The best of the week’s health-related TV and radio

**PICK OF THE WEEK**

**PANORAMA – ANTIBIOTIC CRISIS**

*Monday May 23, BBC 1, 8.30-9pm*

Resistance to commonly-prescribed antibiotics is one of the biggest public health threats of modern times. Experts say the use of a range of ‘last resort’ antibiotics in farming is risking the lives of future patients. Tom Heap asks if the commercial pressure to produce cheap meat and poultry is fuelling the rise of superbugs, and meets the patients for whom the drugs have already stopped working. Reporter Fergus Walsh talks to patients whose recovery depends on antibiotics.

**SUNDAY MAY 22**

**Horizon: E-cigarettes: Miracle or Menace?**

*BBC 2, 9.30-10.35pm*

Michael Mosley investigates the rise in the use of e-cigarettes. Are they really a better alternative to smoking? He also meets scientists who are studying their effects.

**MONDAY MAY 23**

**Born in Bradford**

*BBC Radio 4, 8-8.30pm*

Born in Bradford is one of the largest health studies in the world, with 14,000 babies followed from birth. Winifred Robinson updates the research that has been documenting the incidence of genetic abnormalities linked to cousin marriage.

**Panorama – Antibiotic Crisis**

*BBC 1, 8.30-9pm*

See Pick of the Week

**WEDNESDAY MAY 25**

**Lose Weight For Love**

*BBC 1, 8-9pm*

Clinical psychologist Tanya Byron helps couples who are locked in a cycle of overeating that threatens not only their health, but also their relationships.

**GPS – Behind Closed Doors**

*Channel 5, 8-9pm*

At Balham Park surgery in London, staff treat a young man with a fungal infection under his toenails, while a young woman is diagnosed with athlete’s foot between her toes and pustular psoriasis on the soles of her feet.

**THURSDAY MAY 26**

**The Truth About Alcohol**

*BBC 1, 9-10pm*

In January, the government released its new alcohol guidelines. Emergency care doctor Javid Abdelmoneim explores the reasons behind the change, and looks at the science of drinking and the new evidence on the health risks of alcohol. Why do some people get drunk quicker than others? What is behind red wine’s healthy reputation? And does lining your stomach really work?

Compiled by nurse Margaret Paul

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**SHIFT Calendar app**

This time management app is a simple, yet useful way to help nurses keep track of their work schedules.

Users are able to specify what type of shift they work and on what days by tapping on calendar dates. They are then given an option of day or night to choose. There are even options to add notes on each day.

Unlike other calendars, such as Google Calendar, this app allows users to copy and paste their shift patterns over a range of days. This will be useful for those whose jobs involve rotating shifts.

The most helpful aspect of this free app is the ability to share shift-working patterns either as a photo or text.

Visually, it is not as appealing as it could be, and information is unable to be transferred to other apps.

Despite this, emergency nurses, nurses on shift rotations and ward managers might use it as a tool for tracking their work responsibilities.

It also may be particularly useful for ward managers in creating or monitoring staff rotas.

Available at the Apple iTunes store and Google Play

Reviewed by Layla Haidrani