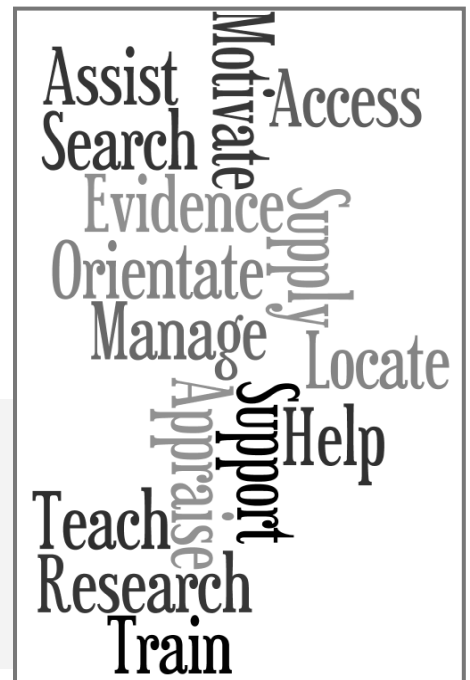




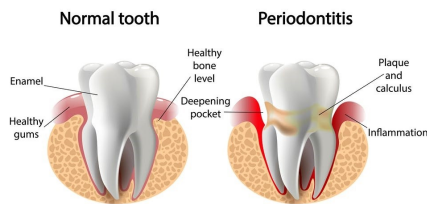
# HNE HEALTH LIBRARIES

linking evidence with practice



## Library Lore

The newsletter of [HNE Health Libraries](#)  
Vol 15(3) March 2019



### ROUTINE ORAL HEALTH ASSESSMENT & TREATMENT OF PERIODONTITIS IS IMPORTANT FOR EFFECTIVE MANAGEMENT OF TYPE 2 DIABETES

Chronic inflammation is believed to be a major mechanism underlying the pathophysiology of type 2 diabetes. Periodontitis is a cause of systemic inflammation. This single-centre, parallel-group, investigator-masked, randomised trial assessed the

effects of periodontal treatment on glycaemic control in people with type 2 diabetes in the UK.

264 patients (with type 2 diabetes, moderate-to-severe periodontitis, and at least 15 teeth) were randomly assigned to receive either intensive periodontal treatment (IPT; whole mouth subgingival scaling, surgical periodontal therapy [if the participants showed good oral hygiene practice; otherwise dental cleaning again], and supportive periodontal therapy every 3 months until completion of the study) or control periodontal treatment (CPT; supra-gingival scaling and polishing at the same time points as in the IPT group). Treatment allocation included a process of minimisation in terms of diabetes onset, smoking status, sex, and periodontitis severity.

Compared with CPT, IPT reduced HbA1c in patients with type 2 diabetes and moderate-to-severe periodontitis after 12 months. These results suggest that routine oral health assessment and treatment of periodontitis could be important for effective management of type 2 diabetes.

SOURCE: D'Aiuto, F. et al. (2018) Systemic effects of periodontitis treatment in patients with type 2 diabetes: a 12 month, single-centre, investigator-masked, randomised trial. *The Lancet. Diabetes & endocrinology*, 6(12), 954-965

Full text articles from this journal are available via HNEH Libraries subscription. Search journal title in the journals portal on [Library website](#). Use your Library membership number/password to gain access.

### CURIOSITY, WILLINGNESS AND MOMENTUM ARE VITAL FOR DEVELOPING AND MAINTAINING COLLABORATIVE PRACTICE

This study from local authors uses a qualitative research approach of collaborative dialogical inquiry to explore the question 'From the perspective of dietitians and speech pathologists, what works well for developing and maintaining collaborative practice?'

Beyond shared **DIETETICS, HNELHD TAMWORTH** purpose, knowledge of roles and good communication, the notions of curiosity, willingness and momentum were at the core of 'what works well' for collaborative practice between dietitians and speech pathologists. Questions for reflection are suggested to inform the ongoing process of developing and maintaining collaborative practice.

SOURCE: Anne Croker, Leanne Brown, Alexandra Little, Kelly Squires & Elesa Crowley (2019) [Developing and maintaining collaborative practice: exploring perspectives from dietetics and speech pathology about 'what works well'](#). *Nutrition & dietetics*, 76: 28-37

#### Login

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### ARE YOU A REGISTERED HNE HEALTH LIBRARIES USER?

