



HNE HEALTH LIBRARIES

linking evidence with practice

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

Library Lore

The newsletter of [HNE Health Libraries](#)
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OCTOBER IS MENTAL HEALTH MONTH

The theme this year is "Tune In". This means being present and aware of what is happening within you, and in the world around you. Being present by tuning in has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections.

You can tune in to many things:

Tune in to yourself: What can you sense right now? What can you feel?

Tune in to others: What might people around you be feeling? How can we connect?

Tune in to your communities: What is happening that you can be part of?

Tune in to stigma: How do attitudes and understandings of mental health and wellbeing impact on people's ability to live the lives they want? How can we help? [Find out more...](#)



WHY ADD A SESSION WITH A HNE HEALTH LIBRARIAN TO YOUR 2021 SCHEDULE?

HERE'S WHAT SOME PATRONS SAID...

"CIAP is a great resource, but your library services have provided me with the education to be able to use it to its full potential."

"When I was recently completing tertiary study, you assisted me by showing me the most efficient ways to access and use quality information, and explained how to use Endnote and other technologies to enhance my learning."

"Gone are the days of 'this is how it is done' and text books.... We are now in an era of 'what does the literature and research tell us.' To gain this knowledge and keep up with evidenced based care (even more so in the shifting sands of a pandemic) expertise is needed in searching the literature, using the correct key search terms, vast knowledge of the databases and their nuances."

"There is a big push to have clinicians more involved in research, and it is educational services like yours: easily accessible (both geographically and timing wise), tailored to the individual's needs, that enables us to do this."

ADD US TO YOUR 2021 SCHEDULE



As this crazy year is coming to a close, HNE Health Libraries would like to remind those of you who are **planning for 2021** that our staff have a wealth of experience and knowledge in areas such as **accessing information resources, literature searching** using the databases provided via CIAP, and additional resources such as **TRIP and Access Smart Search** available via [HNE Health Libraries](#).

We can assist with **Reference Management (using Endnote)** for those undertaking research projects, studying, or just wanting to keep track of articles they have read.

Including a training session tailored to your group or individual needs in your schedule for next year is as simple as following this [link](#) or giving [HNE Health Libraries a call](#).



**ONLINE RESOURCES CURRENTLY AVAILABLE
VIA HNE HEALTH LIBRARIES INCLUDE:**



Neofax (Medication safety for neonatal and pediatric patients) provides evidence-based drug information, age and indication-specific drug-dosing calculators, and enteral formula nutritional information for the neonatal and pediatric populations. This resource helps to improve medication safety and efficacy in the care of these vulnerable patients.



Stahl online (Comprehensive neuropsychopharmacology information) is comprehensive and regularly updated, providing full access to the entire current Cambridge portfolio of neuropsychopharmacology books by Stephen Stahl. A one-stop shop, covering everything a doctor, teacher or trainee will ever need to know about neuropsychopharmacology.



Stockley's Drug Interactions is the most authoritative international source of drug interaction information. Based on thousands of published clinical papers and reports, it provides a series of detailed, yet concise, monographs designed for quick and easy reference. Each monograph contains a summary, clinical evidence for the interaction under discussion, its probable mechanism, clinical importance, and management.

INFLAMMATION and MENTAL HEALTH

Recent studies suggest that chronic inflammatory processes underlie the development of neuropsychiatric symptoms. Lifestyle factors such as diet and exercise may influence psychopathology, and this may occur via a bidirectional relationship. The gut microbiome may also play an important role in inflammatory signalling and the development of psychiatric symptoms.



Lifestyle modifications which target diet and nutrition may prove therapeutically beneficial for many patients, especially in treatment-resistant subgroups. The current evidence base provides equivocal evidence, however future studies will prove significant, as this is a highly attractive therapeutic avenue, due to its cost efficacy, low side effect profile and preventative potential.

**BUT BEWARE THE IMPACT OF
REVIEW METHOD...**

SOURCE: Edirappuli, S. et al. (2020) [The effect of nutrition on mental health: a focus on inflammatory mechanisms](#). *Psychiatria Danubina*, 32(Suppl 1), 114-120

ALSO: Meyer, J. et al. (2020) Neuroinflammation in psychiatric disorders: PET imaging and promising new targets. *Lancet psychiatry*, published online Oct 21. doi: 0.1016/S2215-0366(20)30255-8

[Contact HNEH Libraries to access this article](#)

AND: Di Biase, M. et al. (2020) Large-scale evidence for an association between peripheral inflammation and white matter free water in schizophrenia and healthy individuals. *Schizophrenia bulletin*, published online Oct 21. doi: 10.1093/schbul/sbaa134

[Currently available to Library members via HNE Health Libraries subscription](#)

Thomas-Odenhal, F. et al. (2020) [Impact of review method on the conclusions of clinical reviews: a systematic review on dietary interventions in depression as a case in point](#). *PLoS One*, 15(9): e0238131

**TELECONSULTATION IN
ORTHOPAEDIC SURGERY**

This review evaluated patient and physician preference and satisfaction for teleconsultation in orthopaedic surgery compared to traditional face-to-face consultation. The effects of teleconsultation on patient length of visit, healthcare costs, range of motion, pain, quality of life, and ongoing management plans were also assessed.

