Excessive opioid prescribing can lead to adverse consequences including stockpiling, misuse, dependency, diversion and mortality. A total of 132 consecutive patients who underwent elective orthopaedic surgery were prospectively audited. Daily oral morphine equivalent (DME) of opioids prescribed was compared with opioids consumed and amount left unused 7–10 days after discharge. For analysis, patients were split into three groups: total knee replacement (TKR), hand surgery (Hands), and miscellaneous (Misc). The mean dose of opioid prescribed per patient was 108.5 mg DME. In the total cohort, 26% of patients were discharged with more DME than their last 24 h as an inpatient and had at least 50% of their tablets left unused at follow-up.

Chances to prescribing habits and workplace culture are required to minimise unnecessary opioid prescribing but will be challenging to implement. A multi-layered approach of electronic prescribing, opioid stewardship and targeted educational awareness programmes is recommended.


GUIDED BY THE RESEARCH DESIGN

Choosing the right statistical test or model can be baffling for researchers, and if it is not conducted correctly, the results from statistical analyses can be misleading. This article covers some common medical research designs, ranging from simple to more complicated, and provides an outline of which statistical test to apply in each instance.


RAISED ANXIETY LEVELS AMONG OUTPATIENTS PREPARING TO UNDERGO A MEDICAL IMAGING PROCEDURE: PREVALENCE & CORRELATES

This prospective cross-sectional study was undertaken in the outpatient medical imaging department at a major Australian public hospital. Adult outpatients undergoing a medical imaging procedure (CT, x-ray, MRI, ultrasound, angiography, or fluoroscopy) completed a pre-procedural survey (n=488). Half of the participants experienced raised anxiety, and of these, 46% reported feeling most anxious or worried about the possible results. Female gender, imaging modality, medical condition, first time having the procedure, and lower patient-perceived health status were statistically significantly associated with raised anxiety levels. Providing increased psychological preparation, particularly to patients with circulatory conditions or neoplasms or those that do not know their medical condition, may help reduce pre-procedural anxiety among these subgroups.


TRIP allows you to export selected documents using a variety of methods (email, CSV and RIS). The standard format for referencing software (e.g. Endnote). Alongside each result in Trip is a tick box. Select articles of interest and then press the ‘Export’ link - a drop-down will appear. Select the ‘Export at .RIS’ option and press ‘Go’, the file is then downloaded and you can import into Endnote. Read the full post (with larger images)

CAN'T REMEMBER HOW TO ACCESS FULL-TEXT ARTICLES VIA CLINICALKEY?

Go to page 4 for a quick refresher.


A cross-sectional survey of 157 participants (aged 50–74) attending local outpatient clinics at average risk of colorectal cancer was completed. A total of 59% reported either faecal occult blood test (FOBT) in the past two years or colonoscopy in the past five years. Of those reporting colonoscopy in the past five years, 21% were potentially over-screened. Males were more likely than females to be under-screened. Of those under-screened (42%), fewer than half were willing to receive screening advice.

**LOCAL RESEARCH**


In this trial involving 1241 patients with septic shock, 90 days all-cause mortality was lower among those who received hydrocortisone plus fludrocortisone than among those who received placebo.


**EDITORIAL:** Suffredini, A. (2018) A role for hydrocortisone therapy in septic shock?

**COST-EFFECTIVENESS OF CBT FOR DEPRESSED YOUTH DECLINING ANTIDEPRESSANTS**

Adolescents with depression identified in primary care settings often have limited treatment options beyond antidepressant (AD) therapy. The authors assessed the cost-effectiveness of a brief cognitive behavioral therapy (CBT) program among depressed adolescents (n=211) who declined or quickly stopped using ADs. Using a randomised design, the group receiving CBT had 26.8 more depression free days and 0.67 more estimated quality-adjusted life-years on average compared with treatment as usual (TAU) over 12 months. CBT becomes dominant over TAU over time, as revealed by a statistically significant cost offset at the end of the 2-year follow-up.


