



- **Taking blood pressure medications at night seems best**

A large trial (Hygia Chronotherapy RCT [link](#)) conducted across 40 general practices in Northern Spain assigned 19,084 adults to take their blood pressure medications either in the morning or at night over an average of six years. People who took their blood pressure medications at bedtime were 45% less likely to experience a major cardiovascular outcome, such as heart attack or stroke, compared with people who took them in the morning. The effect seemed to be mediated by the improved night-time blood pressure control, which supports previous theories on the topic.

The National Institute of Health Research Dissemination Centre have now done an expert commentary on the trial noting that the findings are clinically very important and the study should change clinical practice whereby patients are recommended to take blood pressure medications, diuretics aside, at night [link](#)

- **Fitness to fly guidance summary**

The summary in MIMS explains how information can be submitted and factors to consider when assessing fitness to fly for patients with conditions including cardiovascular disorders, diabetes and respiratory disease and for women who are pregnant. [link](#)

- **Updated NICE guidance on diagnosis and management of the Menopause (NG23)**

The guidance now contains a link to the MHRA summary table of the risks and benefits of hormone replacement therapy (HRT) risks and benefits . [MHRA risk v benefits table](#) . This resource will be particularly useful for discussions with patients following the wide publicity about the increased risk of breast cancer with HRT and its persistence after stopping. This was in response to a new meta-analysis of more than 100,000 women with breast cancer, which indicated that some excess risk of breast cancer with systemic HRT persists for more than 10 years after stopping; the total increased risk of breast cancer associated with HRT is therefore higher than previous estimates. Prescribers are advised to discuss the updated information on risks with women at their next routine appointment.

- **NICE Guidance on Acute kidney injury: prevention, detection and management (NG148)**

This guideline covers preventing, detecting and managing acute kidney injury in children, young people and adults. It aims to improve assessment and detection by non-specialists, and specifies when people should be referred to specialist services. [link](#)

- **Vaccine Update**

The latest "Vaccine Update" newsletter from Public Health England provides details of changes (and support materials) to the infant PCV schedule taking place in 2020 this newsletter also includes details of changes to maternal pertussis programme and childhood pneumococcal programme. [link](#)

- **DTB Select: MHRA guidance on assessing renal function**

In the November 2019 edition of Tablet Press it was highlighted that the MHRA had published a Drug Safety Update on estimating renal function and dose adjustment in response to reports and queries. The Drug and Therapeutics Bulletin (DTB) have now done an article that puts into context the recent MHRA advice [link](#) that creatinine clearance, based on Cockcroft-Gault, is a more appropriate method for assessing impaired renal function to guide dose adjustment, for patients on certain drugs e.g. DOACs, patients aged ≥75 years and for those at extremes of muscle mass. If a copy of the DTB article is required please contact Sue Barron [Susan.barron@nhs.net](mailto:Susan.barron@nhs.net)

- **Grape or grain but never the twain?**

It was thought that readers *might* be interested in the following randomized controlled multiarm matched-triplet crossover trial which investigated the influence of the combination and order of beer and wine consumption on hangover intensity following their New Year Celebrations [link](#)

**Wishing you a Happy New Year!**