This was a multi-centre, double-blind, placebo-controlled, randomised phase 3 trial to assess the safety and chemopreventive effects of metformin on sporadic colorectal cancer in patients with a high risk of adenoma recurrence. Non-diabetic adult patients who had previously had single or multiple colorectal adenomas or polyps resected by endoscopy were enrolled into the study from five hospitals in Japan. The prevalence of total polyps (hyperplastic polyps plus adenomas) and of adenomas in the metformin group was significantly lower than that in the placebo group. No serious adverse events were recorded during the 1-year trial.


MORE RECENT ARTICLES:

Pommergaard, H-C. et al. (2016) Advanced age is a risk factor for proximal adenoma recurrence following colonoscopy and polypectomy. British journal of surgery, 103(2), e100–e105


Pommergaard, H-C. et al. (2016) Aspirin, calcitriol, and calcium do not prevent adenoma recurrence in a randomized controlled trial. Gastroenterology, 150(1), 114–122

Sali, L. et al. (2016) Reduced and full-preparation CT colonography, fecal immunochemical test, and colonoscopy for population screening of colorectal cancer: a randomized trial. Journal of the National Cancer Institute, 108(2): djv349

SYSTEMATIC REVIEW & META-ANALYSIS OF INTERVENTIONS TARGETING SLEEP & THEIR IMPACT ON CHILD BODY MASS INDEX, DIET, & PHYSICAL ACTIVITY

This review aimed to examine the impact of interventions involving an explicit sleep component on child body mass index (BMI), diet, and physical activity.

Of the eight included trials, three enforced a sleep protocol and five targeted sleep as part of multicomponent behavioural interventions either exclusively or together with nutrition and physical activity. Meta-analysis of three studies found that multicomponent behavioural interventions involving a sleep component were not significantly effective in changing child BMI; however, only one study included in the meta-analysis successfully changed sleep duration in children. There were some reported improvements to adolescent diet, and only one trial examined the impact on child physical activity, where a significant effect was observed.

Findings from the included studies suggest that where improvements in child sleep duration were achieved, a positive impact on child BMI, nutrition, and physical activity was also observed.


HNE POPULATION HEALTH
mHEALTH TECHNOLOGIES FOR CHRONIC DISEASE PREVENTION & MANAGEMENT

This review examines the evidence regarding the benefits, uptake and operationalisation of mHealth technologies (including SMS, mobile apps and wearable devices) for chronic disease management and prevention. The review found mHealth interventions can promote significant improvements in glycaemic control (for diabetes patients), as well as in physical activity, weight loss and smoking cessation, with the strongest evidence for SMS. Integrating mHealth technologies into healthcare as part of a service rather than a standalone system was as an important marker of success. Read more

eHEALTH & mHEALTH TO IMPROVE PHYSICAL ACTIVITY & NUTRITION

An overview of the state of evidence for the use of eHealth and mHealth in improving physical activity and nutrition behaviours in general and special populations. The role of theory in eHealth and mHealth interventions is addressed, as are methodological issues. Key recommendations are provided. LOCAL RESEARCH


ANY SUGGESTIONS?

The staff of HNE Health Libraries value your input. We appreciate any recommendations or suggestions and are happy to discuss them.

RECENT ARTICLES

NB. Articles in dark blue or bold text have Australian content


Ballantyne, D. et al. (2016) Resistin is a predictor of asthma risk and resistin/adiponectin ratio is a negative predictor of lung function in asthma. Clinical & experimental allergy, published online Apr 15. doi: 10.1111/cea.12742

van de Beek, D. et al. (2016) ESCLID guideline: diagnosis and treatment of acute bacterial meningitis. Clinical microbiology and infection, 22(suppl 3), S37-S62


Frank, G. et al. (2016) Extremes of eating are associated with reduced neural taste discrimination. International journal of eating disorders, 49(6), 603-612


Wong, A. et al. (2016) Association between acute neuropsychiatric events and helicoptebor pylori therapy containing clarithromycin. JAMA internal medicine, 176(6), 828-834

Hopkins, L. et al. (2016) Heated hatha yoga to target cortisol reactivity to stress and affective eating in women at risk for obesity-related illnesses: a randomized controlled trial. Journal of consulting and clinical psychology, 84(6), 558-564


Filion, K. et al. (2016) A multicenter observational study of incretin-based drugs and heart failure. NEJM, 374(12), 1145-1154


Greene, J. et al. (2016) Interventions to increase retention in mental health services: a systematic review. Psychiatric services, 67(5), 485-495


NB. Articles in the newsletter aren’t necessarily available FREE. We’re just letting you know what’s available! If you’ve checked HNE Libraries’ 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.
IN THE NEWS

THE UNFULFILLED PROMISE OF ANTIDEPRESSANT MEDICATIONS

Australia has one of the highest rates of antidepressant use in the world, more than doubling since 2000, despite evidence showing that the effectiveness of these medications is lower than previously thought. Recent evidence from high-quality studies suggests that the effectiveness of psychotherapies are also modest. Combined treatment with medication and psychotherapy provides greater effectiveness than either alone.

