



HNE HEALTH LIBRARIES

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Library Lore

The newsletter of [HNE Health Libraries](#)
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LOCAL EFFECTIVENESS STUDY: RANDOMISED TRIAL of DBT and the CONVERSATIONAL MODEL for the TREATMENT of BPD with RECENT SUICIDAL and/or NON-SUICIDAL SELF-INJURY

Borderline personality disorder (BPD) is a complex mental disorder that is associated with a high degree of suffering for the individual.

Dialectical behaviour therapy has been studied in the largest number of controlled trials for treatment of individuals with borderline personality disorder. The conversational model is a psychodynamic treatment also developed specifically for treatment of borderline personality disorder. We report on the outcomes of a randomised trial comparing dialectical behaviour therapy and conversational model for treatment of borderline personality disorder in a routine clinical setting.

SOURCE: Carla Walton, Nick Bendit, Amanda Baker, Greg Carter & Terry Lewin (2020) [A randomised trial of dialectical behaviour therapy and the conversational model for the treatment of borderline personality disorder with recent suicidal and/or non-suicidal self-injury: an effectiveness study in an Australian public mental health service](#). *Australian and New Zealand journal of psychiatry*, published online Jun 17. doi: 10.1177/0004867420931164

NEW ONLINE: SYSTEMATIC REVIEW COURSE

NSW Health Education and Training Institute (HETI) and HNE Health Libraries have collaborated to produce a new 10-session Systematic Review Course. It is now available [online via the Library website](#).

The aim of the course is to step participants through the processes of a systematic literature search, study selection, data extraction and writing up of a review for publication, or to inform policy or health service practice. The course is intended for clinician and health service researchers (particularly those who have not conducted a literature review previously) and may also be suited to some undergraduate or higher degree research students.



L-R: DR KERITH DUNCANSON and ANGELA SMITH

Interested novice researchers are welcome to join Dr Kerith Duncanson (Rural Research Education Manager, HETI) and Angela Smith (Research Support Librarian, HNE Health Libraries) in this self-paced research skill development course.

For anyone unable to access the course, please [contact Angela Smith](#).



DON'T FORGET ABOUT OUR
ONLINE RESOURCES

We hope you're familiar with many of the specialist resources provided by HNE Health Libraries, such as ACCESSSS Smart Search, Stahl Online or TRIP... But did you know you can access [a wealth of other online resources](#) via the Library website?

Have you tried ALL of the online resources provided by HNE Health Libraries? Find them on the [library website](#) under 'Quick Links'.



[Australian Standards online](#) is a searchable database that provides access to the full-text Australian Standards, and some international standards. Searching is by standard title, number, keyword or phrase. **On site access only**

You will need a current HNE Health Libraries' USERNAME / PASSWORD to access online resources.

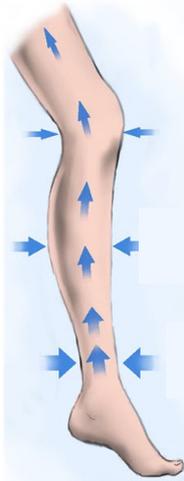
Username = Membership No.
[But I can't remember them!](#)

If you're not yet a library member? [Fill in the online form](#) or visit your [local HNE Health Library](#).

COMPRESSION STOCKINGS MAY BE UNNECESSARY IN COMBINATION WITH ANTI-CLOTTING MEDICATION

In recent years, rates of venous thromboembolism (VTE) after surgery have fallen significantly thanks to improved care and drug therapy. Many clinicians are unconvinced that compression stockings are needed in addition to medication.

A recent UK study known as GAPS (Graduated compression as an Adjunct to Pharmacoprophylaxis in Surgery) recruited 1,858 adult patients at moderate or high risk of VTE. They were undergoing planned surgery for gastrointestinal, or obstetrics and gynaecology procedures. Researchers found that the anti-clotting drug heparin alone was as effective at preventing blood clots in this group, as the combination of medication and graduated compression stockings. Compression stockings cost the NHS in England approximately £63 million per year. They can cause discomfort, pressure sores, blistering and other skin problems. The researchers are planning more trials into the use of compression stockings in different clinical situations.