SOURCE: Melian, C. et al. (2020) [Teleconsultation in orthopaedic surgery: a systematic review and meta-analysis of patient and physician experiences](#). *Journal of telemedicine and telecare*, published online Sep 1. doi: 10.1177/1357633X20950995
HNEH Libraries membership required for access

Access to [Journal of telemedicine and telecare](#) is currently available via a HNE Health Libraries paid subscription.

The University of Newcastle **does NOT** have access.

**OPEN IS NOT FOREVER: A STUDY OF
VANISHED OPEN ACCESS JOURNALS**

176 open-access journals vanished from the web between 2000-2019, spanning all major research disciplines and geographic regions of the world, as publishers stopped maintaining them, potentially depriving scholars of useful research findings. An additional 900 journals published only online also may be at risk of vanishing because they are inactive. About half of the journals were published by research institutions or scholarly societies. The results raise vital concern for the integrity of the scholarly record and highlight the urgency to take collaborative action to ensure continued access and prevent the loss of more scholarly knowledge. [Read more...](#)

SOURCE: Laakso, M. et al. (2020) [Open is not forever: a study of vanished open access journals](#). *arXiv*: 2008.11933

**NATIONAL COVID-19 CLINICAL
EVIDENCE TASKFORCE**

The [National COVID-19 Clinical Evidence Taskforce](#) has updated its recommendations and clinical flowcharts.



SINGLE USE PPE and the ENVIRONMENT



Increased use of PPE, prompted by COVID-19, has created a significant rise in plastic pollution. Recent estimates indicate a global monthly use of 129 billion facemasks and 65 billion gloves. These numbers raise important questions about safe waste management, the impact of single use PPE, and the need for innovation in PPE design. [NSW Health evidence brief...](#)

THE ESSENTIAL NETWORK for HEALTH PROFESSIONALS (TEN)

To support the mental health of Australia's essential frontline healthcare workers during COVID-19, the Black Dog Institute has launched [TEN – The Essential Network](#). Designed by health professionals for health professionals, TEN is an app and website that provides fast and confidential access to evidence-based tools, resources, programs and referrals for stress, anxiety, and depression.

EVERY DOCTOR, EVERY SETTING: A NATIONAL FRAMEWORK

A [new national framework](#) was recently launched to guide coordinated action on the mental health of Australian doctors and medical students. It was developed in consultation with [Everymind](#), and targets areas such as: improving training and work environments; recognising and responding to those needing support; improving the response to doctors and medical students impacted; and the culture of the medical profession to enable wellbeing and coordinated action and accountability.



ONLINE TOOL FOR RAPID, EASY CALCULATION OF ANTIPSYCHOTIC TOTAL DAILY DOSE

Safe and effective antipsychotic prescribing is a fundamental skill in psychiatric practice; however, antipsychotic medications are not without risk. The authors of this article have developed an online calculator for determining antipsychotic dosing regimens using information on recommended maximum total daily dosing based on the British National Formulary.

SOURCE: Northwood, K. et al. (2020) [High-dose antipsychotic therapy and reflective prescribing: development of an online tool for rapid, easy calculation of antipsychotic total daily dose](#). *Australasian psychiatry*, 28(4), 410-413

DECISION TREE TO AID EVIDENCE-BASED PUBLIC HEALTH PRACTICE and RESEARCH

HNE Population Health have developed a decision tree tool to assist in the application of research evidence to maximise the impact of public health programs and services. The tool helps identify when there is sufficient evidence to support the delivery of particular services, and when there is not. The latter outcome provides an indication of where further research may be needed, identifying opportunities to undertake policy and practice relevant research.

LOCAL RESEARCH

SOURCE: Luke Wolfenden, Christopher Williams, Melanie Kingsland, Sze Lin Yoong, Nicole Nathan, Rachel Sutherland & John Wiggers (2020) [Improving the impact of public health service delivery & research: a decision tree to aid evidence-based public health practice & research](#). *ANZ journal of public health*, 44(5), 331-332



Not new, but thought-provoking: [All in the Mind](#) from ABC(RN). This weekly program explores the mind, brain and behaviour, and the endlessly fascinating interactions between them. Recent programs include: [WEIRD psychology](#). Claims about human psychology and behaviour in top international journals are largely based on the WEIRDest people in the world. People from Western Educated Industrialised Rich Democratic societies are widely used as research subjects, but the assumption that they represent a universal human population may be vastly wrong, and skew psychological research.