Antidepressant medications have an important role in the treatment of moderate to severe depression, but they should be provided as part of an overall treatment plan that includes psychotherapy and lifestyle strategies to improve diet and increase exercise.

SOURCE: Davey, C. & Chanen, A. (2016) The unfulfilled promise of the antidepressant medications. MJA, 204(9), 348-350. See also: MJA podcast (Episode 24). The unfulfilled promises of antidepressants

Further comment in MJA Insight: No gain from rise of antidepressants

FURTHER READING


Keks, N. et al. (2016) Switching and stopping antidepressants. Australian prescriber, 39(3), 76-83

Palmer, S. et al. (2016) Antidepressants for treating depression in adults with end-stage kidney disease treated with dialysis: Cochrane database of systematic reviews; Issue 5

The use and misuse of psychiatric drugs: an evidence-based critique / Joel Paris 656.78 PARI 2010

The evidence-based guide to antidepressant medications / Anthony Rothschild (ed.) 656.847 ROTH 2011

ADJUNCTIVE NUTRACEUTICALS FOR DEPRESSION

There is burgeoning interest in augmentation strategies for improving inadequate response to antidepressants. The adjunctive use of standardized pharmaceutical-grade nutrients, known as nutraceuticals, has the potential to modulate several neurochemical pathways implicated in depression. Primarily positive results were found for replicated studies testing S-adenosylmethionine (SAME), methyfolate, omega-3 (primarily EPA or ethyl-EPA), and vitamin D, with positive isolated studies for creatine, folinic acid, and an amino acid combination. Mixed results were found for zinc, folic acid, vitamin C, and tryptophan, with non-significant results for inositol. No major adverse effects were noted in the studies (aside from minor digestive disturbance).


AUSTRALIA’S UNDERSTANDING OF MEDICINAL CANNABIS IS LACKING

In a recent article in MJA, University of Newcastle Professor Jennifer Martin and St Vincent’s Health Associate Professor Yvonne Bonomo warn that Australia’s understanding of medicinal cannabis is lacking. They raise concerns about a lack of reliable information around dosage, efficacy, safety and prescription of cannabinoids. More rigorous research into medical marijuana is needed before it is rolled out as a therapeutic good.

SOURCE: Jennifer Martin & Yvonne Bonomo (2016) Medicinal cannabis in Australia: the missing links. MJA, 204 (10), 371-373

Listen to Penny Timmins & Jennifer Martin discuss the topic on ABC Radio.

TICAGRELOR VS ASPRIN IN ACUTE STROKE OR TRANSIENT ISCHEMIC ATTACK

An international double-blind, controlled trial in 674 centres in 33 countries, in which 13,599 patients with a non-severe ischemic stroke or high-risk transient ischemic attack who had not received intravenous or intra-arterial thrombolysis and were not considered to have had a cardio-embolic stroke were randomly assigned within 24 hours after symptom onset, to receive either ticagrelor or aspirin. Ticagrelor was not found to be superior to aspirin in reducing the rate of stroke, myocardial infarction, or death at 90 days.


SURGICAL HAND RUBBING TECHNIQUES ARE AS EFFECTIVE AS TRADITIONAL SCRUBBING

This systematic review aimed to critically appraise and synthesize evidence regarding the effect of surgical-scrub techniques on skin integrity and the incidence of surgical site infections. Comparison models included traditional hand scrubbing with chlorhexidine gluconate or povidone-iodine against alcohol-based hand rubbing, scrubbing with a brush versus without a brush, and detergent-based antiseptics alone versus antiseptics incorporating alcohol solutions. Evidence showed that hand rubbing techniques are as effective as traditional scrubbing and seem to be better tolerated. Hand rubbing appears to cause less skin damage than traditional scrub protocols, and scrub personnel tolerated brushless techniques better than scrubbing using a brush.


ANTIOXIDANT SUPPLEMENTATION & CANCER PATIENTS RECEIVING CURATIVE-INTENT CHEMOTHERAPY

Much of the advice in the lay press regarding the benefits of antioxidants for people undergoing cancer treatment does not qualify or differentiate between curative and palliative cancer treatment, or the type of cancer treatment involved. To date, there is not sufficient evidence to determine whether antioxidants exert a positive or a negative effect with adjuvant cancer treatment. However, considering the narrow therapeutic window of anti-cancer drugs, relatively small changes in dose intensity that may occur due to antioxidant activity could compromise treatment effectiveness.


PRESSER – THE FORGOTTEN STORY

Regina v Presser [1958] VR 45, is the most seminal case regarding fitness to plead for accused persons in Australia and New Zealand, and the Presser criteria are widely applied. However, it is not widely understood that Presser was a 14-year-old boy with intellectual disability. Greater awareness of Edward John Presser’s narrative assists clinicians providing expert evidence regarding fitness to plead for adolescents and persons with intellectual disability. Ramifications for fitness assessment are discussed including dolii incapax and human rights considerations.


