difference especially with the time it took to get through everything. I passed, so I was very happy."
Specialist Nurse, Oxford

Require an article or book? Want to learn how to perform a quicker, more effective search on specific topics? Need a literature search for guidelines, case studies, research papers or a quality improvement project? Want to keep up to date with the latest information in your field? Contact me at Kate.Jones@oxfordhealth.nhs.uk.

The next edition will be published in October 2025