

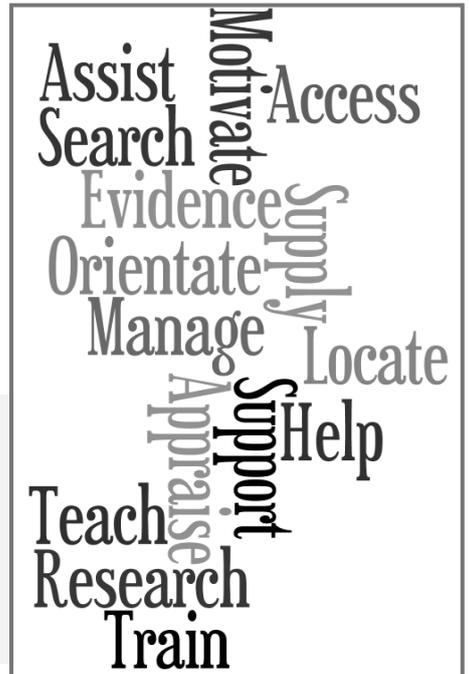


HNE HEALTH LIBRARIES

linking evidence with practice

Library Lore

The newsletter of [HNE Health Libraries](#)
Vol 14(8) August 2018



TELEHEALTH-BASED MODEL OF CARE REDESIGN TO FACILITATE LOCAL FITTING & MANAGEMENT OF PATIENTS WITH A SPINAL FRACTURE REQUIRING A THORACIC LUMBAR SACRAL ORTHOSIS IN NSW RURAL HOSPITALS

A telehealth-based model of care for spinal fractures requiring management with thoracic lumbar sacral orthoses that eliminates the need for transfer to a metropolitan tertiary referral hospital was implemented across eight rural HNE locations. A total of 81 patients who were managed under this model (July 2013-June 2016) were included in this study.

Mean length of stay reduced from nine to four days. Hospital transfers were eliminated from the patient journey, totalling 24,324kms. Workshops were attended by 71 clinicians from 9 rural hospitals and survey findings indicated a significant increase in staff knowledge, skill and confidence post education. Cost efficiencies were gained by eliminating 162 inter-hospital transfers and 405 patient bed days. This model has streamlined patient journeys and reduced transfers and travel, enabling rural clinicians to provide specialised services in local communities and facilitating timely evidence-based care in local communities without any adverse events.



L-R: JANE MORISON & SARAH ZEHNDER—NEUROSURGICAL DEPT, JHH; JUDITH HENDERSON & RYAN GALLAGHER PHYSIOTHERAPY DEPT, JHH & MICHELLE GILES HNE NURSING & MIDWIFERY RESEARCH CENTRE

SOURCE: Ryan Gallagher, Michelle Giles, Jane Morison & Judith Henderson (2018) Telehealth-based model of care redesign to facilitate local fitting and management of patients with a spinal fracture requiring a thoracic lumbar sacral orthosis in rural hospitals in New South Wales. *Australian journal of rural health*, 26(3), 181-187 *Available via CIAP*

AN ASSISTANT WORKFORCE TO IMPROVE SCREENING RATES & QUALITY OF CARE FOR OLDER PATIENTS IN THE ED

Older people who present to the Emergency Department (ED) experience high rates of prevalent and incident delirium. This study aimed to determine whether an assistant workforce in the ED could effectively conduct screening to inform assessment and care planning for older people as well as enhance supportive care activities for prevention of delirium.

AGED CARE EMERGENCY SERVICE, PATIENT FLOW UNIT, JHH

3542 people were seen by Older Person Technical Assistants (OPTAs) in 4563 ED Presentations between 2011 and 2012. The medical record audit showed significant improvement in the rates of documented screening, including cognition from 1.5–38% and review of pain from 29–75%. Supportive care such as being given fluids or food also improved from 13-49% and pressure care from 4.8-30%. This was accomplished with no increase in ED length of stay among this age group.