**CONSENSUS STATEMENT: DIAGNOSIS, TREATMENT & PREVENTION OF ANKLE SPRAINS: UPDATE OF AN EVIDENCE-BASED CLINICAL GUIDELINE**

This guideline aims to advance current understandings regarding the diagnosis, prevention and therapeutic interventions for ankle sprains by updating the existing guideline and incorporating new research. A secondary objective was to provide an update related to the cost-effectiveness of diagnostic procedures, therapeutic interventions and prevention strategies.


**DIETARY INTERVENTION FOR PEOPLE WITH MENTAL ILLNESS**

People with serious mental illness (SMI) have a 25–30 year lower life expectancy than the general population due largely to cardiovascular disease (CVD). The Mediterranean diet can reduce CVD risk and repeat events by 30–70%. The authors conducted a pilot feasibility study (HELFIMED) with people who have SMI residing within a Community Rehabilitation Centre in SA, aimed at improving participants’ diets according to Mediterranean diet principles.

The framework thematic analysis revealed evidence of improvements in participants’ knowledge of and intake of the key elements of a Mediterranean-style diet (fruit and vegetables, olive oil, fish, legumes), reduction in poor nutrition habits (soft drinks, energy drinks, take away meals) and development of independent living skills—culinary skills such as food preparation and cooking based on simple recipes, food shopping and budgeting, healthy meal planning and social interaction. These changes were supported by dietary biomarkers, and were associated with reduced CVD risk factors.


**COST OF SELF-REPORTED PENICILLIN ALLERGY**

Many patients who self-report a penicillin (PCN) allergy are not truly allergic to PCN and may receive an antibiotic regimen that is suboptimal for their condition. This systematic review shows that most studies involving PCN allergy focus on inpatient drug therapy optimization and show that inpatient costs are higher on average in the presence of a PCN allergy label. Future cost-effectiveness studies of penicillin allergy testing should evaluate relationships between PCN allergy testing/labeling and long-term clinical and economic outcomes.

Health and medical research is moving fast and clinicians have to run to keep up. Health library and information services provide the most relevant books, journals, research databases and point of care resources for students starting out in their careers, and for professionals who need to remain in touch with the very latest developments in their fields, to ensure their practice is evidence based.

**SOURCE:** ALIA report

---

**10 WAYS THAT LIBRARY & INFORMATION SERVICES POWER THE HEALTH SECTOR**

**NO 2—EVIDENCE BASED PRACTICE.**

Health and medical research is moving fast and clinicians have to run to keep up. Health library and information services provide the most relevant books, journals, research databases and point of care resources for students starting out in their careers, and for professionals who need to remain in touch with the very latest developments in their fields, to ensure their practice is evidence based.

**SOURCE:** ALIA report

---

**UPDATED CIAP SPECIALTY GUIDES**

The CIAP Speciality Guides have undergone a complete update and redesign based on user feedback and extensive consultation with NSW Health clinicians.

The guides have been designed to provide users a more tailored experience of the CIAP website, and also include a number of useful links to external content and patient information websites.

Choose your specialty and see the relevant resources, inclusive of journals, books and recommended websites.

**TAMWORTH HOSPITAL LIBRARY EASTER EGG HUNT**

Tamworth Hospital Library’s Easter egg hunt drew lots of staff and students again this year. While egg-sploring for eggs everyone had to answer a few single written questions about the latest books held by the Library. All those who answered the questions went into the draw for an egg-cellent prize.

The winner drawn by Dr Steve May was Dr Mpho Radebe (one of the Library’s most frequent and happiest users.)

**REMINISCENCE THERAPY FOR DEMENTIA**

The effects of reminiscence interventions are inconsistent, often small in size and can differ considerably across settings and modalities. Reminiscence therapy (RT) has some positive effects on people with dementia in the domains of quality of life, cognition, communication and mood.