Respiratory Care Bulletin

October 2026

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

If you would like to request any of the articles included in this bulletin please email: ulth.nhslincslibrary.request@nhs.net

If you would like to receive this or any of our other bulletins please register here: https://www.nhslincslibrary.uk/bulletin-request-form

For more information on Library and Knowledge Services please go to: www.nhslincslibrary.uk

Latest Journal Issues

COPD: Journal of Chronic Obstructive Pulmonary Disease

2026 Vol. 23



Read issue 1

[To read articles you need to sign in with your OpenAthens username and password. Sign up for an OpenAthens account here: https://openathens.nice.org.uk]

European Respiratory Review

2026: Vol. 35



Read issue 182

[To read articles you need to sign in with your OpenAthens username and password. Sign up for an OpenAthens account here: https://openathens.nice.org.uk]

The Lancet Respiratory Medicine

2026 Vol.14



Read issue 11

[To read articles you need to sign in with your OpenAthens username and password. Sign up for an OpenAthens account here: https://openathens.nice.org.uk]

Thorax

2026: Vol. 81



Read issue 11

[To read articles you need to sign in with your OpenAthens username and password. Sign up for an OpenAthens account here: https://openathens.nice.org.uk]

CHEST Journal

2026: Vol. 169



See issue 4 table of contents

[Full Text articles unavailable 1 year from time of publication. In line with copyright regulations, we can supply two articles from any one issue. To request articles please email: ulth.nhslincslibrary.request@nhs.net]

European Respiratory Journal

2026: Vol. 67



See issue 3 table of contents

[In line with copyright regulations we can only supply two articles from any one issue. To request articles from this issue please email: ulth.nhslincslibrary.request@nhs.net]

BMJ Best Practice - Condition of the month

[Assessment of dyspnoea - Differential diagnosis of symptoms] (Last updated: October 2026)

How to access BMJ Best Practice:

1. Select 'Access through your institution' from the top of the page.
2. Click the pink button to 'Log in via OpenAthens/Shibboleth', search for 'NHS in England' and enter your OpenAthens account details. You will then be taken back to BMJ Best Practice.

If you don't have an OpenAthens account you can sign up for one here: https://openathens.nice.org.uk/

BMJ Best Practice



Recently updated topics:

Occupational asthma - Symptoms, diagnosis and treatment

Superior vena cava syndrome - Symptoms, diagnosis and treatment

Mesothelioma - Symptoms, diagnosis and treatment

Assessment of cyanosis in the newborn - Differential diagnosis of symptoms

Download the app!

The app provides quick, evidence-based guidance at the point of care, including diagnosis, treatment, and clinical calculators - all accessible offline.

- Apple App Store
- Google Play

Latest Evidence [*Please click on the links to view and request articles. You will need to choose your Trust organisation and have an OpenAthens username and password. You can sign up for an OpenAthens account here: https://openathens.nice.org.uk/.*]

- Asthma
- Bronchiectasis
- Chronic Obstructive Pulmonary Disease (COPD)
- Cystic fibrosis (CF)
- Dysphagia
- Interstitial Lung Disease
- Lung Cancer
- Sleep Disorders
- Pneumonia
- Pneumothorax
- Pulmonary Hypertension
- Respiratory Support and Recovery
- Smoking Cessation / Vaping
- Tuberculosis
- Viral Respiratory Tract Infections: including Covid-19

Asthma >>>Back to Contents

Effectiveness of short-acting beta-2 agonists delivered by metered-dose inhaler with spacer versus nebulizer in acute asthma exacerbations: a systematic review and meta-analysis
Adadja Judicael; Boumenna, Tarek; Bergeron, Frederic, et al. (2026) *J.Asthma.63.(11)pp. 1435–1450*
Access or request full text: https://libkey.io/10.1080/02770903.2026.2696575