SOURCE: Davies, A. et al. (2020) [Graduated compression stockings as adjuvant to pharmacothromboprophylaxis in elective surgical patients \(GAPS study\): randomised controlled trial](#). *BMJ*, 369: m1309 [Read NIHR evidence review...](#)

TELEHEALTH IN TRAUMA

This scoping review (77 studies included) demonstrates how telehealth is utilised across a spectrum of patients with traumatic injuries, to facilitate delivery of therapy, specialist consultations and assessments, with many studies reporting improvements to health. Overall, both patients and clinicians were satisfied using this mode of delivery, but coordination and technical issues are barriers to use.

SOURCE: Wake, E. et al. (2020) [Telehealth in trauma: a scoping review](#). *Journal of telemedicine and telecare*, published online Jul 26. doi: 10.1177/1357633X20940868

****Requires HNE Health Libraries membership**

HNE HEALTH LIBRARIES PROVIDE ACCESS TO JOURNAL OF TELEMEDICINE AND TELE CARE

Use your Library membership number + password to access these articles too...

Haider, Z. et al. (2020) [Telemedicine in orthopaedics and its potential applications during COVID-19 and beyond: a systematic review](#). *Journal of telemedicine and telecare*, published online Aug 6. doi: 10.1177/1357633X20938241

Naslund, J. et al. (2020) [Economic evaluation and costs of telepsychiatry programmes: a systematic review](#). *Journal of telemedicine and telecare*, published online Aug 3. doi: 10.1177/1357633X20938919

Yeroushalmi, S. et al. (2020) [Telemedicine and multiple sclerosis: a comprehensive literature review](#). *Journal of telemedicine and telecare*, 26(7-8), 400-413



SOME ANTIDEPRESSANTS CAN HELP PEOPLE QUIT SMOKING, BUT OTHER MEDICATIONS MAY OFFER GREATER BENEFITS

How helpful and safe are antidepressants when used to quit smoking? This comprehensive Cochrane review (115 studies), looked at the available evidence. It found that bupropion may be as effective as nicotine replacement therapy, but less effective than varenicline at helping people to quit smoking. People who use bupropion are also more likely to experience side effects (such as anxiety and insomnia) and stop taking the medication, than people who take a placebo.



SOURCE: Howe, S. et al. (2020) [Antidepressants for smoking cessation](#). *Cochrane database of systematic reviews*, Issue 4 [Read NIHR evidence review...](#)



EXPERIENCES of SECURITY STAFF RESPONDING to MENTAL HEALTH, DRUG HEALTH and BEHAVIOURAL CHALLENGES in the ED

This qualitative research study aimed to give voice to the views and experiences of security staff assisting with the growing number of people with mental health, drug health and behavioural problems attending emergency departments.

Participants (26 security staff working in three different emergency settings across NSW) recognised that long waiting times in the ED 'guarding' patients frequently accounted for escalating behaviour and increased the likelihood of restrictive interventions. Security staff expressed concerns about safety and were uncomfortable with a sense of uncertainty regarding their legal position. They voiced frustration over limited communication and lack of information provided by clinical staff on patient background, and the coordination of incidents and ongoing patient care.

SOURCE: Timothy Wand, Nerida Bell, Amanda Stack, Gemma Collett, Alexa Cutten, Margaret Murphy & Kathryn White (2020) Multi-site study exploring the experiences of security staff responding to mental health, drug health and behavioural challenges in the emergency department. *Emergency medicine Australasia*, published online Apr 30. doi: 10.1111/1742-6723.13511 **Available via CIAP**

TELEHEALTH MENTAL HEALTH SERVICES DURING COVID-19

The outbreak of the COVID-19 pandemic has resulted in a major transformation in the way mental health interventions are delivered in Australia. Mental health clinicians and services have rapidly transitioned to largely telehealth delivery to ensure continuity of care to patients and families. This rapid clinical update examines the evidence for telehealth in mental healthcare, and offers recommendations for implementation.

SOURCE: Reay, R. et al. (2020) [Telehealth mental health services during COVID-19: summary of evidence and clinical practice](#). *Australasian psychiatry*, published online Jul 28. doi: 10.1177/1039856220943032

CLIMATE CHANGE CONCERNS AMONG AUSTRALIAN RURAL RESIDENTS

This paper—from University of Newcastle researchers—is the first population-based study to investigate the impact of climate change on the mental health and wellbeing of rural communities.



