THE IMPORTANCE & ELEMENTS OF HEALTHY NUTRITION

Nutritional compromise and altered eating behaviour are key characteristics of eating disorders. Body image distortion, excessive fear of fatness, restricted dietary intake, binge eating or purging may occur. The physical and psychological features of eating disorders are profound and are associated with high morbidity and mortality. Starvation or periods of undernutrition are known consequences of eating disorders, though can also lead to many of the peculiar eating behaviours and physical and psychological changes seen in eating disorders.

Nutrition forms an essential component of treatment, and evidence suggests also has a role in prevention of illness onset. This series of papers is designed to provide information on the importance of adequate nutrition and the key nutritional concepts relevant to eating disorders. The first paper in this series provides information on normal, healthy eating, the effects of inadequate nutrition and foods that are important sources of nutrients. The second paper will focus on assessment, refeeding and rehydration and the third will discuss special considerations such as modes of refeeding and nutrition in specific groups. While behavioural management of eating behaviour and therapeutic skill to facilitate nutritional change are important components of eating disorders treatment, they are beyond the scope of this series.


ENGAGING CLINICIANS IN MOTIVATIONAL INTERVIEWING: COMPARING ONLINE WITH FACE-TO-FACE POST-TRAINING CONSOLIDATION

Motivational interviewing (MI) is an evidence-based intervention that has been widely recommended in clinical settings where consumer behaviour change is a goal of treatment. Training clinicians in MI, as with other translational endeavours, does not always result in changes to clinical practice.

The present study compares two post-training approaches to consolidate MI skills following a training workshop. We randomly assigned 63 clinicians working in mental health or drug and alcohol services to receive either face-to-face group consolidation sessions or to access a series of online consolidation resources. We compared clinician engagement and devised a new instrument to measure clinician outcomes. Participants who completed follow-up consolidation retained knowledge, attitudes, and practices, regardless of consolidation method.

Face-to-face consolidation sessions were superior to online materials in engaging participants. Engagement to the completion of consolidation sessions was also influenced by previous training in MI. For every additional hour of previous MI training, there was a 10% increase in the odds that the participant would complete the final consolidation session.


RICHARD CLANCY, CENTRE FOR TRANSLATIONAL NEUROSCIENCE & MENTAL HEALTH and ANDREW TAYLOR, DRUG & ALCOHOL CLINICAL SERVICES

MEL HART, HNELHD EATING DISORDERS COORDINATOR
**RECENT ARTICLES**

Gartlehner, G. et al. (2016) Comparative benefits and harms of antidepressants, psychological, complementary, and exercise treatments for major depression: an evidence report for a clinical practice guideline from the ACP. Annals of internal medicine, 164(5), 331-341


*LOCAL RESEARCH


*LOCAL RESEARCH

Carboneau, F. et al. (2016) Methotrexate is not superior to placebo for inducing steroid-free remission, but induces steroid-free clinical remission in a larger proportion of patients with ulcerative colitis. Gastroenterology, 150(2), 380-388


*NB: 49(3) is a special issue on ‘Medical issues in eating disorders’


*LOCAL RESEARCH


Snyder, P. et al. (2016) Effects of testosterone treatment in older men. NEJM, 374(7), 611-624


*LOCAL RESEARCH


Simpson, J. et al. (2016) COPD is characterized by increased detection of Haemophilus influenzae, Streptococcus pneumoniae and a deficiency of Bacillus species. Respirology, published online Jan 18. doi: 10.1111/resp.12734

*LOCAL RESEARCH


*LOCAL RESEARCH

NB. Articles listed in the newsletter aren’t necessarily available FREE. We’re just letting you know what’s available! If you’ve checked HNE Library’s e-journals portal (found under ‘eJournals’ in the Quick Links box on our website) and can’t find the article, contact your local HNE Library for further assistance. (Contact details—p.4) HNE Health Libraries will be able to supply most articles—but there may be charges.
LOCAL RESEARCH: PHARMACOKINETICS IN NEONATAL PRESCRIBING

Paediatric patients, particularly preterm neonates, present many pharmacological challenges. Due to the difficulty in conducting clinical trials in these populations, dosing information is often extrapolated from adult populations. As the processes of absorption, distribution, metabolism and excretion of drugs change throughout growth and development, extrapolation presents risk of over or underestimating the doses required. New innovations in pharmacokinetic research, such as population pharmacokinetic modelling, present unique opportunities to conduct clinical trials in these populations improving the safety and effectiveness of the drugs used.


