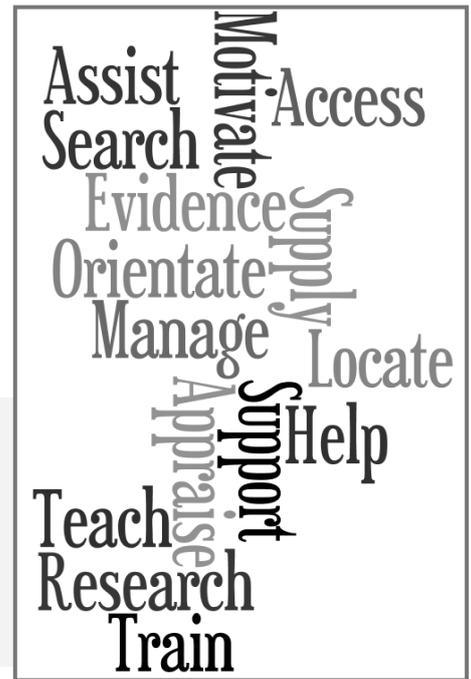




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linking evidence with practice



Library Lore

The newsletter of [HNE Health Libraries](#)
Vol 15(7) July 2019

INVESTIGATING THE PROCESSES USED TO DEVELOP & EVALUATE THE EFFECTIVENESS OF HEALTH EDUCATION RESOURCES FOR ADULT INDIGENOUS PEOPLE

Aboriginal and Torres Strait Islander communities need to participate in the development of health education material to gain connection with and ownership of concepts. This review extracted and synthesized evidence to answer the question: what processes are used to develop health education resources for adult Aboriginal and Torres Strait Islander people, and what makes them effective? A review was conducted using the PRISMA guidelines. Five databases were searched (OvidSP Medline, CINAHL, Informit, OvidSP Embase and ProQuest) and 438 non duplicate records were screened. Twenty-two articles were identified; 18 reporting qualitative studies, two reporting mixed-method studies and two discussion papers. No quantitative studies met the inclusion criteria. Synthesis of the evidence revealed five themes: collaborative relationships, community ownership, lack of evaluation, cultural sensitivity, and health literacy. Limitations identified include barriers due to distance, time, and funding, and a need for cultural competency in mainstream health.

RACHEL PEAKE IS STROKE CARE CO-ORDINATOR FOR THE PEEL & MEHI SECTOR



L-R: AUNTY DELPHINE (blue dress sitting down), REAKEETA SMALLWOOD (standing), RACHEL PEAKE, MARY-ANNE DIECKMANN (standing) and ELAINE EDWARDS (sitting)

SOURCE: Rachel Peake, Debra Jackson, Jackie Lea & Kim Usher (2019) Investigating the processes used to develop and evaluate the effectiveness of health education resources for adult Indigenous people: a literature review. *Contemporary nurse*, published online Jun 27. doi:10.1080/10376178.2019.1633939 [Contact HNE Health Libraries to access full-text article](#)

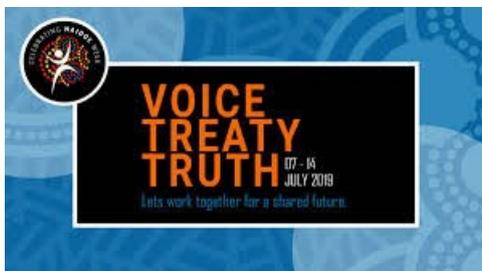
SEE ALSO: Reakeeta Smallwood (2019) [Applying a strength based lens to cardiovascular disease "The Dharray Mali Project": Indigenous heart health](#). *Heart, lung and circulation*, 28 (supp 2), S45 (CONFERENCE ABSTRACT ONLY)

PSYCHOLOGICAL TOOLS DEVELOPED WITH INDIGENOUS PEOPLE CAN SUPPORT AUSTRALIAN FARMERS WHOSE LAND IS SUFFERING THE EFFECTS OF CLIMATE CHANGE

Psychologist Pat Dudgeon from the University of Western Australia is used to people suffering in response to extreme stress. She was Australia's first Indigenous psychologist, and specialised in suicide prevention because of the mental health issues in her community in the Kimberley region of Western Australia. Dudgeon believes many lessons can be learned about grief and trauma from the loss of land and culture that Indigenous people have experienced. She says psychology can move away from the Western tradition of expert and patient, towards a more narrative form based on Indigenous traditions and reconnecting with the land. And as more psychologists begin to incorporate these Indigenous concepts into their practice, such a combined approach might help farmers dealing with drought to reconnect with the land and improve their mental health, too.