SOURCE: Austin, E. et al. (2020) [Concerns about climate change among rural residents in Australia](#). *Journal of rural studies*, 75, 98-109

MORE TO PSORIASIS THAN A SKIN CONDITION

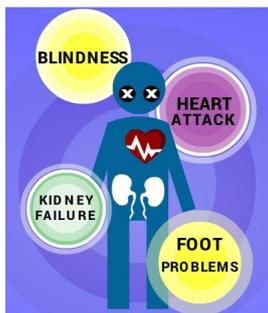
There's more to psoriasis than meets the eye, according to experts who say it is essential that clinicians look beyond the skin condition and be alert to the many comorbidities associated with this chronic inflammatory disease including psoriatic arthritis, cardiovascular disease, and the psychosocial impacts of psoriasis.

SOURCE: Kovitwanichkanont, T. et al. (2020) [Beyond skin deep: addressing comorbidities in psoriasis](#). *MJA*, 212(11), 528-534

[LISTEN TO podcast with lead author...](#)

DAMAGE to KIDNEYS and EYES MAY START BEFORE PEOPLE are DIAGNOSED with DIABETES

Researchers identified 159,736 individuals with newly diagnosed type-2 diabetes from the UK Clinical Practice Research Datalink database (2004-2017). They found that people with pre-diabetes in the three years before being diagnosed with diabetes were more likely to have damaged blood vessels than those with a record of normal blood sugar. Damaged blood vessels can lead to heart disease, stroke, kidney disease or eye disease. The results suggest that offering treatment while people are still in the pre-diabetes phase might help prevent this damage.



SOURCE: Palladino, R. et al. (2020) [Association between pre-diabetes and microvascular and macrovascular disease in newly diagnosed type 2 diabetes](#). *BMJ open diabetes research & care*, 8: e001061 [Read NIHR evidence review...](#)

INVOLVING MENTAL HEALTH CONSUMERS IN NURSING HANDOVER

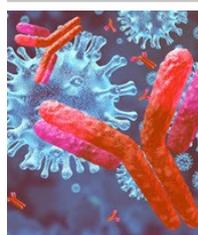
Nursing handover occurs between shifts and is an important means of communication and information exchange around consumer care. The involvement of consumers in nursing handover, known as 'bedside handover', is well established within general health settings and promotes a patient-centred approach to care. Bedside handover represents an opportunity for mental health settings to consolidate recovery-oriented principles, albeit with some unique challenges in the way that involving consumers in nursing handover is implemented. This qualitative descriptive study across five mental health inpatient units in Australia, explores the views of nursing staff and nursing managers about involving consumers in nursing handover within mental health settings and provides guidance for future implementation.

LOCAL RESEARCH

SOURCE: Antony Mullen, Katryna Harman, Karen Flanagan, Beth O'Brien & Sophie Isobel (2020) Involving mental health consumers in nursing handover: a qualitative study of nursing views of the practice and its implementation. *International journal of mental health nursing*, published online Jul 16. doi: 10.1111/inm.12756 [Available via CIAP](#)

FROM THE SAME AUTHORS: Antony Mullen, Sophie Isobel, Karen Flanagan, Kylie Key, Anna Dunbar, Alison Bell & Terry Lewin (2020) Motivational interviewing: reconciling recovery-focused care and mental health nursing practice. *Issues in mental health nursing*, published online May 18. doi: 10.1080/01612840.2020.1731891 [Contact HNEH Libraries to access this article](#)

ANTIBODY TESTS for IDENTIFICATION of CURRENT and PAST INFECTION with SARS-COV-2



Cochrane Review
Antibody tests for identification of current and past infection with SARS-CoV-2



Antibody tests are likely to have a useful role in detecting previous SARS-CoV-2 infection if used 15 or more days after the onset of symptoms. However, the duration of antibody rises is currently unknown, and very little data beyond 35 days post-symptom onset was found. Concerns about high risk of bias and applicability make it likely that the accuracy of tests when used in clinical care will be lower than reported in the included studies. This is a fast-moving field and the authors (University of Birmingham, UK) plan ongoing updates of this living systematic review.

SOURCE: Deeks, J. et al. (2020) [Antibody tests for identification of current and past infection with SARS-CoV-2](#). *Cochrane database of systematic reviews*, Issue 6

EXAMINING the ROLE of MENTAL HEALTH PEER SUPPORT in EDS

[A new report from the University of Melbourne](#), suggests that people in mental distress seeking help at an Emergency Department would benefit from access to peer-support workers who understand their experience. [Read more...](#)

LOCAL RESEARCH: OPTIMISING LOW-DOSE METHOTREXATE FOR RHEUMATOID ARTHRITIS

Methotrexate at low doses is first-line therapy for rheumatoid arthritis. However, there is inter- and intra-patient variability in response which is associated with clinical efficacy and toxicity. Prescribing remains heterogeneous across population groups, disease states and regimens. 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.

