

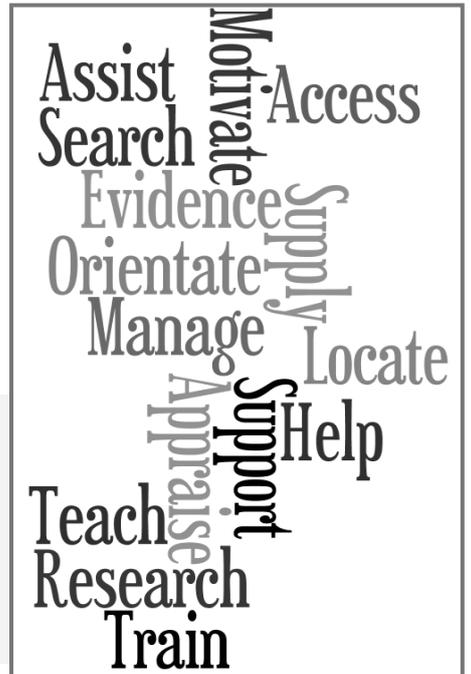


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The newsletter of [HNE Health Libraries](#)
Vol 14(6) June 2018



BYPASSING THE ED IS KEY TO ACHIEVING TARGET FIRST MEDICAL CONTACT TO BALLOON TIMES

Australian guidelines advocate primary percutaneous coronary intervention (PPCI) as the reperfusion strategy of choice for ST-elevation myocardial infarction (STEMI) in patients in whom it can be performed within 90 minutes of first medical contact; otherwise, fibrinolytic therapy is preferred. In a large health district, the reperfusion strategy is often chosen in the prehospital setting. We sought to identify a distance from a PCI centre, which made it unlikely first medical contact to balloon time (FMCTB) of less than 90 minutes could be achieved in the Hunter New England health district and to identify causes of delay in patients who were triaged to a PPCI strategy.

LOCAL RESEARCH

We studied 116 patients presenting via the ambulance service with STEMI from January 2016 to December 2016. In patients who were taken directly to the cardiac catheterisation lab, a maximum distance of 50 km from hospital resulted in 75% of patients receiving PCI within 90 minutes and approximately 95% of patients receiving PCI within 120 minutes. Patients who bypassed the emergency department (ED) were significantly more likely to have FMCTB of less than 90 minutes despite having a longer travel distance. Patients transiting via the ED were significantly more likely to present out of hours.

SOURCE: Saad Ezad, Allan Davies, Hooria Cheema, Trent Williams & James Leitch (2018) [Keys to achieving target first medical contact to balloon times and bypassing emergency department more important than distance](#). *Cardiology research and practice*, Article ID 2951860

INTERVENTIONS FOR INCREASING FRUIT & VEGETABLE CONSUMPTION IN CHILDREN AGED FIVE YEARS & UNDER



REBECCA HODDER
HNE POPULATION HEALTH

Despite identifying 63 eligible trials of various intervention approaches (n=11,698 participants), the evidence for how to increase children's fruit and vegetable consumption remains limited. There was very low- and low-quality evidence respectively that child-feeding practice and multicomponent interventions may lead to very small increases in fruit and vegetable consumption in children aged five years and younger. It is uncertain whether parent nutrition education interventions are effective in increasing fruit and vegetable consumption in children aged five years and younger. Given that the quality of the evidence is very low or low, future research will likely change estimates and conclusions. This is a living systematic review. Living systematic reviews offer a new approach to review updating, in which the review is continually updated, incorporating relevant new evidence as it becomes available. Please refer to the Cochrane Database of Systematic Reviews for the current status of this review.

SOURCE: Rebecca Hodder, Kate O'Brien, Fiona Stacey, Rebecca Wyse, Tara Clinton-McHarg, Flora Tzelepis, Erica James, Kate Bartlem, Nicole Nathan, Rachel Sutherland, Emma Robson, Sze Lin Yoong & Luke Wolfenden (2018) [Interventions for increasing fruit and vegetable consumption in children aged five years and under](#). *Cochrane database of systematic reviews*, Issue 5

PROPHYLACTIC VACCINATION AGAINST HUMAN PAPILLOMAVIRUSES TO PREVENT CERVICAL CANCER & ITS PRECURSORS

There is high-certainty evidence that HPV vaccines protect against cervical pre-cancer in adolescent girls and young women aged 15-26. The effect is higher for lesions associated with HPV16/18 than for lesions irrespective of HPV type. The effect is greater in those who are negative for hrHPV or HPV16/18 DNA at enrolment than those unselected for HPV DNA status. There is moderate-certainty evidence that HPV vaccines reduce CIN2+ in older women who are HPV16/18 negative, but not when they are unselected by HPV DNA status.