PREDICTORS OF NEW ONSET: IBS, CHRONIC FATIGUE SYNDROME and FIBROMYALGIA

It has been claimed that functional somatic syndromes share a common aetiology. This prospective population-based study of 152,180 adults, assessed whether the same variables predict new onsets of irritable bowel syndrome (IBS), chronic fatigue syndrome and fibromyalgia

SOURCE: Monden, R. et al. (2020) [Predictors of new onsets of irritable bowel syndrome, chronic fatigue syndrome and fibromyalgia: the Lifelines study](#). *Psychological medicine*, published online Jun 17. doi: 10.1017/S0033291720001774

WATCH: GRAND ROUNDS presentations [The pain is not in your head \(scroll down to 20.8.20—fibromyalgia\)](#) AND [Patient-centred management of IBS \(25.7.19\)](#)

WEEKLY BREAK from DIALYSIS is HARMFUL to PATIENTS with KIDNEY FAILURE

The way that dialysis is normally scheduled in hospitals leaves a gap that may be harmful to the health of kidney patients. People receiving dialysis have a regular schedule of appointments. They typically receive dialysis either on Mon/Wed/Fri, or Tues/Thurs/Sat. Even if they attend all their sessions, they have a two-day period without dialysis. New research found an increase in hospital admissions and deaths associated with this break in treatment. And if patients miss a scheduled session, the serious health risks increase dramatically.

[Read more in NIHR evidence...](#)

SOURCE: Fotheringham, J. et al. (2020) [Hospitalization and mortality following non-attendance for hemodialysis according to dialysis day of the week: a European cohort study](#). *BMC nephrology*, 21, 218

CIRCADIAN VARIATION IN HUMAN MILK COMPOSITION

Human breast milk changes over the course of lactation in order to suit the infant's nutritional and immunological needs. Its composition also varies throughout the day. This review (including 83 reports) aims to give an



overview of studies examining human milk components found to exhibit circadian variation in their concentration. The authors discuss whether this may play a role in growth and development of the biological clock.

SOURCE: Italianer, M. et al. (2020) [Circadian variation in human milk composition: a systematic review](#). *Nutrients*, 12(8), 2328

TUNE IN TO YOUR DIET

Poor nutrition may be a causal factor in the experience of low mood, and improving diet may help to protect not only the physical health, but also the mental health of the population.

[READ more in the BMJ...](#)

WATCH sessions from [Food for thought 2020: the science and politics of nutrition](#). The sessions are from a recent virtual conference, presented by the BMJ and Swiss Re Institute, to explore how nutrition can lead to better health outcomes and greater societal resilience against disease.



HELD BY HNE HEALTH LIBRARIES:

[Nutrition essentials for mental health: a complete guide to the food-mood connection](#) / Leslie Korn (2016)

[A brain for life](#) / Nicola Gates (2016)

[Brain changer](#) / Professor Felice Jacka (2019)

RECENT ARTICLES:

Ingram, J. et al. (2020) [Changes in diet, sleep, and physical activity are associated with differences in negative mood during COVID-19 lockdown](#). *Frontiers in psychology*, 11, 588604

Thomas, M. et al. (2020) [Healthy lifestyle behaviours associated with children's psychological health: a cross-sectional study](#). *International journal of environmental research & public health*, 17(20), E7509

Aucoin, M. et al. (2020) [Dietary modification in the treatment of schizophrenia spectrum disorders: a systematic review](#). *World journal of psychiatry*, 10(8), 187-201

Firth, J. et al. (2020) [A meta-review of "lifestyle psychiatry": the role of exercise, smoking, diet and sleep in the prevention and treatment of mental disorders](#). *World psychiatry*, 19(3), 360-380

DID YOU KNOW THE LIBRARY CURRENTLY SUBSCRIBES TO ALL THESE ONLINE JOURNALS?

Age and ageing (OUP)
Annals of the rheumatic diseases (BMJ)
Archives of disease in childhood (BMJ)
BJR: British journal of radiology (Wiley)
BMJ Case reports
BMJ Evidence-based medicine
BMJ Supportive & palliative care
British journal of anaesthesia (Elsevier)
Chest (Elsevier)
Clinical infectious diseases (OUP)
European heart journal (OUP)
Evidence based nursing (BMJ)
Heart (BMJ)
International journal of gynaecological cancer (BMJ)
Joint Commission Journal on quality and patient safety (Elsevier)
Journal of clinical pathology (BMJ)
Journal of medical ethics (BMJ)
Journal of medical genetics (BMJ)
Journal of neurology, neurosurgery & psychiatry (BMJ)
Journal of oral and maxillofacial surgery (Elsevier)
Journal of telemedicine and telecare (Sage)
Journal of the American College of Cardiology (Elsevier)
Journal of the National Cancer Institute (OUP)
Journal of thoracic and cardiovascular surgery (Elsevier)
The Lancet Diabetes & endocrinology (Elsevier)
Postgraduate medical journal (BMJ)
Regional anesthesia & pain management (BMJ)
Rheumatology (OUP)
Schizophrenia bulletin (OUP)
Seminars in fetal and neonatal medicine (Elsevier)
Sleep (OUP)
Thorax (BMJ)



[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.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
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