[Find out more in this long-read from Mosaic...](#)



Gardner, K. et al. (2018) [Implementation of continuous quality improvement in Aboriginal and Torres Strait Islander primary health care in Australia: a scoping systematic review](#). *BMC health services research*, 18: 541

Lai, G. et al. (2018) [Factors affecting the retention of Indigenous Australians in the health workforce: a systematic review](#). *International journal of environmental research and public health*, 15(5)



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

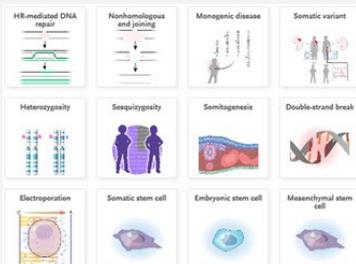
AUSTRALIA'S HEALTH EXPENDITURE: AN INTERNATIONAL COMPARISON

[This AIHW report](#)

compares key measures of Australia's health expenditure with that of other OECD countries during the period 2000–2016.



Among 36 OECD countries, Australia ranked 12th highest in both population and Gross Domestic Product (GDP) in 2016. In total health expenditure, Australia ranked 11th.



NEJM – ILLUSTRATED GLOSSARY

Have you explored the *Illustrated Glossary* available from the New England Journal of Medicine (NEJM)? It provides simple, illustrated definitions of newly introduced, uncommon, or specialised terms. Each entry includes an illustration done by NEJM medical illustrators, a recording of the correct pronunciation of the term, and a written definition. [Explore the Illustrated Glossary...](#)

FRONTIERS IN MEDICINE

When you've finished browsing the Illustrated glossary, have a look at this other new feature in NEJM – [Frontiers in Medicine](#). It's a series of articles analysing the ways in which new technologies are influencing contemporary medicine. The series explores the bridge between scientific discoveries and their development into clinically useful tools.

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.

Frost, M. et al. (2019) [Long-term safety of a weekly and monthly subcutaneous buprenorphine depot \(CAM2038\) in the treatment of adult out-patients with opioid use disorder](#). *Addiction*, 114(8), 1416-1426

LOCAL RESEARCH

Phillips, J. et al. (2019) Single, repeated, and maintenance ketamine infusions for treatment-resistant depression: a randomized controlled trial. *American journal of psychiatry*, 176(5), 401-409 **Available via CIAP**

Nguyen, M. et al. (2019) Performance of the T2Bacteria Panel for diagnosing bloodstream infections: a diagnostic accuracy study. *Annals of internal medicine*, 170(12), 845-852 **Available via CIAP**

Ang, S. et al. (2019) [Understanding carers' fall concern and their management of fall risk among older people at home](#). *BMC geriatrics*, 19: 144

LOCAL RESEARCH

Vermeulen, R. et al. (2019) Safety of hormone replacement therapy following risk-reducing salpingo-oophorectomy: systematic review of literature and guidelines. *Climacteric*, 22(4), 352-360

Butler, M. et al. (2019) [Hospital nurse-staffing models and patient- and staff-related outcomes](#). *Cochrane database of systematic reviews*, Issue 4

de Mik, S. et al. (2019) Reporting of complications and mortality in relation to risk communication in patients with an abdominal aortic aneurysm: a systematic review. *European journal of vascular and endovascular surgery*, 57(6), 796-807

Graves, M. et al. (2019) [Monitoring patient response to pembrolizumab with peripheral blood exhaustion marker profiles](#). *Frontiers in medicine*, 6: 113

LOCAL RESEARCH

Woudstra, A. & Suurmond, J. (2019) [How narratives influence colorectal cancer screening decision making and uptake: a realist review](#). *Health expectations*, 22(3), 327-337

Clare, L. et al. (2019) [Goal-oriented cognitive rehabilitation for early-stage Alzheimer's and related dementias: the GREAT RCT](#). *Health technology assessment*, 23(10)

de Jonge, M. et al. (2019) Preventive cognitive therapy versus care as usual in cognitive behavioral therapy responders: a randomized controlled trial. *Journal of consulting and clinical psychology*, 87(6), 521-529