The Effect of Nasal Corticosteroids and Antihistamines on Asthma Control in Patients with Asthma and Comorbid Allergic Rhinitis: A Systematic Review
Alsufyani Adel; Saaty, Layan and Mansur, Adel Professor (2026) *Journal of Asthma.1-24.*
Access or request full text: https://libkey.io/10.1080/02770903.2026.2751828

Parent perspectives on the potential use of smart inhalers for asthma management in children: a qualitative interview study.
Cooke Lindsey; Noble, Natasha; Bryant, Jamie, et al. (2026) *Journal of Asthma.1-15.*
Access or request full text: https://libkey.io/10.1080/02770903.2026.2751829

Efficacy and Safety of Sublingual versus Subcutaneous Immunotherapy for Patients with Allergic Rhinitis with Asthma: A Systematic Review and Meta-analysis
Jiang Qian; Shao, Yaosen and Zheng, Qin (2026) *International Archives of Allergy & Immunology.1.*
Access or request full text: https://libkey.io/10.1159/iaa/adfag033

Clinical Remission with FF/UMEC/VI Versus ICS/LABA in Uncontrolled Asthma: The PERFORM Pragmatic Randomized Controlled Trial.
Noorduyn S.G.; Oppenheimer J.J.; Moore A.C., et al. (2026) *Adv.Ther.43.(10)pp. 4730–474*

Access or request full text: https://libkey.io/10.1007/s12325-026-03721-1

Smart Inhaler Randomized Controlled Trial for Improving Inhaler Technique in Adolescents With Intellectual and Developmental Disabilities and Asthma.
Park S.; DeavenportSaman A.; Vu M.H., et al. (2026) *Academic Pediatrics.26.(7) (pagination)pp. Article Number: 103387. Date of Publication: Setember*

Access or request full text: https://libkey.io/10.1016/j.acap.2026.103387

Herbal interventions in asthma management: a systematic review and meta-analysis of randomised controlled trials.
Pehlivan S.; Koc Nas A. and Arslan, S. O. (2026) *Journal of Herbal Medicine.60.(pagination)pp. Article Number: 101137. Date of Publication: December 2026*

Access or request full text: https://libkey.io/10.1016/j.hermed.2026.101137

High-dose vitamin D_3 supplementation in the prevention of viral-induced asthma in high-morbidity preschoolers (DIVA): a randomised controlled trial in Canada.
Ducharme Francine M.; Tse, Sze Man; Daigneault, Patrick, et al. (2026) *EClinicalMedicine.100.pp. 104216*

Access or request full text: https://libkey.io/10.1016/j.eclinm.2026.104216

Safety and Efficacy of Albuterol-Budesonide Versus Albuterol Alone in Asthma: A GRADE-assessed Systematic Review and Meta-Analysis of Randomized Controlled Trials
Ul Abideen Zain; Ashraf, Muhammad Farhan; Javed, Sara, et al. (2026) *Journal of Asthma.1-14.*

Access or request full text: https://libkey.io/10.1080/02770903.2026.2751840

Bronchiectasis >>>Back to Contents

Real-World Management of Difficult Exacerbations of Bronchiectasis: A Case Study to Illustrate How Guidelines Can Support Best Practice
Bianca Hulance; Toby, Capstick; Anand, Shah, et al. (2026) *Clin Case Rep.14.(10)pp. e73566*

Access or request full text: https://libkey.io/10.1002/ccr3.73566

Management of Adult Bronchiectasis: An American College of Chest Physicians Clinical Practice Guideline.
Thomson R.; Thornton C.; Aksamit T., et al. (2026) *Chest.170.(4)pp. 1060–1073*

Access or request full text: https://libkey.io/10.1016/j.chest.2026.06.057

Chronic Obstructive Pulmonary Disease (COPD) >>>Back to Contents

A systematic review of physical activity guidelines for adults with cardio-respiratory diseases: Stepping towards evidence-based recommendations
Tonga Eda; Yates, Thomas; Worboys, Hannah, et al. (2026) *Clin.Rehabil.40.(9)pp. 1143–1159*

