

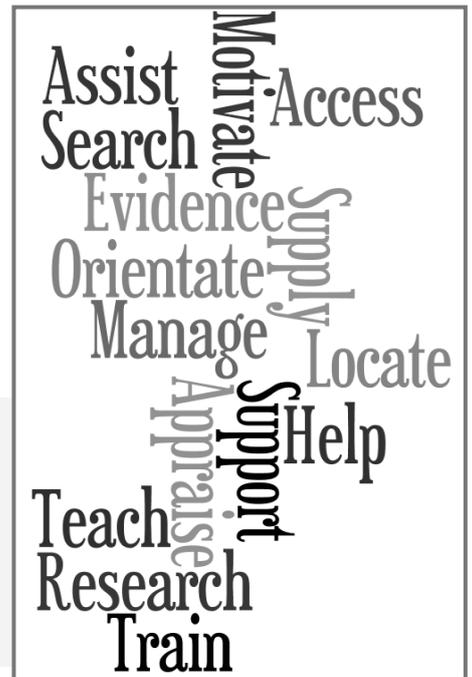


HNE HEALTH LIBRARIES

linking evidence with practice

Library Lore

The newsletter of [HNE Health Libraries](#)
Vol 15(6) June 2019



HEALTH LIBRARIANS: OUR INFORMATION EXPERTS

In case you missed it—Library and Information Week feature in CE News...

"This week is Library and Information Week! Join me as we celebrate the amazing contributions of our HNE Health Libraries team, who help us to navigate the complex and ever-changing health information environment. Forget the dated stereotypes of low-perched glasses, and shh-ing. Our librarians are qualified experts at providing medical and health science information to staff, students, and private practitioners throughout the Hunter and New England regions. Our librarians also the

offer support with research, literature searching and education. The HNE Health Libraries network is made up of seven libraries located in hospitals at Armidale, Belmont, John Hunter, Maitland, Mater, Tamworth and Taree. An outreach service is also provided to Cessnock Hospital on a fortnightly basis. If you would like more information on our library services, visit the [HNE Health Libraries website](#), or contact the team at HNELHD-Libraries@health.nsw.gov.au."

CIAP EVIDENCE-BASED PRACTICE WORKSHOP

CIAP will be hosting a full-day (8.15am–4pm) face-to-face Evidence-Based Practice Workshop on Tuesday 23rd July at the Caves Auditorium, HMRI (on the John Hunter Hospital campus). The session will use the topic 'medications' to focus in on CIAP resources—but the skills acquired during the workshop will be useful for everyone in supporting evidence-based practice at the point of care, including finding the evidence and critical appraisal.



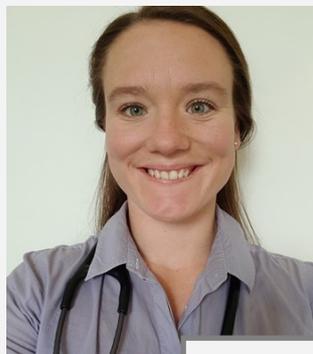
All NSW Health staff and CIAP users are welcome to attend. There is no charge, and lunch is provided. Bookings are essential. [Click here to register.](#)

MANAGEMENT OF STROKE IN THE AUSTRALIAN INDIGENOUS POPULATION

Ischaemic strokes lead to significant morbidity and mortality within the Australian Indigenous population, with differing management of ischaemic cerebrovascular accident (CVA) in the Indigenous and non-Indigenous populations. This study by local authors examined an historical cohort of 43 Indigenous and 167 non-Indigenous patients admitted to Tamworth Rural Referral Hospital (TRRH) with CVA, comparing their management to the national stroke standards across inpatient and outpatient settings.

Indigenous patients were significantly less likely to have investigations completed, including carotid imaging (93.8% vs 100%) and echocardiography (73.3% vs 97.7%). Discharge follow-up was significantly lower for the Indigenous population (74.4% vs 87.4%). Indigenous stroke patients were 15.8 years younger than non-Indigenous subjects (56.8 vs 72.6 years old). Indigenous patients were more likely to have stroke risk factors, including smoking (51.2% vs 15.0%), diabetes mellitus (37.2% vs 16.8%) and past history of CVA or TIA (50.2% vs 31.1%).

