



HNE HEALTH LIBRARIES

linking evidence with practice

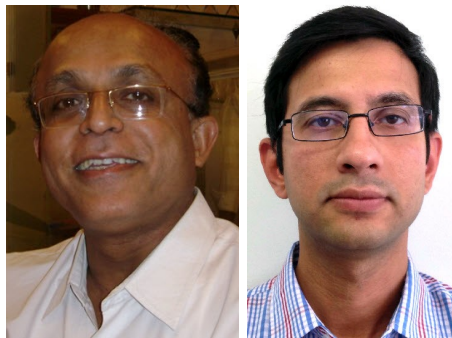
Assist Search Motivate Access Evidence Orientate Supply Manage Locate Appraise Support Help Teach Research Train

Library Lore

The newsletter of [HNE Health Libraries](#)
Vol 15(9) September 2019

REVIEW: LITHIUM NEUROTOXICITY DUE TO SECOND-GENERATION ANTIPSYCHOTICS COMBINED WITH LITHIUM

HNE Mental Health Staff Specialist psychiatrist, Bipin Ravindran and colleagues recently conducted a systematic review that found lithium neurotoxicity (LN), both reversible (RLN) and irreversible (ILN), due to second-generation antipsychotics (SGAs) combined with lithium, presents with certain causative factors and a clinical profile. Early detection and prompt management will help prevent LN.



(L-R:) DR IVAN NETTO, DEPT OF PSYCHIATRY, SASSOON GENERAL HOSPITAL, PUNE, INDIA and DR BIPIN RAVINDRAN, NMHS, HNEMHS

SGAs implicated were clozapine, risperidone, aripiprazole, and quetiapine. Cases of RLN presented as an acute brain syndrome, recovered completely. Cases of ILN presented as a chronic brain syndrome only partially recovered. 45% of patients were aged >60 years.

SOURCE: Ivan Netto, Vivek Phutane & Bipin Ravindran (2019) [Lithium neurotoxicity due to second-generation antipsychotics combined with lithium: a systematic review](#). Primary care companion for CNS disorders, published online Jun 20. doi: 10.4088/PCC.17r02225 [USE PCC link to access full text](#)



HOW LONG DOES A HIP REPLACEMENT LAST?

Total hip replacement is a common and highly effective operation. All hip replacements eventually fail if in-situ long enough and it is important that patients understand when this might happen. This meta-analysis published in the *Lancet*, included 44 case series that reported long-term outcomes of 13,212 hip replacement procedures. The authors also carried out a meta-analysis of data taken from national joint replacement registries in Australia and Finland. These provided 215,676 procedures, with outcomes at 15, 20 and 25 years. After 15 years, 89.4% of hip replacements had survived (data from Australian and Finnish registries). After 25 years, 57.9% were still intact (but data only available from the Finnish registry).

SOURCE: Evans, J. et al. (2019) [How long does a hip replacement last? A meta-analysis of case series and national registry reports with more than 15 years of follow-up](#). *Lancet*, 393: 647-654

[Read review from the National Institute for Health Research \(UK\)](#)

ACCESSSS SMART SEARCH

BEST EVIDENCE FOR HEALTH CARE

GET HELP TO ANSWER YOUR CLINICAL QUESTIONS

ACCESSSS Smart Search from McMaster provides one-stop access to pre-appraised best evidence to support clinical decisions.

ACCESSSS conducts searches simultaneously in several evidence-based information services (online texts, evidence-based guidelines and pre-appraised journal publications) including - UpToDate, BMJ Best Practice, and EBM Guidelines.

ACCESSSS can send you personalised email alerts to newly published evidence in your chosen area/s of interest.

[Library members](#) can access ACCESSSS Smart Search from any HNE computer, or register on a HNE computer for offsite access.

Find ACCESSSS Smart Search listed under 'Quick links' on the [HNEH Libraries webpage](#).



IF YOU NEED HELP TO GET STARTED WITH ACCESSSS—OR WANT SOME TIPS TO IMPROVE YOUR RESULTS CONTACT [HNE HEALTH LIBRARIES](#).