Access or request full text: https://libkey.io/10.1177/02692155261441158

Comparative efficacy of mind-body exercises for treating chronic obstructive pulmonary disease: a systematic review and network meta-analysis.
Gao Q.; Li P.; Han X., et al. (2026) *Clin.Rehabil.40.(10)pp. 1340–1352*

Access or request full text: https://libkey.io/10.1177/02692155261444584

Associations of Mucus Plug With Prognosis in COPD: A Systematic Review and Meta-Analysis.
Pu J.; Hong S. and He, J. Q. (2026) *Chest.170.(4)pp. 1074–1084*

Access or request full text: https://libkey.io/10.1016/j.chest.2026.04.038

Effects of complementary therapies on physiological and psychological outcomes in chronic obstructive pulmonary disease patients: A systematic review and meta-analysis of randomized controlled trials
Santiworakul Anoma; Cetthakrikul, Salila; Nemoto, Shinji, et al. (2026) *Respir.Med.263.pp. 109204*

Access or request full text: https://libkey.io/10.1016/j.rmed.2026.109204

Comparative effectiveness of different home-based pulmonary rehabilitation models in patients with COPD: a systematic review and network meta-analysis.
Xing Y.Y.; WU L.Y.; Gong S.Y., et al. (2026) *npj Primary Care Respiratory Medicine.36.(1) (pagination)pp. Article Number: 58. Date of Publication: December 2026*

Access or request full text: https://libkey.io/10.1038/s41533-026-00513-6

Effectiveness of probiotic supplements in managing pulmonary function and inflammatory status in patients with chronic obstructive pulmonary disease: A systematic review and meta-analysis.
Zhang Q.; Zhang N.; Zheng Y., et al. (2026) *Clinical Nutrition.65.(pagination)pp. Article Number: 106772. Date of Publication: October 2026*

Access or request full text: https://libkey.io/10.1016/j.clnu.2026.106772

Organization and delivery of home-based care for chronic obstructive pulmonary disease patients receiving long-term home non-invasive ventilation: a systematic review.
Crimi C.; Oczkowski S.; Carlucci A., et al. (2026) *Eur.J.Intern.Med.151.(pagination)pp. Article Number: 106880. Date of Publication: Setember 2026*

Access or request full text: https://libkey.io/10.1016/j.ejim.2026.106880

Cystic fibrosis (CF) >>>Back to Contents

NHS England

Cystic fibrosis: screening laboratory handbook (2014, last updated October 2026)

Comparison of the active cycle breathing technique with other self-administered breathing techniques for the management of mucociliary production in cystic fibrosis: A systematic review.
Khan M.N.U. and Osama, A. (2026) *Canadian Journal of Respiratory Therapy.62.pp. 162–172*

Access or request full text: https://libkey.io/10.29390/001c.166820

Perspectives on inhaled medicines in the CFTR modulator era: A national survey of adults with cystic fibrosis.
Sandler R. D.; Hoo, Z. H. and Ariss, S. M. B. (2026) *Journal of Cystic Fibrosis.*

Access or request full text: https://libkey.io/10.1016/j.jcf.2026.10.001

Dysphagia >>>Back to Contents

Dysphagia in behavioural variant of frontotemporal dementia- a systematic review.
Bailey Elishka S.; Rowell, Alayna and Mulheren, Rachel (2026) *Amyotroph Lateral Scler.Frontotemporal Degener.27.(7-8)pp. 884–895*

Access or request full text: https://libkey.io/10.1080/21678421.2026.2652328

Measurement Techniques and Properties of Single-item Measures for the Evaluation of Oropharyngeal Muscle Function in Adults with Dysphagia: A Systematic Review using the COSMIN Framework.
Kelly Eileen; Hako, Joelle; Chapman, Anna Creagh, et al. (2026) *Dysphagia.41.(5)pp. 1076–1094*