SOURCE: Arbyn, M. et al. (2018) [Prophylactic vaccination against human papillomaviruses to prevent cervical cancer and its precursors](#). *Cochrane database of systematic reviews*, Issue 5

WHAT CAN YOUR HNE HEALTH LIBRARY DO FOR YOU?

- Provide quality information to improve patient care and health outcomes
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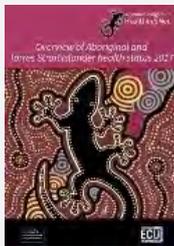


HNE Health Libraries can...

- 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

OVERVIEW OF ABORIGINAL & TORRES STRAIT ISLANDER HEALTH STATUS 2017

The purpose of [Overview of Aboriginal and Torres Strait Islander health status 2017](#) is to provide a comprehensive summary of the most recent indicators of the health and current health status of Australia's Aboriginal and Torres Strait Islander people. It has been prepared by Australian Indigenous HealthInfoNet staff, and is a key element of the HealthInfoNet's commitment to authentic and engaged knowledge development and exchange.



MENTAL HEALTH & SUICIDE PREVENTION NEEDS ASSESSMENT

[This needs assessment](#) is a key element in the role of Hunter New England and Central Coast Primary Health Network (HNECC) in leading mental health and suicide prevention planning and integration at a regional level. It aims to identify gaps and opportunities for the efficient commissioning and targeting of primary mental health services. Further, it aims to inform the development of regional mental health and suicide prevention plans to guide and support an improved and integrated mental health system.

LOCAL RESEARCH



AUSTRALIA'S HEALTH 2018

[Australia's health 2018](#) is the AIHW's 16th biennial report on the health of Australians. It examines a wide range of contemporary topics in a series of analytical feature articles and short statistical snapshots. The report also summarises the performance of the health system against an agreed set of indicators.

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.