Reuling, E. et al. (2019) [Endobronchial and surgical treatment of pulmonary carcinoid tumors: a systematic literature review](#). *Lung cancer*, 134, 85-95

Hajek, P. et al. (2019) [A randomized trial of e-cigarettes versus nicotine-replacement therapy](#). *NEJM*, 380(7), 629-637

Gallagher, R. et al. (2019) [Are gait changes linked to CSF flow changes in the sagittal sinus?](#) *Neuroradiology*, 61(6), 659-666

LOCAL RESEARCH

Manning, M. et al. (2019) [Perspectives of people with aphasia post-stroke towards personal recovery and living successfully: a systematic review and thematic synthesis](#). *PLoS One*, 14(3): e0214200

Varghese, F. & VandenBos, G. (2019) [Clinical apps and public service settings: innovations, diverse applications, and limits](#). *Psychological services*, 16(2), 183-187

Buick, J. et al. (2019) Paediatric targeted temperature management post cardiac arrest: a systematic review and meta-analysis. *Resuscitation*, 139, 65-75

Kosiba, J. et al. (2019) Patient-reported use of medical cannabis for pain, anxiety, and depression symptoms: systematic review and meta-analysis. *Social science and medicine*, 233, 181-192

Mateos, M. et al. (2019) [Risk factors for symptomatic venous thromboembolism during therapy for childhood acute lymphoblastic leukemia](#). *Thrombosis research*, 178, 132-138

LOCAL AUTHOR



IMPACT OF INDIVIDUALISED MUSIC LISTENING INTERVENTION ON PERSONS WITH DEMENTIA

Local authors summarised the evidence from randomised controlled trials (RCTs) evaluating the efficacy of individualised music listening compared to other music and non-music-based interventions on persons with dementia. Results showed evidence of a positive impact of individualised music listening on behavioural and psychological symptoms of dementia (BPSDs) including agitation, anxiety and depression and physiological outcomes. Evidence for other outcomes such as cognitive function and quality of life was limited.

HUNTER AGED CARE ASSESSMENT TEAM and UON

The limited evidence suggests individualised music listening has comparable efficacy to more resource-intensive interventions. However, there were only four RCTs and some outcomes were evaluated by a single study. This limits the conclusions drawn, warranting more RCTs evaluating other outcomes beyond the BPSDs.

SOURCE: Minah Amor Gaviola, Kerry Inder, Sophie Dilworth, Elizabeth Holliday & Isabel Higgins (2019) Impact of individualised music listening intervention on persons with dementia: a systematic review of randomised controlled trials. *Australasian journal on ageing*, published online Mar 26. doi: 10.1111/ajag.12642 **Available via CIAP**

POPEYE'S SECRET?

Scientists in Germany believe a chemical found in spinach should be added to the list of substances banned in sport. Researchers said ecdysterone had a similar effect to steroids. A 10-week intervention study of strength training of young men (n = 46) was carried out. Different doses of ecdysterone-containing supplements were administered to evaluate the performance-enhancing effect. Analysis of blood and urine samples for ecdysterone and potential biomarkers of performance enhancement was conducted. Significantly higher increases in muscle mass were observed in those participants that were dosed with ecdysterone. The same hypertrophic effects were also detected in vitro in C2C12 myotubes.



[Read more...](#)

SOURCE: Isenmann, E. et al. (2019) Ecdysteroids as non-conventional anabolic agent: performance enhancement by ecdysterone supplementation in humans. *Archives of toxicology*, 93(7), 1807-1816

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DEBATE: IS IT TIME TO INCLUDE PEOPLE WITH INTELLECTUAL DISABILITIES IN RANZCP TREATMENT GUIDELINES?

The enduring omission of people with an intellectual disability and co-occurring mental illness from the Royal Australian and New Zealand College of Psychiatrists' (RANZCP) clinical guidelines is a missed opportunity in normalising care and optimising outcomes for people with an intellectual disability. There are substantial cultural, political and historical overlays contributing to the ongoing divide between health and disability. In developing psychiatric guidelines, authors should consider including people with co-occurring intellectual disability as a specific population that requires distinctive consideration.