Access or request full text: https://libkey.io/10.1007/s00455-026-10957-0

Comparative Effectiveness of Rehabilitation Nursing Interventions in Patients With Post-Stroke Dysphagia: A Systematic Review and Network Meta-Analysis
Lai Rongrong; Jin, Lingyun; Chen, Shuoshuo, et al. (2026) *Jpn.J.Nurs.Sci.23.(4)pp. e70084*

Access or request full text: https://libkey.io/10.1111/jjns.70084

Percutaneous endoscopic gastrostomy versus nasogastric tube feeding in post-stroke dysphagia: a meta-analysis study.
Youssef G.; Abdou R.M.; Bamakhrama K., et al. (2026) *Topics in Stroke Rehabilitation.33.(6)pp. 664–678*

Access or request full text: https://libkey.io/10.1080/10749357.2026.2612915

Effectiveness of Gamified Rehabilitation Interventions in Patients with Post-Stroke Dysphagia: A Meta-Analysis.
Cao Yongxin; Liu, Xiaohan; Zhao, Jing, et al. (2026) *Dysphagia.*

Access or request full text: https://libkey.io/10.1007/s00455-026-11014-6

Interstitial Lung Disease >>>Back to Contents

Efficacy and Safety of Nintedanib in Interstitial Lung Disease Associated with Systemic Autoimmune Rheumatic Diseases: A Systematic Review and Meta-Analysis.
Sethi P.P.; Gupta A.K.; Sudan A., et al. (2026) *Indian Journal of Rheumatology.21.(3)pp. 260–271*

Access or request full text: https://libkey.io/10.1177/09733698251403238

From fibrosis to thrombosis: a systematic review and meta-analysis of venous thromboembolism risk in interstitial lung disease.
Srivali N. and De Giacomi, F. (2026) *Expert Review of Respiratory Medicine.20.(10)pp. 1203–1214*

Access or request full text: https://libkey.io/10.1080/17476348.2026.2661949

Smoking exposures and mortality risk in individuals with idiopathic pulmonary fibrosis: a UK Biobank cohort study.
Tu Qiyun; Zhang, Xinyue; Zou, Yuxin, et al. (2026) *Front.public.health.14.pp. 1884390*

Access or request full text: https://libkey.io/10.3389/fpubh.2026.1884390

Clinical practice guideline for the diagnosis of granulomatous-lymphocytic interstitial lung disease in patients with common variable immunodeficiency disorders: an ERS Clinical Research Collaboration

European Respiratory Society (2026) *Eur.Respir.J.68.(3)pp. 2502224*

Access or request full text: https://libkey.io/10.1183/13993003.02224-2025

Cough burden in progressive pulmonary fibrosis: a systematic review with narrative synthesis.
Yu N.; Yang S.; Liang Z., et al. (2026) *Health and Quality of Life Outcomes.24.(1) (pagination)pp. Article Number: 129. Date of Publication: 01 Dec 2026*

Access or request full text: https://libkey.io/10.1186/s12955-026-02585-x

Lung Cancer >>>Back to Contents

ESTRO clinical practice guideline on high-dose thoracic reirradiation for non-small cell lung cancer
Andratschke Nicolaus; Willmann, Jonas; Ippolito, Edy, et al. (2026) *Radiotherapy and*

Oncology.222.
Access or request full text: https://libkey.io/10.1016/j.radonc.2026.111707

The prognostic value of physical functioning on survival in patients with nonsmall cell lung cancer: a systematic review and meta-analysis
Arents Eva; Haesevoets, Sarah; Van Overbeke, Marthe, et al. (2026) *Eur.35.(182)*

Access or request full text: https://libkey.io/10.1183/16000617.0230-2025

Incidence of new-onset atrial fibrillation after thoracic radiotherapy in non-small cell lung cancer: a systematic review and meta-analysis
Alsultan Asayel M.; AlAbdulaaly, Reman A.; Alyahya, Saud A., et al. (2026)
Clin.Transl.Oncol.28.(11)pp. 5306–5319

Access or request full text: https://libkey.io/10.1007/s12094-026-04434-1

Interventions to increase participation in lung cancer screening programmes: a systematic review and meta-analysis
Djuric Olivera; Guida, Andrea; Bononi, Francesca, et al. (2026) *Eur.35.(182)*