SOURCE: Clare Tiedeman, Belinda Suthers, Benjamin Julien, Anna Hackett & Patrick Oakley (2019) Management of stroke in the Australian Indigenous population: from hospitals to communities. *Internal medicine journal*, published online Mar 25. doi: 10.1111/imj.14303



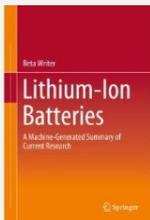
(L-R): CLARE TIEDEMAN, ANNA HACKETT and PATRICK OAKLEY (with friend)—JOHN HUNTER HOSPITAL

Internal Medicine Journal is available via CIAP—but not 'online' articles. Contact HNE Health Libraries to access full-text.



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



LITHIUM-ION BATTERIES: A MACHINE-GENERATED SUMMARY OF CURRENT RESEARCH

This is the first machine-generated scientific book in chemistry published by Springer Nature. Serving as an innovative prototype

defining the current status of the technology, it also provides an overview about the latest trends of lithium-ion batteries research.

With this prototype, Springer Nature has begun an innovative journey to explore the field of machine-generated content and to find answers to the manifold questions on this fascinating topic. Therefore it was intentionally decided not to manually polish or copy-edit any of the texts so as to highlight the current status and remaining boundaries of machine-generated content.



IN BATTLE AGAINST DOCTOR BURNOUT, READING—FOR FUN—IS FUNDAMENTAL

Systemic interventions have been shown to decrease rates of physician burnout and are vital in fighting the burnout scourge. But [according to this article from the American Medical Association](#), reading for pleasure can help to reduce physician burnout by improving empathy and combating depersonalisation.

SEE ALSO – [National Mental Health Survey of Doctors and Medical Students](#) – Australian research from [beyondblue](#) (originally published Oct 2013 - updated Feb 2019).

The latest issue of [Australasian psychiatry](#), 27(3) June 2019 (available via CIAP), features articles on psychiatry trainee welfare, burnout, and mentoring.

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.

Sabari, J. et al. (2019) Adapted feeding utensils for people with Parkinson's-related or essential tremor. [American journal of occupational therapy](#), 73(2), 7302205120p1-7302205120p9

Carr, E. et al. (2019) Qualitative research: an overview of emerging approaches for data collection. [Australasian psychiatry](#), 27(3), 307-309 *Available via CIAP*

Myles, N. et al. (2019) A meta-analysis of controlled studies comparing the association between clozapine and other antipsychotic medications and the development of neutropenia. [Australian & New Zealand journal of psychiatry](#), 53(5), 403-412 *Available via CIAP*

Law, C. et al. (2019) [Children overdue for immunisation: a question of coverage or reporting? An audit of the Australian Immunisation Register](#). [Australian and New Zealand journal of public health](#), 43(3), 214-220

Miller, M. & Ambrose, D. (2019) [The problem of missed mental healthcare appointments](#). [Clinical schizophrenia & related psychoses](#), 12(4), 177-184

Schurig, J. et al. (2019) [Frequency of hemorrhage on follow up imaging in stroke patients treated with rt-PA depending on clinical course](#). [Frontiers in neurology](#), 10: 368

Perlus, R. et al. (2019) The use of dorsal distraction plating for severely comminuted distal radius fractures: a review and comparison to volar plate fixation. [Injury](#), 50(Suppl 1), S50-S55

McClintock, A. (2019) Brief mindfulness-based interventions for acute and chronic pain: a systematic review. [Journal of alternative and complementary medicine](#), 25(3), 265-278

Conner, M. et al. (2019) [Effectiveness and cost-effectiveness of repeated implementation intention formation on adolescent smoking initiation: a cluster randomized controlled trial](#). [Journal of consulting and clinical psychology](#), 87(5), 422-432

Chuter, V. et al. (2019) [Where do we stand? The availability and efficacy of diabetes related foot health programs for Aboriginal and Torres Strait Islander Australians: a systematic review](#). [Journal of foot and ankle research](#), 12: 17 LOCAL RESEARCH

Michels, M. et al. (2019) Biomarker predictors of delirium in acutely ill patients: a systematic review. [Journal of geriatric psychiatry and neurology](#), 32(3), 119-136