ENVIRONMENTAL EXPOSURE and AUTISM SPECTRUM DISORDER

Autism spectrum disorder (ASD) is a neurodevelopmental condition of heterogeneous aetiology. While it is widely recognized that genetic and environmental factors and their interactions contribute

to autism phenotypes, their precise causal mechanisms remain poorly understood. This article from Australian and international authors, reviews the current understanding of environmental risk factors of ASD and their presumed adverse physiological mechanisms. It comprehensively maps the significance of parental age, teratogenic compounds, perinatal risks, medication, smoking and alcohol use, nutrition, vaccination, toxic exposures, as well as the role of extreme psychosocial factors. The authors consider the role of potential protective factors such as folate and fatty acid intake. Evidence indicates an increased offspring vulnerability to ASD through advanced maternal and paternal age, valproate intake, toxic chemical exposure, maternal diabetes, enhanced steroidogenic activity, immune activation, and possibly altered zinc-copper cycles and treatment with selective serotonin reuptake inhibitors. Epidemiological studies demonstrate no evidence for vaccination posing an autism risk.

SOURCE: Bölte, S. et al. (2019) [The contribution of environmental exposure to the etiology of autism spectrum disorder](#). *Cellular and molecular life sciences*, 76(7), 1275-1297

SEE ALSO: Modabbernia, A. et al. (2017) [Environmental risk factors for autism: an evidence-based review of systematic reviews and meta-analyses](#). *Molecular autism*, 8: 13

Rylaarsdam, L. & Guemez-Gamboa, A. (2019) [Genetic causes and modifiers of Autism spectrum disorder](#). *Frontiers in cell neuroscience*, 13: 385

DEEP VEIN THROMBOSIS: UPDATE ON DIAGNOSIS AND MANAGEMENT

Venous thromboembolism (VTE) most commonly manifests as lower extremity deep vein thrombosis (DVT) and pulmonary embolism and has an annual incidence of 1-2 per 1000 population. In the past decade, there have been notable advances in risk prediction, diagnosis and treatment with direct oral anticoagulants (DOACs), thrombolysis and catheters. Nevertheless, there remains uncertainty about the optimal duration of anticoagulation after unprovoked VTE, indications for thrombophilia screening, and the role of catheter-directed thrombolysis. This review summarises contemporary evidence on the diagnosis and management of DVT.

SOURCE: AUSTRALIAN RESEARCH Kruger, P. et al. (2019) Deep vein thrombosis: update on diagnosis and management. *MJA*, 210(11), 516-524
Available via CIAP

SEE ALSO: Tran, H. et al. (2019) New guidelines from the Thrombosis and Haemostasis Society of Australia and New Zealand for the diagnosis and management of venous thromboembolism. *MJA*, 210(5), 227-235
Available via CIAP



REVIEW: OPTIMISING LOW-DOSE METHOTREXATE FOR RHEUMATOID ARTHRITIS

This review examines current knowledge of dose-response of oral methotrexate in the setting of rheumatoid arthritis, and how this could help inform dosage regimens.

Methotrexate at low doses (5-25 mg/week) is first-line therapy for rheumatoid arthritis. However, there is inter- and intra-patient variability in response, with contribution of variability in concentrations of active polyglutamate metabolites, associated with clinical efficacy and toxicity. Prescribing remains heterogeneous across population groups, disease states and regimens.

LOCAL RESEARCH

SOURCE: Catherine Lucas, Simon Dimmitt & Jennifer Martin (2019) Optimising low-dose methotrexate for rheumatoid arthritis - a review. *British journal of clinical pharmacology*, published online Jul 5. doi: 10.1111/bcp.14057
Available via CIAP

LOCAL RESEARCH: LEFT VENTRICULAR VORTEX FORMATION IN PRETERM INFANTS ASSESSED BY BSI

A vortex is a rotational fluid structure formed by shearing of fluid layers. It forms during diastole in the left ventricle (LV) and helps redirect flow to the LV outflow tract for ejection, optimizing energy conservation. This study by local authors demonstrated the feasibility of detecting and analyzing LV vortices using a new ultrasound technique known as blood speckle imaging (BSI). BSI has the potential to complement existing parameters of cardiac health.