HNE Health Libraries use an authentication system to access the Libraries' online resources. The system—OpenAthens—requires everyone to logon to the resources from both inside the HNE Health network and offsite. To logon to the Libraries' online resources, you use your library membership details. Your username is the barcode on your library membership card. If you have forgotten your logon details please use [this link](#).

To join the library, and gain immediate access to online resources, please complete [the registration form](#).

If you are at the JHH branch of HNE Health Libraries, you can collect your membership card from the desk immediately. Otherwise your membership card will be posted to you.

Once logged into the HNE Health Libraries' site, you can access our subscribed content: [eBooks](#), [eJournals](#), & eResources. [eResources](#) include Australian Standards Online, Meyler's Side Effects of Drugs, Stahl online & much more...

If you have [questions about Library membership](#), contact your [local branch of HNE Health Libraries](#).

#### Quick links

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HNE Health Libraries can...

- Help you ask the right questions
- Assist you in selecting the right sources of evidence
- Teach you how to effectively use a range of databases and other evidence-based resources
- Assist you to identify and critically appraise evidence

### USING ENDNOTE ONLINE TO ORGANISE YOUR RESEARCH

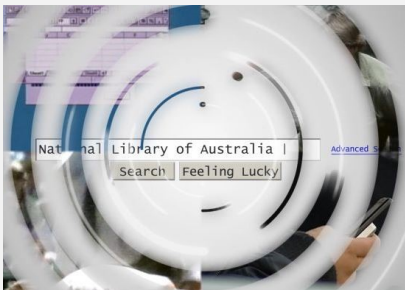
## ENDNOTE

EndNote allows you to organise references

into a personal database. References can be exported directly from electronic resources (eg. via CIAP), or you can create bibliographies, and insert references from your EndNote library into documents you are writing, in a referencing style of your choice.

EndNote basic is available free online after [completion of registration](#).

[View a tutorial](#) on the Library's website.



### AUSTRALIAN WEB ARCHIVE IS LIVE

The [National Library of Australia](#) has just launched its [Australian Web Archive](#) – a massive, freely accessible collection of more than 20 years of Australian cultural and social history.

The new archive is a momentous achievement. Containing annual captures of all accessible pages on .au domains and dating back to 1996, including government websites formerly accessible through the [Australian Government Web Archive](#), it dwarfs even the Library's own [PANDORA Web archive](#) – a curated collection of Australian web content considered of national significance.

[Read more...](#)

[Read article in 'The Conversation'](#)

## RECENT ARTICLES

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

Articles listed in the newsletter aren't *necessarily* available **FREE**. We're just letting you know what's available!

If you've searched [eJournals and eBooks](#) on the [HNE Health Libraries' website](#) and can't find the article, contact your local HNE Health Library for further assistance. (Contact details are on page 4.)

HNE Health Libraries will be able to supply most articles—but there **may** be charges.

Bhatt, J. et al. (2018) The nature of decision-making in people living with dementia: a systematic review. [Aging & mental health](#), published online Dec 6. doi: 10.1080/13607863.2018.1544212

Baekelandt, J. et al. (2019) Hysterectomy by transvaginal natural orifice transluminal endoscopic surgery versus laparoscopy as a day-care procedure: a randomised controlled trial. [BJOG](#), 126(1), 105-113 *Available via CIAP*

**Ní Chróinín, D. et al. (2018) [Health-services utilisation amongst older persons during the last year of life: a population-based study](#). [BMC geriatrics](#), 18: 317**

Soar, J. et al. (2018) [2018 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science with Treatment Recommendations Summary](#). [Circulation](#), 138(23), e714-e730

Dufort, A. & Zipursky, R. (2019) [Understanding and managing treatment adherence in schizophrenia](#). [Clinical schizophrenia & related psychoses](#), in press. doi: 10.3371/CSRP.ADRZ.121218

Mehrholz, J. et al. (2018) [Electromechanical and robot-assisted arm training for improving activities of daily living, arm function, and arm muscle strength after stroke](#). [Cochrane database of systematic reviews](#), Issue 9

Jensen, A. et al. (2018) "If only they could understand me!" Acute hospital care experiences of patients with Alzheimer's disease. [Dementia](#), published online Dec 26. doi: 10.1177/1471301218820483

