



# Armed Forces Network bulletin

## January 2025

**The aim of this current awareness bulletin is to provide a digest of recent guidelines, reports, research and best practice.**

For more information on Library and Knowledge Services please go to:  
[www.nhslincslibrary.uk](http://www.nhslincslibrary.uk)

**For more information on Lincolnshire's armed forces population go to the following summaries prepared by the Lincolnshire County Council Public Health Intelligence Team:**

- [Armed Forces](#)
- [Armed Forces – Characteristics](#)

### **Becoming a national leader in supporting the armed forces**

East Lancashire Hospitals NHS Trust (ELHT) serves a diverse population over 1,211 square kilometres, operating five hospitals and various community services. [Since signing the Armed Forces Covenant in 2017, ELHT has taken deliberate steps to support reservists and the wider armed forces community.](#) These efforts align with the trust's values of providing safe, personal and effective care, and its mission to improve community health through partnership, innovation and excellence.

### **Health and wellbeing of UK armed forces veterans: Veterans' Survey 2022, UK**

This [analysis from the Office for National Statistics](#) shows the weighted percentages of veterans across the UK by: disability and requirement for personalised care plans; loneliness measures; GP and dentist registrations; awareness, use of, and satisfaction with veteran health and wellbeing support services. These statistics are published as research and are not official statistics.

### **How primary care used community outreach to support the Armed Forces community**

Ashfields Primary Care Centre is a GP practice in Sandbach in Cheshire with nearly 28,000 patients. Ashfields has emerged as a leader in supporting reservists, veterans and their families. [Through its adherence to the Armed Forces Covenant, the practice transformed its approach to health care](#) and reinforced its role as a pillar of the Sandbach community.

### **Suicide Risk Among Veterans Who Receive Evidence-Based Therapy for Posttraumatic Stress Disorder**

In a cohort study of 847 217 veterans with initial Veterans Health Administration PTSD diagnoses in 2016-2019, proportional hazards regressions that adjusted for propensity to initiate CPT/PE therapy and veteran characteristics indicated that CPT/PE initiation was associated with lower suicide risk through 2020. An adequate course of therapy was not associated with suicide risk. The [findings of](#)



[this study](#) suggest that veterans who initiated CPT/PE had a lower suicide risk than those who did not.

**Treating the perimenopause in the UK armed forces: a mixed methods review exploring the confidence of general practitioners.**

This [study from BJGP Open](#) identified gaps in confidence among Defence GPs, particularly in certain aspects of perimenopause management, similar to those found in NHS GPs. CPD and case exposure were important predictors of confidence, with strong support for regional women's health hubs to optimise PMP care. Further research is warranted to explore strategies for bridging confidence gaps and improving perimenopause care delivery within the UKAF context.

**Veterans: access to health services**

This [briefing paper from the House of Commons Library](#) details the health care support available to armed forces veterans in Great Britain and Northern Ireland.

**Wider services and support available to UK Armed Forces and Veterans**

[Defence Business Services, on behalf of the MOD](#), is responsible for delivering a range of services and support for UK Armed Forces, veterans and their families.