BEE WAGGLE DANCE KEY TO POST-OP JETLAG

University of Auckland researchers used bees to determine why patients lose track of time post-operation, a potentially serious issue that could affect moods, suppress the patient’s immune system and slow down wound healing.

Associate Professor Guy Warman said bees had an inbuilt ‘sun compass’ that they used to navigate, and the angle of their bodies in respect to the sun showed what time they thought it was. They performed a “waggle dance” in the hive, he said. However, when given anaesthesia, the bees suffered the same effects as post-operative jetlag.

The researchers are investigating a possible solution of shining a bright light onto anaesthetised human patients in an attempt to reduce chemically-induced jetlag. Read more...
CLINICAL USEFULNESS OF RECORDING CONSULTATIONS

Recording consultations (audio or visual) is not a new concept. The technology available for recording has expanded dramatically over recent years. A recent study showed that 65% of respondents wanted to record consultations, motivated by the desire to improve their care experience and share the information with others. Encouraging patients to record consultation summaries may improve health outcomes.


DOES THERAPEUTIC WRITING HELP PEOPLE WITH LONG-TERM CONDITIONS

Writing therapy to improve physical or mental health can take many forms. The most researched model of therapeutic writing is unfacilitated, individual expressive writing. Facilitated writing activities are less widely researched.


MONASH & MELBOURNE UNIVERSITIES JOIN FORCES TO MARKET MEDICINES

Traditional rivals Monash and Melbourne Universities are collaborating to create a new company that will market and sell medicines developed by the institutions to pharmaceutical companies, reinvesting any profit into research. Read more...

DIGITAL LIBRARIES

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UpToDate Anywhere is now available for your smartphone, tablet or remote PC – any device with a web browser. You just need to register.

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Click the Log In/Register button (in the upper right corner of the screen)

For more assistance follow these simple instructions

UpToDate ANYWHERE IS AVAILABLE VIA CIAP FROM JULY 1ST 2016

DID YOU KNOW? UpToDate INCLUDES A 'DRUG INTERACTION' ANALYSIS FEATURE

Provided by Lexi-Interact Online, this comprehensive drug-to-drug, drug-to-herb and herb-to-herb interaction analysis program provides an efficient way to ensure that adverse drug events don't compromise the care of your patients. You can review all interactions for a selected medication or enter a patient specific regimen to analyse for potential interactions.

Try it out—its one of the options you'll see when you go onto UpToDate to register for 'Anywhere' access. Just click on 'Drug interactions'.

ANNUAL ALCOHOL POLL 2016: ATTITUDES & BEHAVIOURS

There's a big difference between how Australians expect to feel when drinking alcohol and the reality of how they actually feel after their last drinking episode. Now in its seventh year, the Annual alcohol poll, from the Foundation for Alcohol Research and Education (FARE), found the majority of those who drink to get drunk expect to feel happy, and relaxed, with 31% of drinkers expecting to feel a sense of social belonging. Yet in reality drinkers' expectations fell well short. Read more...

A FEW TITLES ON 'BOWEL CANCER' HELD IN HNE LIBRARIES

Gut instincts: a clinician’s guidebook of digestive and liver diseases / Eric Esrailian (ed.) 616.162 ESRA 2012 Mater & Tamworth
Prospects for chemoprevention of colorectal neoplasia: emerging role of anti-inflammatory drugs 616.966347 CHAN 2013 Mater
Colorectal cancer: diagnosis and clinical management / edited by John Scholefield & Cathy Eng (2014) 616.966347 SCHO JHH & Taree
A nurse’s guide to caring for cancer survivors: colorectal cancer / Lisa Kennedy-Sheldon 616.966347 SHEL 2010 Mater
Recent advances in surgery - 37 / Irving Taylor 616.97 TAYL 2015 Armidale

CONTACT DETAILS

ARMIDALE—Dr Harold Royle Library
Armidale Hospital
Telephone: (02) 6776 9724
E-mail: nina.sithakarn@hnehealth.nsw.gov.au

BELMONT—Level B (lower ground floor)
Belmont District Hospital
Telephone: (02) 4523 2192
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JOHN HUNTER—Level 1, E Block, John Hunter Hospital
Telephone: (02) 4921 3779
E-mail: HNELHD-Libraries@hnehealth.nsw.gov.au

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The Maitland Hospital
Telephone: (02) 6592 2405
E-mail: HNELHD-Libraries@hnehealth.nsw.gov.au

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Telephone: (02) 6767 7985
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Telephone: (02) 6592 9352
E-mail: mandy.wynter@hnehealth.nsw.gov.au

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Telephone: (02) 4033 5075
E-mail: HNELHD-MaterLib@hnehealth.nsw.gov.au