SOURCE: DEPT OF NEONATOLOGY, Koert de JHCH & CARDIOLOGY, JHH Waal, Edward Crendal & Andrew Boyle (2019) Left ventricular vortex formation in preterm infants assessed by blood speckle imaging. *Echocardiography*, 36(7), 1364-1371
Available via CIAP

ETG UPDATED: ANTIBIOTIC GUIDELINES



The [Antibiotic topics in eTG complete](#)

have been extensively revised and include more content than ever. They provide practical advice on managing a wide range of infections, from self-limiting infections usually managed in primary care (acute bronchitis, acute otitis media) to severe infections requiring treatment in hospital (meningitis, sepsis). [Find out more...](#)



EVEN THE POPE THINKS ABOUT HAND HYGIENE...

Read about it in this letter published in the [American journal of infection control, Pope Francis' last dilemma: To kiss or not to kiss the Piscatory Ring?](#)

SEE ALSO: Alshehari, A. et al. (2018) [Strategies to improve hand hygiene compliance among healthcare workers in adult intensive care units: a mini systematic review](#). *Journal of hospital infection*, 100(2), 152-158

Gould, D. et al. (2017) [Interventions to improve hand hygiene compliance in patient care](#). *Cochrane database of systematic reviews*, Issue 9

SOME STUDIES THAT I LIKE TO QUOTE



Another parody designed to get you thinking about evidence-based practice. This clip based on the Gotye song, points out that though guidelines are useful, you need to know the evidence on which they're based (or lack thereof) - to help you and your patient make decisions.

WHY FERMENTED FOOD IS GOOD FOR YOU?

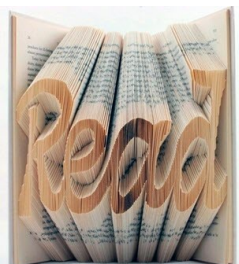


Consuming lactic acid bacteria – the kind that turns milk into yogurt and cabbage into sauerkraut – can offer many health benefits, but scientists still don't

understand, on a molecular level, why it is helpful to ingest these bacteria and how that affects our immune system. [A study recently published in PLOS Genetics](#) proposes one way that lactic acid bacteria can interact with our bodies.

WHAT IF SOCIAL MEDIA COULD HELP YOU READ MORE?

If you're a reader in 2019, it's quite likely that your relationship to books is defined by guilt. Guilt about the growing pile of unopened paperbacks on your bedside table. Guilt about spending more time scrolling through photos of complete strangers' breakfasts and holidays than consuming the written word. If that sounds familiar, you're not alone. According to a [2017 survey conducted by the Australian Council for the Arts](#), 68% of Australian readers wished they read more. And as reading rates have declined, the amount of time spent on social media has increased. It's hardly wild speculation to suggest these facts may be related. Do we really need to choose between reading books and being active on social media?



Do we really need to choose between reading books and being active on social media?

LOCAL RESEARCH

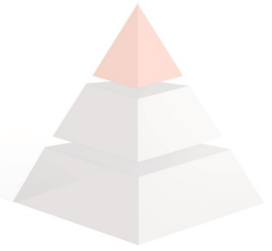
Amy Waller, Rob Sanson-Fisher, Balakrishnan (Kichu) Nair & Tiffany Evans (2019) [Are older and seriously ill inpatients planning ahead for future medical care?](#) *BMC Geriatrics*, 19: 212

Jo, S. et al. (2019) Initial assessment of the early arthritis for psoriatic patients diagnostic questionnaire in dermatology clinics in Australia, Korea and China. *International journal of rheumatic diseases*, 22(8), 1512-1520 *Available via CIAP*

Lintzeris, N. et al. (2019) Nabiximols for the treatment of cannabis dependence: a randomized clinical trial. *JAMA internal medicine*, 179(9), 1242-1253 *Available via CIAP*