- Wilkins, T. et al. (2018) Colorectal cancer screening and prevention. [American family physician](#), 97(10), 658-665
- Ghuman, A. et al. (2018) Prophylactic use of alpha-1 adrenergic blocking agents for prevention of postoperative urinary retention: a review and meta-analysis of randomized clinical trials. [American journal of surgery](#), 215(5), 973-979 *Available via CIAP*
- O'Connor, N. et al. (2018) Use of personal electronic devices by psychiatric inpatients: benefits, risks and attitudes of patients and staff. [Australasian psychiatry](#), 26(3), 263-266 *Available via CIAP*
- Elias, A. et al. (2018) **ECT in the continuation and maintenance treatment of depression: systematic review and meta-analyses.** [Australian & New Zealand journal of psychiatry](#), 52(5), 415-424
- Hardy, J. et al. (2018) **A randomized open-label study of guideline-driven antiemetic therapy versus single agent antiemetic therapy in patients with advanced cancer and nausea not related to anticancer treatment.** [BMC cancer](#), 18: 510
- Ruthirakuhan, M. et al. (2018) [Pharmacological interventions for apathy in Alzheimer's disease.](#) [Cochrane database of systematic reviews](#), Issue 5
- Hoffman, V. et al. (2018) [Psychological and pharmacological treatments for adults with posttraumatic stress disorder: a systematic review update.](#) [Comparative effectiveness review](#), No. 207
- Han, J. et al. (2018) **Factors influencing professional help-seeking for suicidality: a systematic review.** [Crisis](#), 39(3), 175-196
- Burnett, D., Smith, S. & Young, C. (2018) [The surgical management of pilonidal disease is uncertain because of high recurrence rates.](#) [Cureus](#), 10(5): e2625 *LOCAL RESEARCH*
- Varga, E. et al. (2018) [Community-based psychosocial treatment has an impact on social processing and functional outcome in schizophrenia.](#) [Frontiers in psychiatry](#), 9: 247
- Ward, S., Outram, S. & Heslop, B. (2018) **Perceived utility and relevance of intern wellbeing sessions.** [Internal medicine journal](#), 48(6), 645-650 *Available via CIAP LOCAL RESEARCH*
- Sénat, M. et al. (2018) Effect of glyburide vs subcutaneous insulin on perinatal complications among women with gestational diabetes: a randomized clinical trial. [JAMA](#), 319(17), 1773-1780 *Available via CIAP*
- Leas, B. et al. (2018) Effectiveness of indoor allergen reduction in asthma management: a systematic review. [Journal of allergy and clinical immunology](#), 141(5), 1854-1869 *Available via CIAP*
- Howard, K. et al. (2018) **Can a brief biologically-based psychoeducational intervention reduce stigma and increase help-seeking intentions for depression in young people? A randomised controlled trial.** [Journal of child & adolescent mental health](#), 30(1), 27-39
- Mills, S. et al. (2018) Can fortified foods and snacks increase the energy and protein intake of hospitalised older patients? A systematic review. [Journal of human nutrition and dietetics](#), 31(3), 379-389 *Available via CIAP*
- So, C.F. & Chung, J.W.Y. (2018) [Telehealth for diabetes self-management in primary healthcare – a systematic review and meta-analysis.](#) [Journal of telemedicine and telehealth](#), 24(5), 356-364
- Herrod, P. et al. (2018) Exercise and other nonpharmacological strategies to reduce blood pressure in older adults: a systematic review and meta-analysis. [Journal of the American Society of Hypertension](#), 12(4), 248-267
- Blumberger, D. et al. (2018) Effectiveness of theta burst versus high-frequency repetitive transcranial magnetic stimulation in patients with depression (THREE-D): a randomised non-inferiority trial. [Lancet](#), 391(10131), 1683-1692 *Available via CIAP*
- Sankaranarayanan, A. et al. (2018) **A critical systematic review of evidence for cannabinoids in the treatment of schizophrenia.** [Psychiatric annals](#), 48(5), 214-223 *Available via CIAP*
- Shepherd, S. (2018) **The utility of the HCR-20 in an Australian sample of forensic psychiatric patients.** [Psychiatry, psychology and law](#), 25(2), 273-282

KNOWING HOW TO GET THINGS DONE. NURSE CONSULTANTS AS CLINICAL LEADERS

Clinical Leaders drive healthcare performance in the provision of safe high quality patient care by influencing others and augmenting change. Clinical leadership features strongly in Nurse Consultant (NC) roles and holds potential to strengthen the NC's place in healthcare teams, making their contribution as clinical leaders more recognisable. This local study explores how clinical leadership is enacted through the NC role, providing understanding of the elements that influence their effectiveness as clinical leaders. NCs are cogent clinical leaders, recognised and valued for their contribution to inter-professional teams and service delivery. The NC role is seen as having a broad sphere of influence and is able to action change through clinical leadership.

CLINICAL NURSE CONSULTANT RESEARCH, HNELHD

SOURCE: Michelle Giles, Vicki Parker, Jane Conway & Rebecca Mitchell (2018) Knowing how to get things done. Nurse consultants as clinical leaders. *Journal of clinical nursing*, 27(9-10), 1981-1993

Available via CIAP

EULAR RECOMMENDATIONS FOR THE HEALTH PROFESSIONAL'S APPROACH TO PAIN MANAGEMENT IN INFLAMMATORY ARTHRITIS & OSTEOARTHRITIS

eular

fighting rheumatic & musculoskeletal diseases together

Pain is the predominant symptom for people with inflammatory arthritis (IA) and osteoarthritis (OA). A multidisciplinary task force including professionals and patient representatives conducted a systematic literature review of systematic reviews to evaluate evidence regarding effects on pain of multiple treatment modalities. Effects on pain were most uniformly positive for physical activity and exercise interventions, and for psychological interventions. Effects on pain for educational interventions, orthotics, weight management and multidisciplinary treatment were shown for particular disease groups.

SOURCE: Geenen, R. et al. (2018) [EULAR recommendations for the health professional's approach to pain management in inflammatory arthritis and osteoarthritis](#). *Annals of the rheumatic diseases*, 77(6), 797-807

PATHWAYS TO MENTAL HEALTH CARE FOR AUSTRALIAN ABORIGINAL YOUTH

Aboriginal children and adolescents may face additional difficulties navigating the mental health care system due to complex socio-cultural factors and the dearth of culturally appropriate and effective mental-health related treatment pathways. The use of appropriate assessment tools, engagement of family and community, flexibility, and central coordination have been identified in the literature as potential facilitators of culturally appropriate mental health service delivery for Aboriginal children and adolescents.