Valkenborghs, S. et al. (2019) Aerobic exercise and consecutive task-specific training (AExaCTT) for upper limb recovery after stroke: a randomized controlled pilot study. [Physiotherapy research international](#), published online Apr 3. doi: 10.1002/pri.1775 LOCAL RESEARCH

Kathryn Braye, Maralyn Foureur, Koert de Waal, Mark Jones, Elise Putt & John Ferguson (2019) [Group B streptococcal screening, intrapartum antibiotic prophylaxis, and neonatal early-onset infection rates in an Australian local health district: 2006-2016](#). [PLOS ONE](#), 14(4): e0214295 LOCAL RESEARCH

Kathryn Braye, Maralyn Foureur, Koert de Waal, Mark Jones, Elise Putt & John Ferguson (2019) [Epidemiology of neonatal early-onset sepsis in a geographically diverse Australian health district 2006-2016](#). [PLOS ONE](#), 14(4): e0214298 LOCAL RESEARCH

van Weeghel, J. et al. (2019) Conceptualizations, assessments, & implications of personal recovery in mental illness: scoping review of systematic reviews & meta-analyses. [Psychiatric rehabilitation journal](#), 42(2), 169-181

Franken, L. et al. (2019) Morbidity and mortality after major liver resection in patients with perihilar cholangiocarcinoma: a systematic review and meta-analysis. [Surgery](#), 165(5), 918-928

Jolliffe, D. et al. (2019) Vitamin D to prevent exacerbations of COPD: systematic review and meta-analysis of individual participant data from randomised controlled trials. [Thorax](#), 74(4), 337-345 *Available via HNEH Libraries subscription. Use your membership details to access via [ejournal portal](#)*



HEARTS IN HEALTH—TIME TO CARE

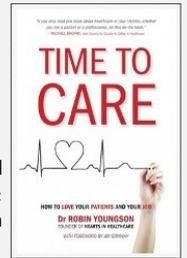
June 2019 marks the 10 year anniversary of HNE Mental Health Services moving to the Mater campus. A lot has happened in that time, including the exciting initiative know as "Hearts in Health" - introduced by HNE Mental Health in 2018.

Hearts in Health is "a philosophical reform that is attempting to shift our organisation's focus back to the individual staff member, their experience; the team and its experience. Its roots lie in the increasing evidence that demonstrates a compassionate workplace performs better, has lower staff sickness rates, lower staff turnover rates, healthier culture and team cohesion." Read more about it in [Hearts in Health Dispatch](#).

The venture is based on the [work of Robin Youngson](#). You can read more about it in his book—now held at the Mater branch of HNE Health Libraries: [Time to care: how to love your patients and your job](#) / Robin Youngson

"In a health system that is burdened with stress, burnout and depression, the author explains how health professionals can learn skills of compassion and caring, to develop their own wellbeing and resilience, and rise above the institutional limits and barriers to patient care."

"Compassionate healthcare is safer, more effective, satisfies patients, saves time, reduces demand, gives meaning to work and costs less."



EXERCISING AT AN INTENSITY GREATER THAN 72% OF HEART RATE RESERVE MAY BE MORE EFFECTIVE IN INCREASING CARDIORESPIRATORY FITNESS AFTER STROKE THAN EXERCISING AT LOWER INTENSITIES

Undertaking exercise after stroke improves cardiorespiratory fitness and walking capacity, but the effect of altering exercise dose (via frequency, intensity, time, and type) on fitness or walking capacity is unclear. The purpose of this local study was to synthesize the current evidence for the effects of different doses of exercise on cardiorespiratory fitness and walking capacity in people after stroke. Nine trials involving 279 participants were included. All trials had a high risk of bias, and most had a high rate of attrition. Most trials included people more than 6 months after stroke and who walked independently, limiting the generalizability of the findings.