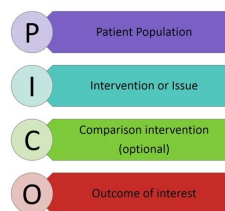
Markus, H. et al. (2019) Antiplatelet therapy vs anticoagulation therapy in cervical artery dissection: The Cervical Artery Dissection in Stroke Study (CADISS) randomized clinical trial final results. *JAMA neurology*, 76(6), 657-664 *Available via CIAP*

Mackie, P. et al. (2019) [What is the effect of interrupting prolonged sitting with frequent bouts of physical activity or standing on first or recurrent stroke risk factors? A scoping review.](#) *PLoS ONE*, 14(6): e0217981



PERFORM PICO SEARCHES ON CIAP USING THE WIDGET

Improve your results when searching via the 'Search CIAP resources' box, by using the 'PICO Search' widget.



The [Ovid Discovery PICO Search widget](#) guides you through the process of creating a search using the PICO framework recommended for evidence-based medical research. Enter concepts into the fields provided:

- (P) population, problem or disease
- (I) intervention or issue
- (C) comparison
- (O) outcome

The widget will combine your terms and launch the search in Ovid Discovery.

You can find the 'PICO Search' tab within [Ovid Discovery](#).

HNE HEALTH LIBRARIANS CAN HELP YOU IMPROVE YOUR SEARCH RESULTS.

CONTACT [HNE HEALTH LIBRARIES](#) TO DISCUSS YOUR PROJECT AND LEARN MORE ABOUT THE WAYS IN WHICH WE CAN ASSIST YOU.

RELATIONSHIP BETWEEN CHILDHOOD EXPOSURE TO EXTERNAL CAUSE PARENTAL DEATH ON SUBSEQUENT SUICIDAL BEHAVIOUR

The primary aim of this systematic review was to synthesise primary studies (n=618) on the relationship between childhood exposure to external cause parental death, including suicide, and subsequent suicidal behaviour in adulthood. 26 were included for review. Only one study found no significant association between childhood exposure to suicide and increased suicide risk in adulthood. Four studies suggested the risk of suicidality in adulthood was greater for those exposed to parental suicide compared to other external cause deaths. The use of national registers in many studies did not allow for all variables of interest to be examined. Selective samples also limited the generalizability of findings.

CONTACT HNE HEALTH LIBRARIES TO ACCESS FULL-TEXT ARTICLES
SOURCE: Hua, P. et al. (2019) A systematic review on the relationship between childhood exposure to external cause parental death, including suicide, on subsequent suicidal behaviour. *Journal of affective disorders*, 257, 723-734

SEE ALSO: Goodday, S. et al. (2019) Exposure to parental psychopathology and offspring's risk of suicide-related thoughts and behaviours: a systematic review. *Epidemiology and psychiatric sciences*, 28(2), 179-190

MENOPAUSAL HORMONE THERAPY and BREAST CANCER RISK

The Collaborative Group on Hormonal Factors in Breast Cancer (see [Appendix: pages 3-5 for list of collaborators](#)) has brought together worldwide epidemiological evidence, published and unpublished, plus relevant randomised evidence, on menopausal hormone therapy (MHT) and the incidence of invasive breast cancer. During prospective follow-up, 51% (n=108,647) of postmenopausal women who developed breast cancer at mean age 65 years had used MHT. All types of MHT examined, except vaginal oestrogens, were associated with a significant excess incidence of breast cancer. Among both current and past users, the risks increased steadily with duration of MHT use. Risks were greater for oestrogen-progestagen than for oestrogen-only preparations, and some excess risk persisted for more than a decade after cessation of use.



SOURCE: Collaborative Group on Hormonal Factors in Breast Cancer (2019) [Type and timing of menopausal hormone therapy and breast cancer risk: individual participant meta-analysis of the worldwide epidemiological evidence](#). *Lancet*, published online Aug 29. doi: 10.1016/S0140-6736(19)31709-x

LETTER: [20 year breast cancer mortality in a large population-based prospective study](#).