SOURCE: Kilian, A. & Williamson, A. (2018) [What is known about pathways to mental health care for Australian Aboriginal young people? A narrative review](#). *International journal for equity in health*, 17(1): 12

GLYCATED HEMOGLOBIN & STROKE RISK

Australian systematic review and meta-analysis of observational cohort and nested case-control cohort studies (n=532,779) assessing the association between rising HbA1c levels and stroke risk in adults with and without type 1 or type 2 diabetes mellitus, found a rising HbA1c level is associated with increased first-ever stroke risk in cohorts with a diabetes mellitus diagnosis and increased risk of first-ever ischemic stroke in non-diabetes mellitus cohorts. These findings suggest that more intensive HbA1c glycemic control targets may be required for optimal ischemic stroke prevention.



SOURCE: Mitsios, J. et al. (2018) [Relationship between glycated hemoglobin & stroke risk: a systematic review & meta-analysis](#). *Journal of the American Heart Association*, 7(11): e007858

ACTIVE SURVEILLANCE OF MEN WITH LOW RISK PROSTATE CANCER: EVIDENCE FROM THE PROSTATE CANCER OUTCOMES REGISTRY (VIC)

Of 1635 men eligible for inclusion in the analysis (diagnosed with prostate cancer between Aug 2008—Dec 2014, aged 75 years or less at diagnosis, managed by AS for at least 2 years, and with an ISUP grade group of 3 or less), 433 adhered to the active surveillance (AS) protocol (at least three PSA measurements and at least one biopsy in the 2 years following diagnosis). The significant predictor of adherence in the multivariate model was being diagnosed in a private hospital. Significant predictors of non-adherence included being diagnosed by transurethral resection of the prostate or transperineal biopsy, and being 66 years of age or more at diagnosis. Almost three-quarters of men who had prostate cancer with low risk of disease progression did not have follow-up investigations consistent with standard AS protocols.

SOURCE: Evans, M. et al. (2018) [Active surveillance of men with low risk prostate cancer: evidence from the Prostate Cancer Outcomes Registry—Victoria](#). *MJA*, 208(10), 439-443

MENTAL HEALTH TRAJECTORIES AMONG WOMEN IN AUSTRALIA AS THEY AGE

To ascertain the trajectories of mental health among women in Australia assessed in repeat waves from their early 70s to the end of their lives or their mid-80s. Secondary analysis of data contributed by the 1921-26 cohort of the Australian Longitudinal Study of Women's Health Waves 1-6. 12,432 women completed Survey One. Mental health among older women is related to social relationships, general health, access to physical activity and healthy nutrition, coincidental adverse life events and experiences of interpersonal violence, in particular elder abuse.

SOURCE: Tran, T. et al. (2018) [Mental health trajectories among women in Australia as they age. Aging & mental health](#), published online May 23. doi: 10.1080/13607863.2018.1474445

Contact HNE Health Libraries to access this article

INTERNET-DELIVERED EXPOSURE THERAPY FOR FIBROMYALGIA

This study constitutes the first randomized controlled trial evaluating exposure therapy for fibromyalgia (FM), a common and disabling chronic pain disorder, for which existing pharmacological and psychological treatments have yet yielded insufficient effects. 140 participants with diagnosed FM were randomized to a 10-week Internet-delivered exposure treatment or a waitlist control condition (WLC). Data retention was high. Results showed that participants in the exposure group made large and superior improvements compared with WLC on FM symptoms and impact, as well as all secondary outcomes (fatigue, disability, quality of life, pain-related distress and avoidance behaviours, insomnia, depression, and anxiety) with sustained results.

SOURCE: Hedman-Lagerlof, M. et al. (2018) Internet-delivered exposure therapy for fibromyalgia: a randomized controlled trial. *Clinical journal of pain*, 34(6), 532-542

Available via CIAP



A CONTROLLED BEFORE-AFTER STUDY TO EVALUATE THE EFFECT OF A CLINICIAN LED POLICY TO REDUCE KNEE ARTHROSCOPY IN NSW

Clinical evidence shows knee arthroscopy has little benefit for degenerative conditions and considerable variation in the incidence of knee arthroscopy in Australia has been identified. This study aimed to evaluate a clinician-led evidence-based policy which was implemented in one local NSW health district in 2012 to reduce the use of knee arthroscopy for patients aged 50 years or over.