PSYCHIATRIC RISK FACTORS PREDICTING POST-LIVER TRANSPLANT PHYSICAL & PSYCHIATRIC COMPLICATIONS

A review of published research (2000-2014) on psychological risk factors predicting post-liver transplant physical and psychiatric complications. Four risk factors were identified: mood disorders; social supports; substance misuse; and alcohol dependence. These factors could potentially provide a framework to guide the evaluation and prediction of psychological and physical complications post-liver transplantation.


NARRATIVE THERAPY OUTCOMES FOR WOMEN WHO HAVE EXPERIENCED DOMESTIC VIOLENCE

Debate continues about what constitutes evidence for outcomes of psychological interventions. This paper describes the therapy process for eighty women, and outcomes for twenty-three women, who had experienced domestic violence and were engaged in narrative therapy, utilising the Partners for Change Outcome Management System (PCOMS).


PATHOLOGICAL JOKING OR WITZELSUCHT REVITED

Humour, or the perception or elicitation of mirth and funniness, is distinguishable from laughter and can be differentially disturbed by neuropsychiatric disease. The authors describe two patients with constant joking, or Witzelsucht, in the absence of pseudobulbar affect and review the literature on pathological humour.


UNMASKING CLECKLEY’S PSYCHOPath: ASSESSING HISTORICAL CASE STUDIES

This study investigated original case descriptions of psychopathy in relation to current conceptualizations and general personality traits. Gender differences were also examined.

SOURCE: DeShong, H. et al. (2016) Unmasking Cleckley’s psychopath: assessing historical case studies. Personality and mental health, published online Mar 2. doi: 10.1002/pmh.1233 Contact HNE Libraries to access this article

WHO GETS ANTIDOTES? CHOOSING THE CHOSEN FEW

An understanding of mechanisms, potential benefits and risks of antidotes is essential for clinicians who manage poisoned patients. Of the dozens of antidotes currently available, only a few are regularly used. These include activated charcoal, acetylcysteine, naloxone, sodium bicarbonate, atropine, flumazenil, therapeutic antibodies and various vitamins. Even then, most are used in a minority of poisonings. There is little randomized trial evidence to support the use of most antidotes.


MEDITERRANEAN DIET FOR LONG-TERM WEIGHT LOSS

This study found that the Mediterranean diet results in similar weight loss and cardiovascular risk factor level reduction as comparator diets in overweight or obese individuals trying to lose weight.


BARIATRIC SURGERY FOR OBESITY

Bariatric surgery as delivered in the UK healthcare system is associated with dramatic weight loss, sustained at least 4 years after surgery. This weight loss is accompanied by substantial improvements in pre-existing type-2 diabetes (T2DM) and hypertension, as well as a reduced risk of incident T2DM, hypertension, angina, myocardial infarction, and obstructive sleep apnoea.


6-PACK PROGRAMME Didn’T DECREASE FALL INJURIES IN ACUTE HOSPITALS

31,411 Australian patients admitted to medical/surgical wards were randomly assigned to receive either a nurse led 6-PACK programme or usual care over 12 months. The 6-PACK programme included a fall risk tool and individualised use of one or more of six interventions. Positive changes in falls prevention practice occurred following the introduction of the 6-PACK programme. However, no difference was seen in falls or fall injuries between groups. High quality evidence showing the effectiveness of falls prevention interventions in acute wards remains absent.


“VAGINAL SEEDING”: HOW SHOULD HEALTH PROFESSIONALS ENGAGE WITH THIS INCREASINGLY POPULAR BUT UNPROVED PRACTICE?