Access or request full text: https://libkey.io/10.1183/16000617.0108-2026

Effects of ACSM guideline-based exercise on patients with lung cancer: a systematic review and meta-analysis.
Guo Jiangxin; Wu, Baofa; Zhang, Yu, et al. (2026) *Front.Physiol.17.pp. 1797432*

Access or request full text: https://libkey.io/10.3389/fphys.2026.1797432

Considerations regarding a meta-analysis investigating the efficacy and safety of robotic-assisted thoracic surgery after neoadjuvant therapy in non-small cell lung cancer.
Jiao Bin and Wang, Lei (2026) *Updates in Surgery.*

Access or request full text: https://libkey.io/10.1007/s13304-026-02879-1

Prognostic and therapeutic importance of TROP-2 and MUC-1 in non-small cell lung cancer: A systematic review and meta-analysis.
Natisoontorn P.; Lumpaopong J.S.; Sorachaimetha N., et al. (2026) *Biomedical Reports.25.(4) (pagination)pp. Article Number: 110. Date of Publication: October 2026*

Access or request full text: https://libkey.io/10.3892/br.2026.2183

Systematic review and meta-analysis of AI in lung cancer metastasis imaging for diagnosis and prognosis.
Sun Y.; Jin L.; Wang B., et al. (2026) *npj Digital Medicine.9.(1) (pagination)pp. Article Number: 688. Date of Publication: December 2026*

Access or request full text: https://libkey.io/10.1038/s41746-026-02858-1

The effect of early activity on postoperative patients with lung cancer: a systematic review and meta-analysis.
Wang Z.; Xiu Y.; Qi X., et al. (2026) *Frontiers in Oncology.16.(pagination)pp. Article Number: 1840866. Date of Publication: 2026*

Access or request full text: https://libkey.io/10.3389/fonc.2026.1840866

Pneumonia >>>Back to Contents

Efficacy of higher-dose versus lower-dose corticosteroids in community-acquired pneumonia: a systematic review and network meta-analysis.
Ouyang Y.; Lai J.; Wang P., et al. (2026) *Critical Care.30.(1) (pagination)pp. Article Number: 494. Date of Publication: December 2026*

Access or request full text: https://libkey.io/10.1186/s13054-026-06185-5

Pneumothorax >>>Back to Contents

Comparative effectiveness of suction versus water seal following tube thoracostomy in traumatic pneumothorax and hemothorax: An updated systematic review and meta-analysis.
Shaban Ahmed; Zaki, Hany A.; Ponappan, Benny, et al. (2026) *Am.J.Emerg.Med.109.pp. 250–258*

Access or request full text: https://libkey.io/10.1016/j.ajem.2026.07.055

Pulmonary Hypertension >>>Back to Contents

European Respiratory Society clinical practice guidelines update for the treatment of pulmonary arterial hypertension

European Respiratory Society (2026) *Eur.Respir.J.pp. 2601178*

Access or request full text: https://libkey.io/10.1183/13993003.01178-2026

Respiratory Support and Recovery >>>Back to Contents

High-Flow Nasal Oxygen Versus Conventional Oxygen Therapy and Non-Invasive Ventilation for Acute Respiratory Failure in the Emergency Department: A Systematic Review and Meta-Analysis.
Phillips R.; Klejnotowska A.; Claxton H., et al. (2026) *EMA - Emergency Medicine Australasia.38.(5) (pagination)pp. Article Number: e70350. Date of Publication: October 2026*

Access or request full text: https://libkey.io/10.1111/1742-6723.70350

Efficacy and safety of high-flow nasal cannula versus continuous positive airway pressure and conventional oxygen therapies in pediatric acute respiratory failure: a systematic review and meta-analysis.
Memar Elmira H. E.; Shirzadi, Rohola; Rahsepar, Negin Sarhang, et al. (2026) *BMC Pediatrics.26.(1)*

