



# Men's Staff Network Bulletin

July 2024

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

## [Changes to statutory paternity leave and pay regulations](#)

On 8 March 2024, legislation changes to statutory paternity leave and pay regulations will come into effect in England, Scotland and Wales.

### Male factor fertility

Male factor fertility is important, and all nurses and midwives should have a good understanding of the influences and the factors that can impact fertility, especially as they may often be the first point of contact for patients when they have questions. This [guidance from the Royal College of Nursing](#) has been developed to enhance understanding of the anatomy, physiology, diagnosis, and possible treatments available to support best practice, as well as an overview of the emotional issues associated with male factor fertility.

### National Prostate Cancer Audit (NPCA) report

The [National Cancer Audit Collaborating Centre \(NATCAN\) has published a State of the Nation report](#) from the National Prostate Cancer Audit (NPCA) on the care received by people with prostate cancer in England and Wales from 1 January 2019 to 31 January 2023.

### Research briefing: Men's health

A [research briefing from UK Parliament](#) on men's physical and mental health and the disparities in health outcomes between men and women. It describes key drivers for these outcomes and policy approaches to improve men's health.

### Risk and recovery factors in male suicide: is society failing men?

This [article from the Mental Elf](#) considers a recent review, which suggests that understanding masculine norms is a key area for suicide prevention.

## Recently published research

### Muscle dysmorphia: an under-recognised aspect of body dissatisfaction in men. [Abstract]

**British Journal of Nursing 2024, 33(12), pp. 584-588.**

Although men and women both experience eating disorders such as anorexia nervosa and bulimia nervosa, there are differences in the way their eating disorder may present. Body dissatisfaction in men may be more related to a drive for muscularity as opposed to thinness. Muscle dysmorphic disorder is a form or subtype of body dysmorphia that is characterised by an extreme desire for muscularity and a preoccupation with the idea that one's physique is too small or not sufficiently muscular.

## Library Services



## Library and Knowledge Services

- **Current awareness:** Would you like to keep up to date with the latest evidence on topics of your choice? Sign up for a current awareness alert: <https://www.nhslincslibrary.uk/knowledgeshare-request/>
- **Literature searching:** Can't find the information you need? We can do literature searches for you: <https://www.nhslincslibrary.uk/search-request/>
- **Information skills training:** We can provide training on how to search healthcare databases and resources as well as showing you how to appraise the information that you find: <https://www.nhslincslibrary.uk/training/>

### Online Resources

- **BMJ Best Practice** is a clinical decision support tool that provides step-by-step guidance on diagnosis, prognosis, treatment and prevention of a wide variety of conditions: <https://bestpractice.bmj.com>
- **ClinicalKey** is a database which supports healthcare professionals by providing access to the latest evidence across specialties: <https://www.clinicalkey.com/>