Baxter, S. et al. (2018) [Understanding new models of integrated care in developed countries: a systematic review](#). [Health services and delivery research](#), 6 (29)

Koo, B. & Vizer, L. (2019) [Mobile technology for cognitive assessment of older adults: a scoping review](#). [Innovation in aging](#), 3(1): igy038

**David Ferreira, Eswari Vilayur, Michael Gao, Christy Sankoorikal & Cino Bendinelli (2018) [Calcitriol loading before total parathyroidectomy with autotransplant in patients with end stage kidney disease: Does it prevent postoperative hypocalcaemia?](#) [Internal medicine journal](#), published online Dec 15. doi: 10.1111/imj.14209** *Available via CIAP LOCAL RESEARCH*

Murphy, D. (2018) Interviewing individuals with an autism spectrum disorder in forensic settings. [International journal of forensic mental health](#), 17(4), 310-320

van den Heuvel, S. et al. (2019) [Assessing quality of syndesmotic reduction in surgically treated acute syndesmotic injuries: a systematic review](#). [Journal of foot and ankle surgery](#), 58(1), 144-150

Higel, T. et al. (2019) [Effect of living wills on end-of-life care: a systematic review](#). [Journal of the American Geriatrics Society](#), 67(1), 164-171

FOCUS Trial Collaboration (2019) [Effects of fluoxetine on functional outcomes after acute stroke \(FOCUS\): a pragmatic, double-blind, randomised controlled trial](#). [Lancet](#), 393(10168), 265-274

**Adler, N. et al. (2019) [Methods of melanoma detection and of skin monitoring for individuals at high risk of melanoma: new Australian clinical practice guidelines](#). [MJA](#), 210(1), 41-47** *Available via CIAP*

**Kable, A. et al. (2018) [Health professionals' perspectives on the discharge process and continuity of care for stroke survivors discharged home in regional Australia: a qualitative, descriptive study](#). [Nursing & health sciences](#), published online Dec 21. doi: 10.1111/nhs.12590** *Available via CIAP LOCAL RESEARCH*

Dell, N. et al. (2019). Loneliness and depressive symptoms in middle aged and older adults experiencing serious mental illness. [Psychiatric rehabilitation journal](#), published online Jan 21. doi: 10.1037/prj0000347

Gantriis, D. et al. (2018) Getting reliable information about the home environment in at-risk families: a systematic literature review. [Social work in mental health](#), published online Dec 17. doi: 10.1080/15332985.2018.1555106

## GUT MICROBIOTA & MAJOR DEPRESSION

Recently discovered relationships between the gastrointestinal microbiome and the brain have implications for psychiatric disorders, including major depressive disorder (MDD). Bacterial transplantation from MDD patients to rodents produces depression-like behaviours. In humans, case-control studies have examined the gut microbiome in healthy and affected individuals. This recent systematic review examined existing studies comparing gut microbial composition in MDD and healthy volunteers. The authors highlight mechanisms and products of bacterial metabolism as they may relate to the etiology of depression.

SOURCE: Cheung, S. et al. (2019) [Systematic review of gut microbiota & major depression](#). *Frontiers in psychiatry*, 10: 34



## INFLAMMATION — NATURE'S WAY TO EFFICIENTLY RESPOND TO ALL TYPES OF CHALLENGES

Siloed or singular system approach to disease management is common practice, developing out of traditional medical school education. Textbooks of medicine describe a huge number of discrete diseases, usually in a systematic fashion following headings like etiology, pathology, investigations, differential diagnoses, and management. This approach suggests that the body has a multitude of ways to respond to harmful incidences. However, physiology and systems biology provide evidence that there is a simple mechanism behind this phenotypical variability. Regardless if an injury or change was caused by trauma, infection, non-communicable disease, autoimmune disorders, or stress, the typical physiological response is: an increase in blood supply to the area, an increase in white cells into the affected tissue, an increase in phagocytic activity to remove the offending agent, followed by a down-regulation of these mechanisms resulting in healing.

The cascade of inflammation is the body's unique mechanism to maintain its integrity in response to macroscopic as well as microscopic injuries. The local authors of this article hypothesize that chronic disease development and progression are linked to uncontrolled or dysfunctional inflammation to injuries regardless of their nature, physical, environmental, or psychological. They aim to reframe the prevailing approach of management of individual diseases into a more integrated systemic approach of treating the "person as a whole," enhancing the patient experience, ability to make necessary changes, and maximize overall health and well-being. The final part of the paper considers the implications of these understandings for clinical care and explores how this lens could shape the physician-patient encounter and health system redesign.