COMMENT: Kotsopoulos, J. (2019) [Menopausal hormones: definitive evidence for breast cancer](#). *Lancet*, published online Aug 29. doi: 10.1016/S0140-6736(19)31901-4

SEE ALSO: Green, J. et al. (2019) [Cohort profile: The Million Women Study](#). *International journal of epidemiology*, 48(1), 28-29e

WHEN YOU JUST CAN'T FIND THE RIGHT WORD...

The [Global Language Monitor](#) estimates that there are currently 1,009,753 words in the English language. Despite this large lexicon, many nuances of human experience still leave us tongue-tied. And that's why sometimes it's necessary to turn to other languages to find *le mot juste*. Here is a [whole list of foreign words with no direct English equivalent](#).

(I can relate to "Shemomedjamo")

EMERGING NURSING SCHOLARS GUIDE TO PEER REVIEW

The process of peer review in nursing research may have a significant impact on what scientific information goes into the public domain. This recent editorial gives emerging nursing scholars a general overview of how to conduct a peer review for a nursing journal, suggests questions to address in the review, and provides practical tips on how to give feedback to editors, and authors.

SOURCE: Oerther, S. & Watson, R. (2019) [Emerging nursing scholars guide to peer reviewing an academic manuscript](#). *Nursing open*, published online Aug 28. doi: 10.1002/nop2.368

RECENT ARTICLES

Kith, G. et al. (2019) [Defining and measuring adherence in observational studies assessing outcomes of real-world active surveillance for prostate cancer: a systematic review](#). *European urology oncology*, published online Jul 6. doi: 10.1016/j.euo.2019.06.009

Anton, O. et al. (2019) [Heart rate monitoring in newborn babies: a systematic review](#). *Neonatology*, published online Jun 27. doi: 10.1159/000499675

Oosterhuis, T. et al. (2019) [Systematic review of prognostic factors for work participation in patients with sciatica](#). *Occupational and environmental medicine*, 76(10), 772-779



WHAT IS HERD IMMUNITY AND HOW MANY PEOPLE NEED TO BE VACCINATED TO PROTECT A COMMUNITY?

The term *herd immunity* comes from the observation of how a herd of buffalo forms a circle, with the strong on the outside protecting the weaker and more vulnerable on the inside. This is similar to how herd immunity works in preventing the spread of infectious diseases. Those who are strong enough to get vaccinated directly protect themselves from infection. They also indirectly shield vulnerable people who cannot be vaccinated.

[A historical look at vaccine skepticism](#)



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

[CHECK OPENING HOURS](#)

[SEARCH THE CATALOGUE](#)

[RENEW YOUR LOANS](#)

[RECENT HNE HEALTH PUBLICATIONS](#)

CONTACT DETAILS

ARMIDALE—Dr Harold Royle Library
Armidale Hospital
Telephone: (02) 6776 9724
E-mail: Nina.Sithakarn@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
Telephone: (02) 4991 0315
E-mail: HNELHD-Libraries@health.nsw.gov.au

JOHN HUNTER—Level 1, E Block,
John Hunter Hospital
Telephone: (02) 4921 3778
E-mail: HNELHD-Libraries@health.nsw.gov.au

MAITLAND—Level 3, Education Centre
The Maitland Hospital
Telephone: (02) 4939 2405
E-mail: HNELHD-Libraries@health.nsw.gov.au

TAMWORTH—UDRH Education Centre
Tamworth Hospital
Telephone: (02) 6767 7985
E-mail: HNELHD-TamworthLib@health.nsw.gov.au

TAREE (MANNING)—Library
Manning Rural Referral Hospital, Taree
Telephone: (02) 6592 9352
E-mail: Sue.DeSouza@health.nsw.gov.au

THE MATER—Level 4, Mental Health Admin
Building. The Mater Hospital, Waratah
Telephone: (02) 4033 5075
E-mail: HNELHD-MaterLibrary@health.nsw.gov.au