SOURCE: Carolyn Hullick, Jane Conway, Isabel Higgins, Jacqueline Hewitt, Bernadette Stewart, Sophie Dilworth & John Attia (2018) [An assistant workforce to improve screening rates and quality of care for older patients in the emergency department: findings of a pre- post, mixed methods study.](#) *BMC geriatrics*, 18: 126

SEE ALSO:

Ryan Gallagher, Jodie Marquez & Peter Osmotherly (2018) Clinimetric properties and minimal clinically important differences for a battery of gait, balance, and cognitive examinations for the tap test in idiopathic normal pressure hydrocephalus. *Neurosurgery*, published online Jul 12. doi:10.1093/neuros/nyy286

Available via CIAP—but 12 month embargo

OPEN ATHENS COMES TO HNE HEALTH LIBRARIES

HNE Health Libraries have introduced a new authentication system for accessing the Libraries' online resources. The new system - **OpenAthens** requires everyone to logon to the resources from **both inside the HNEH network and offsite.**

To logon to the Libraries' online resources you will need to use your library membership details. Your username is the barcode on your library membership card. If you have forgotten your logon details please use [this link](#).

To join the library, please complete [the registration form](#).

If you are at a HNE Health Libraries branch, you can collect your membership card from the desk immediately. Otherwise your membership card will be delivered to you.





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 MENTAL HEALTH & PHYSICAL HEALTH TRACKER



[Australia's Mental and Physical Health Tracker](#), from the Australian Health Policy Collaboration (AHPC) at Victoria University is the first Australian study to quantify the risks of

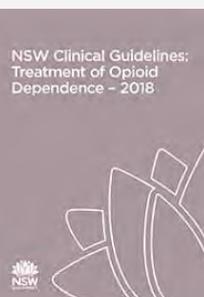
physical health conditions contributing to a wide range of mental health conditions including anxiety and depression. Some statistics from the report show:

- 1.075 million Australians are living with a mental health condition and a circulatory disease such as heart failure or hypertension – Australia's biggest killer.
- 321,400 Australians are living with diabetes and a mental health condition.
- Almost 960,000 Australians have arthritis and a mental health condition.

NSW CLINICAL GUIDELINES: TREATMENT OF OPIOID DEPENDENCE 2018

[These guidelines from the NSW Ministry of Health](#), provide clinical guidance and policy direction for opioid treatment in NSW. They align with national directions and recommendations, and incorporate the latest clinical evidence. The guidelines aim to improve access to opioid treatment; personalise patient care by introducing a system that differentiates between those who have low/moderate or complex/high treatment needs; and support more effective coordination of care across health services. These guidelines are intended for use in generalist health settings, as well as specialised drug and alcohol/opioid treatment clinics.

Read the [abbreviated version...](#)



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.

Stolz, D. et al. (2018) Intensified therapy with inhaled corticosteroids and long-acting beta2-agonists at the onset of upper respiratory tract infection to prevent chronic obstructive pulmonary disease exacerbations. A multicenter, randomized, double-blind, placebo-controlled trial. [American journal of respiratory and critical care medicine](#), 197(9), 1136-1146 **Available via CIAP**

Wijnberge, M. et al. (2018) [Estimating mean circulatory filling pressure in clinical practice: a systematic review comparing three bedside methods in the critically ill](#). [Annals of intensive care](#), 8(1): 73

Hart, L. et al. (2018) Helping adolescents to better support their peers with a mental health problem: a cluster-randomised crossover trial of teen Mental Health First Aid. [Australian & New Zealand journal of psychiatry](#), 52(7), 638-651 **Available via CIAP**

Jung, Y. & Chung, W. (2018) [Phagocytic roles of glial cells in healthy and diseased brains](#). [Biomolecules & therapeutics](#), 26(4), 350-357

Särkämö, T. (2018) Music for the ageing brain: cognitive, emotional, social, and neural benefits of musical leisure activities in stroke and dementia. [Dementia](#), 17(6), 670-685

Worsfold, K. & Sheffield, J. (2018) Eating disorder mental health literacy: what do psychologists, naturopaths, and fitness instructors know? [Eating disorders](#), 26(3), 229-247

Martin, R. et al. (2018) Effect of a low-intensity PSA-based screening intervention on prostate cancer mortality. The CAP randomized clinical trial. [JAMA](#), 319(9), 883-895 **Available via CIAP**

Rosendahl, J. et al. (2018) Effect of higher vs standard dosage of vitamin d3 supplementation on bone strength and infection in healthy infants: a randomized clinical trial. [JAMA paediatrics](#), 172(7), 646-654 **Available via CIAP**

Gordon, B. et al. (2018) Association of efficacy of resistance exercise training with depressive symptoms: meta-analysis and meta-regression analysis of randomized clinical trials. [JAMA psychiatry](#), 75(6), 566-576 **Available via CIAP**

Schumer, M. et al. (2018). Brief mindfulness training for negative affectivity: a systematic review and meta-analysis. [Journal of consulting and clinical psychology](#), 86(7), 569-583