SOURCE: Bennett, J. et al. (2018) [Inflammation-nature's way to efficiently respond to all types of challenges: implications for understanding and managing "the epidemic" of chronic diseases](#). *Frontiers in medicine*, 5: 316

## 3D PRINTING COULD GIVE YOU A BETTER PILL TO SWALLOW

In March 2017, 13-year-old Joseph was diagnosed with juvenile arthritis. He needed steroids... but one of the side-effects of long-term steroid use is that your body can stop producing its own cortisol. To replace the lost cortisol, Joseph also started taking hydrocortisone tablets, and he'll keep taking them until his adrenal glands start producing cortisol again.

Hydrocortisone, however, is one of many medicines that cause problems for children. In the UK, it is available as 10 mg or 20 mg tablets, and adults generally take two or three whole 10 mg tablets a day. Guidance in the patient information leaflet states that children should take "0.4 to 0.8 mg a day, for every kilogram of your child's weight in two or three separate doses". It is left to parents to hack each 10 mg tablet into pieces a few millimetres in size.

This can be a serious problem, explains Matthew Peak, Director of Research at Alder Hey Children's Hospital, Liverpool (UK): "If they're getting an under dose because the quarter that they've chopped has got half of what you expect in it, then they start to fall asleep at school in the afternoons. It really affects you. Or you might oxidise it. In breaking up the tablet, you could be doing untoward things to the active drugs. There's all kinds of problems that can arise..."

A few years ago, Peak began to wonder whether it would be possible to offer children and young people like Joseph bespoke tablets – sized to suit them and containing the exact dosage they require. He now believes it is possible, and that the answer could lie in 3D printing.

[Read more...](#)



## COURT DIVERSION FOR THOSE WITH PSYCHOSIS & ITS IMPACT ON RE-OFFENDING RATES

This recent Australian study examined the effectiveness of the NSW court diversion programme in reducing re-offending among those diagnosed with psychosis by comparing a 'treatment order' group with a comparison group who received a punitive sanction. A total of 7743 individuals were identified as diagnosed with a psychotic disorder prior to their court finalisation date for their first principal offence. Overall, 26% of the cohort received a treatment order and 74% received a punitive sanction. The re-offending rate in the treatment order group was 12% lower than the punitive sanction group. The authors also found that receiving no treatment following the first offence was associated with an increased risk of re-offending.

### LOCAL RESEARCH

SOURCE: Albalawi, O. et al. (2019) [Court diversion for those with psychosis and its impact on re-offending rates: results from a longitudinal data-linkage study](#). *BJPsych open*, 5(1): e9

## DEPRESCRIBING CHOLINESTERASE INHIBITORS & MEMANTINE IN DEMENTIA

Cholinesterase inhibitors (ChEIs) and memantine are medications used to treat the symptoms of specific types of dementia. Their benefits and harms can



change over time, particularly during long term use. Therefore, appropriate use of

ChEIs and memantine involves both prescribing these medications to individuals who are likely to benefit, and withdrawing them from individuals when the risks outweigh the benefits. The authors recently developed an evidence-based clinical practice guideline for deprescribing (withdrawing) ChEIs and memantine, using robust international guideline development processes.

SOURCE: Reeve, E. et al. (2019) [Deprescribing cholinesterase inhibitors and memantine in dementia: guideline summary](#). *MJA*, 210(4), 174-179 Available via CIAP

## GOOD CHOLESTEROL CAN KEEP WOMEN'S BRAINS HEALTHY

A healthy lifestyle keeps not only our bodies healthy, but our brains too. Two recent studies from the landmark 20-year [Women's Healthy Ageing Project](#) at the University of Melbourne shed light on which women are most at risk of developing dementia, and how we can get in early to prevent or delay the disease. Published in [Brain Imaging and Behaviour](#), researchers found that a woman's volume of grey matter in their brain at the age of 60 predicts their memory performance at 70. In a separate study [published in the same journal](#), they found that women with normal levels of the 'good' cholesterol, called HDL which carries cholesterol from other parts of your body back to your liver, had reduced white matter damage in their brain when they conducted late-life brain MRI scans and cognitive assessments. [Read more...](#)

Contact HNE Health Libraries to access these articles (Available via CIAP—but 12 month embargo)



## AWARENESS, PERCEPTION & BARRIERS TO SEEKING INFORMATION FROM ONLINE ACADEMIC DATABASES & MEDICAL JOURNALS

Use of online medical journals as a source of information is crucial in the learning pathway for medical students. A cross-sectional survey among medical students in Malaysia (Dec 2012–March 2013) found that significant barriers associated with overall usage of online academic databases and medical journals were 1) not knowing where or how to locate databases and 2) unsureness of using Boolean operators. Availability of full text subscriptions was found to be an important factor in using online databases.