SOURCE: Chen, H.Y. et al. (2018) [A controlled before-after study to evaluate the effect of a clinician led policy to reduce knee arthroscopy in NSW](#). *BMC musculoskeletal disorders*, 19:1478

MORTALITY & MORBIDITY IN ACUTELY ILL ADULTS TREATED WITH LIBERAL VERSUS CONSERVATIVE OXYGEN THERAPY

The *Improving Oxygen Therapy in Acute-illness* (IOTA) systematic review and meta-analysis, compared liberal and conservative oxygen therapy in acutely ill adults. 25 randomised controlled trials enrolled 16,037 patients with sepsis, critical illness, stroke, trauma, myocardial infarction, or cardiac arrest, and patients who had emergency surgery. In acutely ill adults, high-quality evidence shows that liberal oxygen therapy increases mortality without improving other patient-important outcomes. Supplemental oxygen might become unfavourable above an SpO₂ range of 94–96%. These results support the conservative administration of oxygen therapy.

SOURCE: Chu, D. et al. (2018) Mortality and morbidity in acutely ill adults treated with liberal versus conservative oxygen therapy (IOTA): a systematic review and meta-analysis. *Lancet*, 391(10131), 1693–1705

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10 WAYS THAT LIBRARY & INFORMATION SERVICES POWER THE HEALTH SECTOR

NO 4—SPECIALIST RESOURCES

Collections are tailored to the needs of clients, whether clinicians, students, scientists or researchers. Increasingly, these are digital collections, including multimedia resources, ebooks, journals and databases. Librarians keep up to date with the very latest products, print and digital, from publishers worldwide and are skilled at negotiating the best deal for their organisations.

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



NEW ONLINE RESOURCE: 3D PRINTING IN MEDICINE

[3D printing in medicine: a practical guide for medical professionals](#) / Frank Rybicki and Gerald Grant

This e-book describes the fundamentals of 3D printing, addresses the practical aspects of establishing a 3D printing service in a medical facility, and explains the enormous potential value of rendering images as 3D printed models capable of providing tactile feedback and tangible information on both anatomic and pathologic states.

ACCESS TO AUDIO DIGEST PSYCHIATRY

HNE Health Libraries has taken out a new subscription to **Audio Digest Psychiatry**. You will still be able to access mp3s online but unfortunately the publishers will no longer supply CDs. One advantage to the new subscription is that you register individually – so will be able to create personal playlists, etc. – rather than seeing everyone's selections.



- Register from a **HNE computer** at: <http://membership.audio-digest.org/registration/institutions>
- Select 'Psychiatry Gold Membership'.
- Enter details and create username/password. (Username is your email address.)
- Contact information is default institutional information and cannot be changed.

On subsequent visits, you can log-in from **any computer or mobile device** with your username/password at: <https://membership.audio-digest.org/Login>

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You can download a mobile app from the iOS or Android store. You will have to **re-authenticate from a valid HNELHD IP address every 90 days** to continue accessing content.

If you have any questions, or need assistance to log-in please contact the Mater Library—Tel: 4033 5075

ACCESSSS SMART SEARCH BEST EVIDENCE FOR HEALTH CARE

GET HELP TO ANSWER YOUR CLINICAL QUESTIONS WITH THE CURRENT BEST EVIDENCE

HNE Health Libraries is making available **ACCESSSS Smart Search** from McMaster, the home of Evidence-Based Medicine.

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



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

ACCESSSS Smart Search has a new evidence layer, Systematic Guidelines, and a new design, to improve performance on mobile devices.

You can use ACCESSSS Smart Search from any HNE computer, or you can register on a HNE computer for offsite access.

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

CLINICALKEY WILL NOT BE RENEWED

The Library Service will not be renewing our subscription to **ClinicalKey** or **ClinicalKey for Nursing** when it expires in June this year.

ClinicalKey If there are any resources currently available in ClinicalKey that you think the Library should continue to provide access to [please add the details to this online form](#).

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