Janszky, I. et al. (2018) Invasive procedures associated with the development of infective endocarditis. [Journal of the American College of Cardiology](#), 71(24), 2744-2752 **Available via ClinicalKey**

Howick, J. et al. (2018) [Effects of empathic and positive communication in healthcare consultations: a systematic review and meta-analysis](#). [Journal of the Royal Society of Medicine](#), 111(7), 240-252

van der Meij, E. et al. (2018) Personalised perioperative care by e-health after intermediate-grade abdominal surgery: a multicentre, single-blind, randomised, placebo-controlled trial. [Lancet](#), 392(10141), 51-59 **Available via ClinicalKey**

O'Mara, T. et al. (2018) [Identification of nine new susceptibility loci for endometrial cancer](#). [Nature communications](#), 9(1): 3166 **LOCAL RESEARCHERS**

Udholm, S. et al. (2018) [Prognostic power of cardiopulmonary exercise testing in Fontan patients: a systematic review](#). [Open heart](#), 5: e000812

Balk, D. et al. (2018) Lung ultrasound compared to chest X-ray for diagnosis of pediatric pneumonia: a meta-analysis. [Pediatric pulmonology](#), 53(8), 1130-1139

Keag, O. et al. (2018) [Long-term risks and benefits associated with caesarean delivery for mother, baby, and subsequent pregnancies: meta-analysis](#). [PLoS medicine](#), 15(1): e1002494

Beyea, M. et al. (2018) Neurologic outcomes after extracorporeal membrane oxygenation assisted CPR for resuscitation of out-of-hospital cardiac arrest patients: a systematic review. [Resuscitation](#), 130: 146-158 **Available via ClinicalKey**

Lavoie, J. et al. (2018) [Relative invisibility: an integrative review of carers' lived experiences of a family member's emergency mental health crisis](#). [Social work in mental health](#), 16(5), 601-626

NOVEL, CULTURALLY APPROPRIATE APPROACH TO WEIGHT MANAGEMENT IN ABORIGINAL & TORRES STRAIT ISLANDER PEOPLE



Shared medical appointments (SMAs), also known as group visits, are defined as a series of individual consultations, sequentially attending to each patient's unique medical needs in a supportive group setting where all can listen, interact and learn. SMAs have been shown to increase efficiencies and patient outcomes as well as improve provider and patient satisfaction over traditional one-on-one consultations. The SMA process has been given the name "medical yarn ups" (MYUs) by Aboriginal and Torres Strait Islander participants. The authors report on a trial of SMAs in Aboriginal and Torres Strait Islander men. The result has seen the development of a culturally acceptable and safe process to deliver health care generally, as well as a mechanism to deliver specific health programs to Aboriginal and Torres Strait Islander people.

SOURCE: Stevens, J. et al. (2018) [A novel, culturally appropriate approach to weight management in Aboriginal and Torres Strait Islander people](#). *MJA*, 209(1), 68

EFFECT OF DIMETHYL FUMARATE ON DNA METHYLATION IN PATIENTS WITH MS

Dimethyl fumarate is an oral treatment for multiple sclerosis (MS), whose mechanism of action is not fully understood. This study by local authors investigates the effect of dimethyl fumarate on DNA methylation in the CD4+ T cells of multiple sclerosis patients.

LOCAL RESEARCH

SOURCE: Vicki Maltby, Rodney Lea, Karen Ribbons, Katherine Sanders, Daniel Kennedy, Myintzu Min, Rodney Scott & Jeannette Lechner-Scott (2018) [DNA methylation changes in CD4+ T cells isolated from multiple sclerosis patients on dimethyl fumarate](#). *Multiple sclerosis journal – experimental, translational and clinical*, 4(3): 2055217318787826

DEPRESSION IN TYPE 1 DIABETES & RISK OF DEMENTIA

Depression affects 14% of individuals with type 1 diabetes (T1D). Depression is a robust risk factor for dementia but it is unknown if this holds true for individuals with T1D, who recently started living to an age conferring dementia risk. 3,742 individuals with T1D age ≥50 were followed for dementia from Jan 1996-Sept 2015. Five percent were diagnosed with dementia and 20% had baseline depression. Depression was associated with a 72% increase in dementia. The 25-year cumulative incidence of dementia was more than double for those with, versus without, depression.