SOURCE: Wong, L. et al. (2018) Awareness, perception and barriers to seeking information from online academic databases and medical journals as sources of information. *Informatics for health & social care*, 43(4), 335–347  
Contact HNE Health Libraries to access this article



Unfortunately, not much has changed in the past 6 years—and Australian students still cite the same kind of obstacles. If they sound familiar to you too, please contact HNE Health Libraries. **WE CAN HELP.**

HNE Health Libraries can provide short sessions that introduce Library services, or more in-depth sessions that show you how to locate and use available resources provided by both the Library Service and CIAP. Training for groups or individuals can be tailored to your needs.

Topics covered can include:

- HNE Health Libraries Services and Resources
- Accessing CIAP resources
- Database searching
- Doing a literature or systematic review
- Identifying and critically appraising evidence
- Accessing full text articles
- EndNote reference management

Use our [online training request form](#) or [contact Carolyn Van Leeuwarden](#) if you would like more information. You can also explore [Tutorials and Guides](#) on the Libraries' website.

Access to full text articles is still an issue. But not everything is hidden behind a paywall. And HNE Health Libraries subscribe to many journals, in addition to those available via CIAP.

HNE Health Librarians are experienced at locating full text articles, so contact us with the details of problematic citations... We might surprise you.

## RCT FILTER IN TRIP HAS BEEN IMPROVED

Randomised controlled trials (RCTs) are a crucial element of evidence-based medicine. TRIP has a filter that allows you to find them quickly and easily.



In the past, there were some issues with this filter - lots of trials were missed, and other papers were identified as trials when they weren't. But thanks to a newly introduced reviewing system, you can easily—and confidently—search over half a million clinical trials.

Complete a search, then limit the results to RCTs, by clicking 'Controlled trials' filter [in RHS LIST: 'Evidence type']. The results will only show clinical trials.



## MINDFULNESS BASED INTERVENTIONS & YOGA IN INFLAMMATORY BOWEL DISEASE

Mindfulness interventions are increasingly used as a part of integrated treatment in inflammatory bowel disease (IBD) but there are limited data and a lack of consensus regarding effectiveness. This systematic review and meta-analysis of relevant randomized controlled trials (n=8) compared the efficacy of mindfulness interventions to treatment as usual, or other psychotherapeutic interventions, in treating physical and psychosocial symptoms associated with IBD. Mindfulness interventions showed a statistically significant effect on stress in both the short, and long term, significant long term effects on depression, and quality of life, and small but not statistically significant improvements in anxiety. Effects on physical outcomes were equivocal and not statistically significant.

SOURCE: Ewais, T. et al. (2019) *A systematic review and meta-analysis of mindfulness based interventions and yoga in inflammatory bowel disease*. *Journal of psychosomatic research*, 116, 44–53

## TRAINING AT THE MAITLAND HOSPITAL—8th APRIL 2019

Library skills training (as mentioned above) will be available at The Maitland Hospital on Monday 8th April 2019. If there is a specific topic that you'd like to learn more about...  
[Contact Carolyn Van Leeuwarden](#)  
HNEH Libraries Training and Liaison Librarian.

## SYNTHETIC CANNABINOID USE DISORDER: AN UPDATE FOR GENERAL PSYCHIATRISTS

Synthetic cannabinoid use disorder is emerging as a significant clinical issue. This article provides the general psychiatrist with an overview of the physical and psychiatric adverse effects of chronic synthetic cannabinoid use, as well as specific clinical responses.



SOURCE: Grigg, J. et al. (2019) *Synthetic cannabinoid use disorder: an update for general psychiatrists*. *Australasian psychiatry*, published online Jan 21. doi: 10.1177/1039856218822749 Available via CIAP

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