The term ‘vaginal seeding’ describes the use of a gauze swab to transfer maternal vaginal fluid (and therefore vaginal microbiota) onto infants born by caesarean section. Just as faecal transplantation has become a commonly used treatment for Clostridium difficile infection, because of its ability to reduce antibiotic resistance, vaginal seeding is now growing in popularity.


SEEDING, THE NEW BIRTH TREND THAT ALL ABOUT BACTERIA


CONTACT HNE LIBRARIES • www.hnehealthlibraries.com.au

PAGE: 3
TRIP DATABASE - THE NEW SITE IS LIVE

A significant new upgrade has been released, so the Trip Database is now even better at helping you find evidence-based content. ‘Trip Premium’ (HNE Health Libraries’ subscription version) – is now called ‘Trip Pro’.

Highlights include:
- Better design, based on careful analysis of how users interact with the site
- More languages supported
- New categories of results: ‘Regulatory guidance’ which includes NICE, IQWiG, SMC, FDA and EMA drug evaluations; and ‘Ongoing systematic review’ via PROSPERO
- New filter for articles on ‘overdiagnosis’ and ‘overtreatment’
- Creation of an ‘explorer’ function (located at the top of the search results) - previously called search safety net
- Simplified functionality around each article, eg. tweet this, starring, etc.
- Enhanced mobile capability, making Trip easier to use on smart-phones and tablets

TREATMENT OF UNEXPLAINED CHRONIC COUGH: CHEST GUIDELINE & EXPERT PANEL REPORT

The evidence supporting the diagnosis and management of unexplained chronic cough (UCC) is limited. UCC requires further study to establish agreed terminology and the optimal methods of investigation using established criteria for intervention fidelity. Speech pathology-based cough suppression is suggested as a treatment option for UCC. This guideline presents suggestions for diagnosis and treatment based on the best available evidence and identifies gaps in our knowledge as well as areas for future research.


CONVERSATIONS: CREATING CHOICE IN END OF LIFE CARE

When it comes to death the statistics are clear. We will all die. So why don’t we talk about it? End of Life Care is under significant pressure in Australia. Demand is rocketing, access is limited and the system is often too stressed to provide the quality we expect. Care choice is limited by age, diagnosis and geography. A new report released by the Australian Centre for Health Research (ACHR), Conversations: creating choice in end of life care finds that the roadmap to reform of End of Life Care starts with one simple, but significant and cost-effective step – conversation.

ORTHOTICS & PROSTHETICS WORKFORCE PLANNING

This rapid review by the Sax Institute, commissioned by NSW Health, focusses on understanding the role that orthotists and prosthetists and technical support staff play in the health system and whether the current model of care for orthotists and prosthetist services is appropriate for current and future demands.

REVIEW OF THE HEALTH IMPACTS OF EMISSION SOURCES, TYPES & LEVELS OF PARTICULATE MATTER AIR POLLUTION IN AMBIENT AIR IN NSW

This report, produced by the Woolcock Institute of Medical Research, Centre for Air Quality and Health Research and Evaluation (CAR) for the NSW Environment Protection Authority and NSW Ministry of Health (Environmental Health Branch) in December 2015, states that increases in ambient particulate matter (PM) and PM mass are associated with increases in mortality and, increases in cardiovascular and respiratory morbidity. Also exposure to PM from combustion-related sources (coal-fired power stations, on-road vehicles, diesel exhaust) is associated with impacts on cardiovascular and respiratory health.

SECRETS OF THE BRAIN

If you’ve been watching the recent SBS series, ‘Secrets of the brain’ and would like to learn more...

HNE Health Libraries hold the book on which the series is based, ‘Inconicon: the secret lives of the brain’ by David Eagleman.

If the conscious mind - the part you consider you - is just the tip of the iceberg in the brain, what is all the rest doing? Why can your foot jump halfway to the brake pedal before you become aware of danger ahead?