SOURCE: Gilsanz, P. et al. (2018) Depression in type 1 diabetes and risk of dementia. [Aging & mental health](#), published online Apr 10. doi: 10.1080/13607863.2018.1455167
Contact HNE Health Libraries to access this article



GROUP-BASED DIET & PHYSICAL ACTIVITY WEIGHT-LOSS INTERVENTIONS

Forty-seven randomised controlled trials reporting 60 evaluations of group-based interventions were included. Explicitly targeting weight loss, men-only groups providing feedback, and dietary goals were significantly associated with greater effectiveness. Intervention design and effectiveness vary considerably between studies, and evidence on what optimises the effectiveness of group-based weight-loss interventions remains limited.

[Read more...](#)

SOURCE: Borek, A. et al. (2018) Group-based diet and physical activity weight-loss interventions: a systematic review and meta-analysis of randomised controlled trials. [Applied psychology, Health and well-being](#), 10(1), 62-86
Contact HNE Health Libraries to access this article

FINDING THE OPTIMAL TREATMENT MODEL: A SYSTEMATIC REVIEW OF TREATMENT FOR CO-OCCURRING ALCOHOL MISUSE & DEPRESSION

This systematic review by local authors investigated the methodological quality of publications examining psychosocial treatment of co-occurring alcohol misuse and depression using a sequential, parallel or integrated treatment model; and the effectiveness of each dual treatment model compared to single treatment for those with co-occurring alcohol misuse and depression. They found that evidence for the psychosocial treatment of co-occurring alcohol misuse and depression is limited to a handful of studies. The evidence has several methodological limitations, which impact the interpretation of the findings. Therefore, while international guidelines recommend integrated dual-focused treatment for co-occurring conditions, there is little evidence supporting the superiority of this treatment format for co-occurring alcohol misuse and depression.

LOCAL RESEARCH

SOURCE: Hobden, B. et al. (2018) Finding the optimal treatment model: a systematic review of treatment for co-occurring alcohol misuse and depression. [Australian and New Zealand journal of psychiatry](#), 52(8), 737-750 [Available via CIAP](#)

IN THE NEWS

SPAIN LEADS THE WORLD IN ORGAN DONATION. WHAT'S STOPPING OTHER COUNTRIES CATCHING UP?

On 5th August 2018, the UK government announced plans to change the law on consent for organ donation in England. The new 'opt-out' system is expected to come into effect in 2020. The legislation, known as 'Max's Law', will mean that people will be presumed to consent to donating their organs unless they register their decision to opt-out on the NHS organ donation register.

[Watch a podcast from Mosaic Science](#)

[Read more...](#)

AUSTRALIAN STUDY: Howard, K. et al. (2016) Preferences for policy options for deceased organ donation for transplantation: a discrete choice experiment. [Transplantation](#), 100(5), 1136-1148 [Available via CIAP](#)

BALANCED CRYSTALLOIDS VS SALINE IN CRITICALLY ILL ADULTS



Among critically ill adults (n=15,802), the use of balanced crystalloids (lactated Ringer's solution or Plasma-Lyte A) for intravenous fluid administration, resulted in a lower rate of the composite outcome of death from any cause, new renal-replacement therapy, or persistent renal dysfunction than the use of saline.

[Read more...](#)

SOURCE: Semler, M. et al. (2018) Balanced crystalloids versus saline in critically ill adults. [NEJM](#), 378(9), 829-839 [Available via CIAP](#)

SEE ALSO: Self, W. et al. (2018) Balanced crystalloids versus saline in non-critically ill adults. [NEJM](#), 378(9), 819-828 [Available via CIAP](#)

EDITORIAL: Myburgh, J. (2018) Patient-centered outcomes and resuscitation fluids. [NEJM](#), 378(9), 862-863 [Available via CIAP](#)

STRUCTURED TRAINING IMPROVES SKILLS OF WHEELCHAIR USERS

The Wheelchair Skills Training Program (WSTP) is a training method developed in Canada. It can be used by those with manual or powered wheelchairs, and mobility scooters, as well as by their caregivers. There are sets of 29-34 skills, which cover indoor, community and advanced levels. The training can take place anywhere, and can be done as individual or group sessions. The evidence shows benefits to wheelchair users undergoing structured training. However, extra costs are involved in providing training programmes, and in training staff to deliver them. Some questions remain about optimal duration, intensity and type of training required.