SOURCE: Hill, H. (2019) *Is it time to include people with intellectual disabilities in Royal Australian and New Zealand College of Psychiatrists' treatment guidelines?* *Australasian psychiatry*, published online Jun 10. doi: 10.1177/1039856219848834

SEE ALSO—Naveed, S. (2019) *A RANZCP trainee's experience of working with patients with an intellectual disability: a case series.* *Australasian psychiatry*, published online Apr 1. doi: 10.1177/1039856219839474

BRAIN SCAN MAY PREDICT LONG-TERM DISABILITIES IN BABIES WITH BRAIN INJURY

Neonatal brain injury can happen for many reasons, including oxygen deprivation. Researchers scanned 82 babies being treated for brain injury, using MRI and also magnetic resonance spectroscopy – a type of scan that shows brain biochemistry. One biomarker tested at seven days after birth, thalamic N-acetylaspartate, correctly identified all babies who went on to have adverse developmental outcomes at 23 months. It was also very good at distinguishing babies who did not have adverse outcomes.

Researchers are usually hampered when looking at ways to improve outcomes by the need to wait years to find out their effect on child development. Therefore, the apparent accuracy of magnetic resonance spectroscopy scans will make this approach a welcome tool. [Read more...](#)

SOURCE: Lally, P. et al. (2019) *Magnetic resonance spectroscopy assessment of brain injury after moderate hypothermia in neonatal encephalopathy: a prospective multicentre cohort study.* *Lancet Neurology*, 18(1), 35-45



EFFECT OF ANTIDEPRESSANTS & PSYCHOLOGICAL THERAPIES IN IBS: UPDATED SYSTEMATIC REVIEW & META-ANALYSIS

Irritable bowel syndrome (IBS) is a chronic functional bowel disorder that is thought to be due to a disorder of brain-gut function. Drugs acting centrally, such as antidepressants, and psychological therapies may, therefore, be effective. Fifty-three RCTs, reported in 51 separate articles, were found to be eligible for inclusion. Antidepressants are efficacious in reducing symptoms in IBS patients. Cognitive behavioural therapy, relaxation therapy, multi-component psychological therapy, hypnotherapy, and dynamic psychotherapy were all beneficial when data from two or more RCTs were pooled, although there are limitations in the quality of the evidence, and treatment effects may be overestimated as a result.

SOURCE: Ford, A. et al. (2019) Effect of antidepressants and psychological therapies in irritable bowel syndrome: an updated systematic review and meta-analysis. *The American journal of gastroenterology*, 114(1), 21-39

Contact HNE Health Libraries to access full-text article

INFECTION AS A STROKE TRIGGER

The relationships between different infection types and stroke subtype are not well-characterised. The authors of this recent study examined exposure to infections in different organ systems in different time periods before acute ischemic stroke, intracerebral hemorrhage, and subarachnoid haemorrhage – by consulting the New York State Inpatient Databases and Emergency Department Databases (2006-2013).



Every infection type (skin, urinary tract infection, septicaemia, abdominal, and respiratory) was

associated with an increased likelihood of acute ischemic stroke. The greatest association was for urinary tract infection.

SOURCE: Sebastian, S. et al. (2019) Infection as a stroke trigger. *Stroke*, 50(8), 2216-2218

Available via CIAP

DIETARY LONG-CHAIN FATTY ACIDS & COGNITIVE PERFORMANCE IN OLDER AUSTRALIAN ADULTS



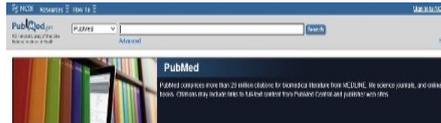
Convincing evidence exists for the positive effect of an improvement in diet quality on age-related cognitive decline, in part due to dietary fatty acid intake. A cross-sectional analysis of data from the Hunter Community Study (HCS) (n = 2750) was conducted comparing dietary data from a validated Food Frequency Questionnaire (FFQ) with validated cognitive performance measures, Audio Recorded Cognitive Screen (ARCS) and Mini Mental State Examination (MMSE).

Adjusted linear regression analysis found statistically significant associations between dietary intake of total n-6 fatty acids (FA), but no other FAs, and better cognitive performance as measured by the ARCS. When n-6 FA intake was tested against each of the ARCS domains, statistically significant associations were observed for the Fluency, Visual, Language and Attention domains, yet there was no association with Memory. No statistically significant associations were observed between FA intakes and MMSE.