SOURCE: Catherine Lucas, Simon Dimmitt & Jennifer Martin (2019) Optimising low-dose methotrexate for rheumatoid arthritis – a review. *British journal of clinical pharmacology*, 85(10), 2228–2234

[Available via CIAP](#)

ONLINE MENTAL HEALTH TOOL FOR PEOPLE WITH INTELLECTUAL DISABILITY



Black Dog Institute

[Healthy Mind](#) is an online Easy Read tool designed by the Black Dog Institute, to help adults with mild to borderline Intellectual Disability (ID) recognise and regulate their thoughts and feelings. Following a successful feasibility trial, with input from people with ID, carers, support workers, allied health professionals, and mental health clinicians, this program is now widely available for implementation.

MINDFULNESS SESSIONS FOR HNE HEALTH STAFF CONTINUE VIA ZOOM

'Mindfulness and compassion training for the workplace' sessions for staff continue on **Tuesdays and Thursdays** for 20 minutes at 12.30pm and 1pm live on Zoom. They are run by the team at John Hunter Hospital, together with Dr Jennie Broughton, and are an opportunity to pause, reset and practice being present for our lives.

To Zoom into the session please use:

Meeting ID: 887 029 400

Password: 965690

Alternatively [join using this link:](#)

Dr Broughton has completed the two-year *Mindfulness Meditation Teachers* training with Tara Brach and Jack Kornfield – particularly the '*Mindfulness at Work*' series – on which the sessions are based. She has also taught *Mindfulness Based Stress Reduction* in both the community and health setting.



HNE Health Libraries hold many books on mindfulness and stress reduction in the workplace, including:

The resilient clinician / Robert Wicks

[616.8914 WICK 2008](#)

Mind-body medicine in clinical practice / Hilary McClafferty

[616.891 MCCL 2018](#)

The resilient physician: a pocket guide to stress management / John Kelly

[610.695 KELL 2018](#)

[Browse the catalogue for more...](#)

CASE STUDY: FACE COVERINGS and MASK to MINIMISE DROPLET DISPERSION and AEROSOLISATION

A recent study from the University of NSW evaluated the effectiveness of the Centers for Disease Control and Prevention (CDC) recommended one- and two-layer cloth face covering against a three-ply surgical mask. They challenged the cloth covering against speaking, coughing and sneezing.

SOURCE: Bahl, P. et al. (2020) [Face coverings and mask to minimise droplet dispersion and aerosolisation: a video case study. Thorax](#), published online July 24. doi: 10.1136/thoraxjnl-2020-215748

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HISTORY OF MEDICAL MASKS

From animal-bladder skin to houndstooth check and sequins, face masks have undergone many revolutions in design over the centuries. [This short item from the Wellcome Collection](#), traces their history in pictures. Or try [this article from the Lancet](#), on the history of medical masks.



LOCAL RESEARCH

Maansi Arora, Kaete Walker, Judy Luu, Robbert Duvivier, Tinashe Dune & Katie Wynne (2020) Education of the medical profession to facilitate delivery of transgender health care in an Australian health district. [Australian journal of primary health](#), 26(1), 17-23

Available via CIAP

Jarrod Rawson, Fionnuala Fagan, Georgin Burrough, Helen Tang, Moire Cuncannon, Katrina Ellem & Anoop Enjeti (2020) [Intensive care unit outcomes in patients with hematological malignancy. Blood science](#), 2(1), 33-37

Rachel Shelton, Matthew Lee, Laura Brotzman, Luke Wolfenden, Nicole Nathan & Milton Wainberg (2020) What is dissemination and implementation science? An introduction and opportunities to advance behavioral medicine and public health globally. [International journal of behavioral medicine](#), 27(1), 3-20

Journal is available via CIAP (but 12 mth embargo), so contact HNEH Libraries to access full-text

Alan Weiss, Nicole Brown, Robert Wainwright, Christopher Newtown & Peter Schofield (2020) Feasibility of the Audio Recorded Cognitive Screen in the assessment of individuals undergoing electroconvulsive therapy. [Journal of ECT](#), 36(1), 4-9

Available via CIAP



HNE HEALTH LIBRARIES
linking evidence with practice

[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

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