LOCAL RESEARCH

SOURCE: Margaret Galloway, Dianne Marsden, Robin Callister, Kirk Erickson, Michael Nilsson & Coralie English (2019) What is the dose-response relationship between exercise and cardiorespiratory fitness after stroke? A systematic review. *Physical therapy*, published online Mar 5. doi: 10.1093/ptj/pz038

Contact HNE Health Libraries to access full-text article

TOPICAL APPLICATION OF HONEY IS EFFECTIVE IN THE MANAGEMENT OF CHEMO/RADIOTHERAPY-INDUCED ORAL MUCOSITIS

Mucositis is an inflammatory response of mucosal epithelial cells to the cytotoxic effects of chemotherapy and radiation therapy. This systematic review and network meta-analysis including 17 RCTs (n=1265) found that adjuvant treatment honey is effective and safe for cancer patients with chemo/radiotherapy-induced oral mucositis



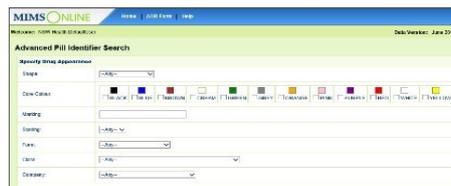
SOURCE: Yang, C. et al. (2019) Topical application of honey in the management of chemo/radiotherapy-induced oral mucositis: a systematic review and network meta-analysis. *International journal of nursing studies*, 89, 80-87

Contact HNE Health Libraries to access full-text article

MIMS—ADVANCED PILL IDENTIFIER

No doubt you've used [MIMS online](#) (available via CIAP) to find pharmaceutical dosing and precautionary details... but have you tried the [Advanced Pill Identifier Search](#)?

It is useful if someone comes into hospital with a selection of medication that is not in the original packaging. You only need a few details (eg. shape, colour, markings) to pinpoint a pill—or you can be quite specific (eg. form, class, pharmaceutical company).



MISSED ACUTE MYOCARDIAL INFARCTION (MAMI) IN A RURAL & REGIONAL SETTING

Delay in treatment and/or failure to provide reperfusion in ST-segment elevation myocardial infarction (STEMI) impacts on morbidity and mortality. This occurs more often outside metropolitan areas yet the reasons for this are unclear. This study aimed to describe factors associated with missed diagnosis of acute myocardial infarction (MAMI) in a rural and regional setting.

LOCAL RESEARCH

Of 100 patients identified as MAMI (70 male, 30 female), 24 died in hospital. Demographics and time from symptom onset were similar in the treated STEMI and MAMI groups. Of the MAMI patients who died, rural hospitals recorded the highest inpatient mortality. MAMI patients compared to treated STEMI patients had higher 30-day readmission and longer length of stay. Inaccurate identification of STEMI on electrocardiogram and diagnostic uncertainty were associated with MAMI. The Glasgow algorithm to identify STEMI was utilised on 57% of occasions, with 93% accuracy.

SOURCE: Trent Williams, Lindsay Savage, Nicholas Whitehead, Helen Orvad, Claire Cummins, Steven Faddy, Peter Fletcher, Andrew Boyle & Kerry Jill Inder (2019) [Missed Acute Myocardial Infarction \(MAMI\) in a rural and regional setting](#). *IJC heart & vasculature*, 22, 177-180

UNDERSTANDING & DEALING WITH IMPOSTER SYNDROME

"...It came as a surprise to me that lack of confidence and feeling like an imposter were alive and well, not just in junior doctors or doctors returning from maternity leave as in my case. Doctors of all genders and ages who had earned their fellowship in any range of specialties were confessing to me their feelings of being an imposter. Not only that, they each seemed to think they were the only doctor struggling with confidence..." [Read more in MJA InSight...](#)

SEE ALSO: LaDonna, K. et al. (2018) "Rising to the level of your incompetence": what physicians' self-assessment of their performance reveals about the imposter syndrome in medicine. *Academic medicine*, 93(5), 763-768

Available via CIAP

77,369 hospitalisations were palliative care-related in 2016-17 (31.7 hospitalisations per 10,000 population)



PALLIATIVE CARE SERVICES IN AUSTRALIA

(Updated: 22 May 2019)

The goal of palliative care is to improve the quality of life of patients with an active, progressive disease that has little or no prospect of a cure. With the growth and ageing of Australia's population, and an increase of chronic and generally incurable illnesses, the types of patient groups requiring palliative care has widened. [Palliative care services in Australia](#) from AIHW, reports on the activity and characteristics of palliative care services across Australia.

MAGNESIUM REDUCES SHIVERING IN SURGICAL PATIENTS

The authors conducted a systematic review and meta-analysis with Trial Sequential Analysis to evaluate the effect of perioperative magnesium on prevention of shivering. Quality of evidence was assessed using the GRADE approach. 64 trials (4303 patients) were included. The overall incidence of shivering was 9.9% in the magnesium group and 23.0% in the control group. The incidence of shivering was lower with IV, epidural, and intrathecal administration. The impact of good temperature management on shivering was not considered.