SOURCE: Keeler, L. et al. (2018) Effectiveness of the wheelchair skills training program: a systematic review and meta-analysis. [Disability and rehabilitation: assistive technology](#), published online Apr 4. doi: 10.1080/17483107.2018.1456566
Contact HNE Health Libraries to access this article

YOGA-BASED EXERCISE IMPROVES HRQOL & MENTAL WELL-BEING IN OLDER PEOPLE

Health-related quality of life (HRQOL) and mental well-being are associated with healthy ageing. Physical activity positively impacts both HRQOL and mental well-being.



Yoga is a physical activity that can be modified to suits the needs of older people and is growing in popularity. This Australian systematic review with meta-analysis included 12 trials of high methodological quality (n=752). Yoga interventions resulted in small to moderate improvements in both HRQOL and mental well-being in people aged 60+ years.

[Read NIHR review...](#)

SOURCE: Tulloch, A. et al. (2018) [Yoga-based exercise improves health-related quality of life and mental well-being in older people: a systematic review of randomised controlled trials](#). *Age and ageing*, 47(4), 537-544

HNE Health Libraries in conjunction with ALIA Health Libraries are pleased to present:

ADVANCED SEARCH TECHNIQUES FOR SYSTEMATIC REVIEWS, HTA & GUIDELINES (Workshop for Librarians & Researchers)

The workshop will be facilitated by Carol Lefebvre who is experienced in literature searching to inform systematic reviews and HTAs and in conducting research into the evidence base for information retrieval. Carol is the UK based Co-convenor of the Cochrane Information Retrieval Methods Group and serves on the Cochrane Methods Executive and is lead author on the searching chapter of *The Cochrane Handbook*.



This full day session will provide opportunities to learn new techniques, discuss best approaches, share insights and assess variations in current best practice. We hope to make the session as interactive and participative as possible so you are encouraged to bring along a computer or device for searching.

WHEN: 9am – 4pm, Wednesday 28th November 2018

VENUE: Hunter Medical Research Institute (located on the Rankin Park Campus of HNEH – behind JHH)

COST: \$150 ALIA Member, \$220 Non-Member (excludes GST)

Registration: https://membership.alia.org.au/events/event/hla_advanced_searching_workshop_newcastle
[Enquiries to Angela Smith](#) (Liaison Librarian/Research Support, HNE Health Libraries)

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E-mail: Sue.DeSouza@hnehealth.nsw.gov.au

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



DENTAL HEALTH WEEK AT TAMWORTH LIBRARY

Tamworth Hospital Library launched their new collection of dentistry and oral medicine books at a special morning tea during Dental Health Week (6th – 12th August).

The Oral Health Team of Jane Whitaker, Grace Chan, Ran Al Marae and Brenna Holmes joined Library staff in unveiling a number of interesting titles ranging from oral pathology to paediatric dentistry.



NEW FEATURE ON TRIP

Latest and greatest is a useful new feature in [TRIP](#). It takes a topic and looks at the [latest evidence](#) for that topic, and also the [greatest evidence](#) (meaning the articles that have been clicked on most for the last 12 months.) [A list of topics is available to search](#), but you can access the latest and greatest for [any topic](#) via the link 'Latest & greatest' which displays above the search results—next to the links for 'Alerts' and 'Export'. You can access TRIP via the [HNE Health Libraries website](#). Or register ('[Sign up](#)') to access TRIP from home.



HAVE YOU TRIED THE UPDATED CIAP E-LEARNING MODULES?

Initially developed in 2010, the [eLearning modules](#) are designed to assist CIAP users to better understand the theory and principles of evidence-based practice, critical literature evaluation, as well as to showcase the fundamentals of citation database search techniques. All links have now been updated, and the content revamped and restructured to provide a more user-friendly experience.



NEW—AVAILABLE VIA CIAP: ONLINE DENTAL TRAUMA GUIDE

The *Dental Trauma Guide* offers evidence based treatment guidelines for trauma in primary and permanent teeth. The website is developed and managed in close cooperation with the University Hospital of Copenhagen, Denmark, and with the International Association of Dental Traumatology (IADT). Access includes animation-based treatment procedures, individual prognosis determination for various treatment options for all injury types, print-outs and patient instructions. [Try it yourself...](#)



NEW CIAP DATABASE—OVID EMCARE

CIAP has replaced the *Nursing@Ovid* and *AMED* databases with **Ovid Emcare**. Emcare offers peer-reviewed literature in nursing and allied health and uses the discovery technology of the Ovid® platform. Created for nursing and allied health professionals and students, Emcare provides a way to search, discover, and manage information relevant to your practice.



Find **Emcare** in the 'Databases' panel on the [CIAP homepage](#) and within some of the 'CIAP Specialty Guides'.