

October 2025

Evidence Unwrapped

Your Oxfordshire Primary Care monthly newsletter
from Kate Jones your Primary Care Librarian
Kate.Jones@oxfordhealth.nhs.uk



In this issue:

- ◆ Tim Minchin
- ◆ Recent Evidence
- ◆ End of an Era
- ◆ Out and About

Any Tim Minchin fans out there in Primary Careland?

A quick creative challenge to lighten up the darkening evenings! If [Love without Evidence is ... Stalking](#), Healthcare without Evidence is ... [complete the phrase here](#). Your humorous suggestions will be included in the next issue.



Recent Evidence from Primary Care

[Brewing Beneath the Surface: The Link Between Psoriasis and Cardiovascular Disease](#)

Demonstrated a statistically significant reduction in PASI scores following statin treatment, suggesting a potential benefit of statins in managing psoriasis.. It is difficult to untangle which comes first—the skin manifestations of psoriasis or the dysfunctional underlying metabolic and cardiovascular risk factors. The real answer... is most likely a complex combination of both.

[Bipolar disorder: assessment and management](#)

Update to NICE guidelines include a new recommendation that boys and men should be advised to use effective contraception (condoms, plus contraception used by a female sexual partner) throughout the valproate treatment period and for 3 months after stopping valproate .

End of an Era

Funding for this Oxfordshire Primary Care Librarian role is coming to an end in January.

This is very sad for me personally and I believe a loss for Primary Care in BOB ICB. If you have any accounts of how the service has made a difference for you, I would love to [hear from you](#). If you would like me to attend your practice and deliver some training, please don't delay!

Out and About in Oxfordshire

I have been visiting several practices in September including Deddington Health Centre, where we looked at various OpenAthens resources such as BMJ Best Practice, Trip Pro and the Knowledge and Library Hub and also Sibford Surgery and Windrush Medical Practice where we learned about Health Literacy. There have also been virtual visits to Burford Surgery, the Oxfordshire General Practice Leadership Group and Physician Associates from Thames Valley and Wessex.

October promises to be exciting too with the GP Schools Faculty Day at the Belfry where I'll be running a workshop called "The Evidence-Informed Educator". Plenty of time to support your practice too before I finish in January.

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 November 2025