SOURCE: Kawakami, H. et al. (2019) Effectiveness of magnesium in preventing shivering in surgical patients: a systematic review and meta-analysis. *Anesthesia and analgesia*, published online Feb 5. doi: 10.1213/ANE.0000000000004024

Available via CIAP

GUIDED BY THE RESEARCH DESIGN: CHOOSING THE RIGHT STATISTICAL TEST



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 from the *Medical Journal of Australia*, discusses some common medical research designs, ranging from simple to more complicated, and provides an outline of which statistical test to apply in each instance. In these contexts, data are collected from a sample that is assumed to be representative of a wider population, and the conclusions drawn from the analyses apply to the wider population.

SOURCE: Beath, A. & Jones, M. (2018) Guided by the research design: choosing the right statistical test. *MJA*, 208(4), 163-165 Available via CIAP

EIGHT NEW PUBLISHERS ADDED TO TRIP

TRIP is easy to navigate, allows users to quickly identify high-quality evidence, and they've recently included content from eight new publishers:



- [Palliative Care Evidence Review Service](#) (Rapid reviews)
- [EUnetHTA](#) (HTA)
- [SickKids Reports](#) (Reviews)
- [SickKids Supportive Care Guidelines](#) (Guidelines)
- [Washington Health Care Authority](#) (HTA)
- [Health Information and Quality Authority](#) (HTA)
- [European Society of Endocrinology](#) (Guidelines)
- [Pediatric Endocrine Society](#) (Guidelines)

Find out how TRIP can improve your access to evidence-based research. Email [HNE Health Libraries](#), or fill in our [online training request form](#) for assistance.

EBM SET TO A LATIN BEAT

Have you watched this Youtube clip yet?
[Viva La Evidence](#)



It's all about the history and key principles of evidence based healthcare – served up as a parody of Coldplay's 'Viva La Vida'.

Eagle-eyed readers of *Library Lore* might remember we mentioned this before, but we like it so much, we wanted to make sure everyone had a chance to watch it.

Spotted recently inside the Mater Library



ART IMITATING NATURE?

Spotted recently outside the Mater Library



HOW OFTEN SHOULD YOU CHANGE YOUR SHEETS?

When you settle in for the night, the last thing you probably think about is what may be lurking in the nooks and crannies of your bedding....

But perhaps you should? [Read more...](#)

In the same vein, contamination levels in hospital linen is a relatively understudied area. Here are a couple of articles which ask the question: How clean is 'hygienically clean'?



In this US study, forty-eight health care textile samples, were collected from hygienically clean linen scheduled to be used on 3 different patient care units. Only 27% had a total aerobic microbial count below the expected 100 colony-forming unit level (range, 9-40,000) versus 81% (range, 9-1,000) for total yeast and mould count.

SOURCE: Sands, F. & Fairbanks, L. (2019) How clean is "hygienically clean": quantitative microbial levels from samples of clean health care textiles across the United States. *AJIC: American journal of infection control*, 47(5), 509-514 Available via CIAP

This study from the UK found that washing contaminated hospital bedsheets in a commercial washing machine with industrial detergent at high disinfecting temperatures failed to remove all traces of *Clostridium difficile* (C. difficile), a bacteria that causes infectious diarrhoea, suggesting that linens could be a source of infection among patients and even other hospitals.

SOURCE: Tarrant, J. et al. (2018) From ward to washer: the survival of *Clostridium difficile* spores on hospital bed sheets through a commercial UK NHS healthcare laundry process. *Infection control and hospital epidemiology*, 39(12), 1406-1411 Available via CIAP

HNE HEALTH LIBRARIES

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Armidale Hospital
Telephone: (02) 6776 9724
E-mail: Nina.Sithakam@health.nsw.gov.au

BELMONT—Level B (lower ground floor)
Belmont District Hospital
Telephone: (02) 4923 2192
E-mail: HNELHD-Libraries@health.nsw.gov.au

CESSNOCK—Level 1, Administration Block, Cessnock Hospital
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E-mail: HNELHD-Libraries@health.nsw.gov.au

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