Access or request full text: https://libkey.io/10.1186/s12887-026-07220-8

Sleep Disorders >>>Back to Contents

Intracapsular tonsillectomy/tonsillotomy for severe pediatric obstructive sleep apnea A PRISMA-based systematic review and exploratory meta-analytic synthesis of full-text articles.
Torretta Sara; De Lucia, Giulia; Cozzi, Anna, et al. (2026) *Int.J.Pediatr.Otorhinolaryngol.209.pp. 112991*

Access or request full text: https://libkey.io/10.1016/j.ijporl.2026.112991

ERS/ESRS clinical practice guideline for continuous positive airway pressure for the treatment of adult obstructive sleep apnoea.
Testelmans Dries; Schwarz, Esther Irene; Anttalainen, Ulla, et al. (2026) *European Respiratory Journal.*

Access or request full text: https://libkey.io/10.1183/13993003.01186-2026

Smoking Cessation / Vaping >>>Back to Contents

Statistics on smoking

In 2024, 10.4% of adults in the UK were current smokers. This is the lowest figure since the series began. See here.

Source: UK Parliament

Tuberculosis >>>Back to Contents

UK Health Security Agency

TB, BCG and your baby - GOV.UK (2013, last updated September 2026)

Tuberculosis (TB) contact tracing guidance (October 2026)

Pulmonary rehabilitation and inspiratory muscle training in post-tuberculosis lung disease: A randomized controlled trial assessing functional capacity, respiratory muscle strength, and quality of life.
Muthukrishnan P. and Rajadurai, S. (2026) *Indian.J.Tuberc.73.(Suppl 2)pp. S158–S162*

Access or request full text: https://libkey.io/10.1016/j.ijtb.2026.07.031

Viral Respiratory Tract Infections: including Covid-19 >>>Back to Contents

[Please note: does not include Long Covid evidence – this can be found on a separate bulletin, sign up here: https://www.nhslincslibrary.uk/bulletin-request-form/]

UK Health Security Agency

5 reasons to have your flu vaccine when pregnant poster (September 2026)

Respiratory syncytial virus (RSV): vaccination for older adults (2024, last updated October 2026)

Influenza: treatment and prophylaxis using anti-viral agents (2014, last updated October 2026)

Referring influenza samples to UKHSA's respiratory virus unit (2025, last updated October 2026)

COVID-19 vaccination: information for healthcare practitioners (2020, last updated October 2026)

Alterations in the Lower Respiratory Tract Microbiome During Influenza Infection: A Systematic Review.
Isaei E.; Sobhanipoor M.H.; Nematolahi S., et al. (2027) *Archives of Pediatric Infectious Diseases.15.(1) (pagination)pp. Article Number: e165121. Date of Publication: 31 Jan 2027*

Access or request full text: https://libkey.io/10.5812/apid-165121

Diagnostic accuracy of point-of-care tests for acute respiratory infection: a systematic review of reviews.

Webster Katie E.; Parkhouse, Tom; Dawson, Sarah, et al. (2026) *Health Technol.Assess.30.(63)pp. 503–578*

Access or request full text: https://libkey.io/10.3310/JLCP4570

Traditional, complementary, and integrative medicine therapies for mild/moderate acute COVID-19: a systematic review and network meta-analysis.
Li A.; Ren J.; Guyatt G.H., et al. (2026) *Phytomedicine.161.(pagination)pp. Article Number: 158764. Date of Publication: November 2026*

Access or request full text: https://libkey.io/10.1016/j.phymed.2026.158764

Posterior Reversible Encephalopathy Syndrome in Children with SARS-CoV-2-Associated Multisystem Inflammatory Syndrome: A Systematic Review of Published Cases.
Sutanto R.; Bramantya I.N.; Sulay C.B.H., et al. (2026) *COVID.6.(9) (pagination)pp. Article Number: 158. Date of Publication: September 2026*

Access or request full text: https://libkey.io/10.3390/covid6090158