SOURCE: Lesley MacDonald-Wicks, Mark McEvoy, Eliza Magennis, Peter Schofield, Amanda Patterson and Karly Zacharia (2019) *Dietary long-chain fatty acids and cognitive performance in older Australian adults.* *Nutrients*, 11(4)

PUBMED MAKES FINDING 'SIMILAR ARTICLES' ON YOUR TOPIC EASY

It can be difficult knowing how to start a literature review: from choosing databases, MESH, even keywords to use in your search strategy. There are lots of ways to overcome this problem—one option is to use PubMed's 'Similar articles' feature.



After you do an initial search on PubMed and locate a relevant article, you will see a [pre-calculated set](#) of PubMed citations closely related to your article displayed on the right-hand side of the screen. If you click one of them, PubMed performs a new calculation—creating a new set of citations to explore.

You can also browse the 'Cited by ... PubMed Central articles' feature—which will display on the right-hand side of the screen, below 'Similar articles' - when articles have been cited by another paper. This highlights more recent articles than the one you've found and usually on a similar topic.

When searching PubMed, it's a good idea to use the PubMed@HNE 'QuickLink' on [HNE Health Library's website](#) so you maintain access to HNE Libraries' resources. And if you need help, [just contact the Library](#).

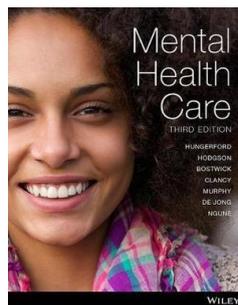
AI TRAINED ON OLD SCIENTIFIC PAPERS MAKES DISCOVERIES HUMANS MISSED



Using just the language in millions of old scientific papers, a machine learning algorithm was able to make completely new discoveries in the field of materials science. The findings highlight the possibility of extracting knowledge and relationships from the massive body of scientific literature in a collective manner, and point towards a generalized approach to the mining of scientific literature. [Read more...](#)

"This algorithm is unsupervised and it builds its own connections... You could use this for things like medical research or drug discovery. The information is out there. We just haven't made these connections yet because you can't read every article."

SOURCE: Tshitoyan, V. et al. (2019) Unsupervised word embeddings capture latent knowledge from materials science literature. *Nature*, 571, 95-98 *CIAP 12 month embargo.*
[Contact HNE Health Libraries to access full-text article](#)



NEW EDITION: MENTAL HEALTH CARE

The third edition of *Mental health care: an introduction for health professionals in Australia* covers the challenges that health professionals will face in their everyday roles. This text discusses, in a jargon-free way, how to effectively help those who are struggling with mental health issues in a care setting.

Interactive capstone activities put the students in a simulated 'real world' scenario where they must apply their learning. There are also scores of local, curated content that show students the importance behind topics covered.

THIS 3rd EDITION BY LOCAL AUTHOR, RICHARD CLANCY, IS NOW AVAILABLE FROM HNE LIBRARIES

CADTH Evidence Driven.

GREY LITERATURE SEARCHING

'Grey literature' are materials and research produced by organisations outside of the traditional commercial or academic publishing and distribution channels. Common grey literature publication types include reports, working papers, government documents, white papers and evaluations.

A useful tool for searching health-related grey literature, is the Canadian Agency for Drugs and Technologies in Health (CADTH)'s free online resource, [Grey Matters](#), which has recently been revised and updated.



MELVIL DEWEY'S NAME STRIPPED FROM TOP LIBRARY AWARD

Each year, the American Library Association (ALA) awards the Melvil Dewey Medal to a recipient who has demonstrated "creative leadership of a high order" in such fields as classification and cataloguing, library management and library training. It is the profession's top honour, named after the man who is widely regarded as the father of modern librarianship. But the council of the ALA has now voted to strip Dewey's name from the award, citing his history of racism, anti-Semitism and sexual harassment.

[Read more...](#)

AUSTRALIAN CODE FOR THE RESPONSIBLE CONDUCT OF RESEARCH



Developed jointly by the National Health and Medical Research Council (NHMRC), the Australian Research Council and Universities Australia, the Australian Code for the Responsible Conduct of Research, 2018 (the 2018 Code) establishes a framework for responsible research conduct that provides a foundation for high-quality research, credibility and community trust in the research endeavour.

The code articulates the broad principles and responsibilities that underpin the conduct of Australian research, and has broad relevance across all research disciplines. Adherence to the 2018 Code is a prerequisite for the receipt of funding by NHMRC.

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