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The newsletter of [HNE Health Libraries](#)
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DATA HANDLING for E-MENTAL HEALTH PROFESSIONALS

Digital psychiatry and e-mental health have proliferated and permeated the current landscape of mental health care provision. The COVID-19 crisis has accelerated this digital transformation, and changes that usually take many years to translate into clinical practice have been implemented in a matter of weeks. These have outpaced the checks and balances that would typically accompany such changes, which has brought into focus a need to have a proper approach to digital data handling. Health care data is sensitive, and prone to hacking due to the lack of stringent protocols regarding its storage and access. Mental health care data needs to be more secure, due to the stigma associated with having a mental health condition. Thus, there is a need to emphasize proper data handling by mental health professionals, and policies to ensure safeguarding patient's privacy are required. The aim of useful, free, and fair use of mental health care data for clinical, business, and research purposes should be balanced with the need to ensure the data is accessible to only those who are authorized. Systems and policies should be in place to ensure that data storage, access, and disposal are systematic and conform to data safety norms.



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SOURCE: Sandeep Grover, Siddharth Sarkar & Rahul Gupta (2020) [Data handling for E-Mental health professionals](#). *Indian journal of psychological medicine*, 42(5) suppl, 85S-91S

ANZAED EATING DISORDER TREATMENT PRINCIPLES and GENERAL CLINICAL PRACTICE and TRAINING STANDARDS

Eating disorders are complex to manage, and there is limited guidance around the depth and breadth of knowledge, skills and experience required by treatment providers. The Australia & New Zealand Academy for Eating Disorders (ANZAED) convened an expert group of eating disorder researchers and clinicians to define the clinical practice and training standards recommended for mental health professionals and dietitians providing treatment for individuals with an eating disorder. Implementing these standards aims to bring treatment closer to best practice, and consequently improve treatment outcomes, reduce financial cost to patients and services and improve patient quality of life.

LOCAL AUTHOR: ANJANETTE
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SOURCE: Gabriella Heruc, Kim Hurst, Anjanette Casey et al. (2020) [ANZAED eating disorder treatment principles and general clinical practice and training standards](#). *Journal of eating disorders*, 8: 63

ADD HNE HEALTH LIBRARIES TO YOUR 2021 SCHEDULE

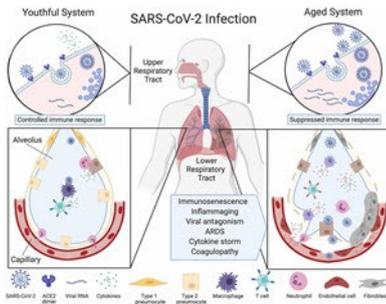
As this crazy year is coming to a close, HNE Health Libraries would like to remind those of you who are **planning for 2021** that our staff have a wealth of experience and knowledge in areas such as **accessing information resources, literature searching** using the databases provided via CIAP, and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



Image by Andreas Lischka from Pixabay

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](#).



IMMUNOSENESCENCE, INFLAMMAGING and COVID-19

One of the most pervasive questions in the COVID-19 pandemic is 'differential susceptibility'. Why do some become so ill? We know who is at greatest risk – those with comorbidities and advanced age – but as yet the 'why' is not clear. The following authors suggest that the common thread running through all comorbidities may be the presence of a turned-on, overactive immune system with chronic inflammation and elevated cytokine levels. The term 'inflammaging' has been coined to describe these chronic, sterile pro-inflammatory processes occurring in age-related diseases. They are associated with decline in the effectiveness of the immune system - known as immunosenescence. Adding an acute viral infection such as COVID-19 (or MERS, SARS or H1N1 influenza) is essentially pouring gasoline on the already-burning fire, resulting in hyperinflammation and severe disease. Enhancing the efficacy of the adaptive immune response may be an important issue both for infection resolution as well as for the appropriate generation of immunity upon vaccination, while inhibiting inflammaging will likely emerge as a potential complementary therapeutic approach in the management of patients with severe COVID-19. [Read more...](#)

SOURCE: Cunha, L. et al. (2020) [Remodeling of the immune response with aging: immunosenescence and its potential impact on COVID-19 immune response](#). *Frontiers in immunology*, 11, 1748

Azkur, A. et al. (2020) [Immune response to SARS-CoV-2 and mechanisms of immunopathological changes in COVID-19](#). *Allergy*, 75(7), 1564–1581

Bektas, A. et al. (2020) [A public health perspective of aging: do hyper-inflammatory syndromes such as COVID-19, SARS, ARDS, cytokine storm syndrome, and post-ICU syndrome accelerate short- and long-term inflammaging?](#) *Immunity & ageing*, 17, 23

Casucci, G. et al. (2020) [The cross-talk between age, hypertension and inflammation in COVID-19 patients: therapeutic targets](#). *Drugs & aging*, published online Oct 21, doi: 10.1007/s40266-020-00808-4

PHENOMENOLOGY of GENDER DYSPHORIA in ADULTS

Not all transgender people experience gender dysphoria, but this systematic review confirms that many experience significant distress. The review explored the causes of distress and how different types of distress interact. It revealed a complex relationship between an individual's feelings about their body, their gender identity, how they express their gender, and how other people interact with them. Overall, transgender people need better support from the healthcare system and from society. Greater understanding and acceptance from others could improve their wellbeing. [Read NIHR review...](#)



SOURCE: Cooper, K. et al. (2020) [The phenomenology of gender dysphoria in adults: systematic review and meta-synthesis](#). *Clinical psychology review*, 80: 101875



EFFECTIVENESS of ONE-TO-ONE PEER SUPPORT in MENTAL HEALTH SERVICES

Evidence from this systematic review of nineteen trials (3329 participants) suggests that one-to-one peer support in mental health services may have a modest positive impact on self-reported recovery and empowerment, and improve social network support. There was no impact on clinical symptoms or service use. Incomplete reporting of data, and heterogeneity in the implementation of peer support in many studies suggested bias in the evidence base.

SOURCE: White, S. et al. (2020) [The effectiveness of one-to-one peer support in mental health services: a systematic review and meta-analysis](#). *BMC psychiatry*, 20(1), 534

SUBJECTIVE and OBJECTIVE RISK-ASSESSMENT MEASURES for PREDICTING MORTALITY after MAJOR SURGERY

Preoperative risk prediction is important for guiding clinical decision-making and resource allocation. Clinicians frequently rely solely on their own clinical judgement for risk prediction rather than objective measures. This prospective observational study in 274 hospitals (22,631 patients) in the United Kingdom, Australia, and New Zealand compared the accuracy of freely available objective surgical risk tools with subjective clinical assessment in predicting 30-day mortality.

SOURCE: Wong, D. et al. (2020) [Developing and validating subjective and objective risk-assessment measures for predicting mortality after major surgery: an international prospective cohort study](#). *PLoS medicine*, 17(10), e1003253

LOCAL RESEARCH: COST-EFFECTIVENESS of AZITHROMYCIN in REDUCING EXACERBATIONS in UNCONTROLLED ASTHMA

Add-on azithromycin (AZM) results in a significant reduction in exacerbations among adults with persistent uncontrolled asthma. The AMAZES trial randomly assigned 420 participants to AZM or placebo to assess the cost-effectiveness of add-on AZM in terms of healthcare and societal costs. Add-on AZM resulted in a reduction in healthcare costs, including nights in hospital, unplanned healthcare visits, antibiotic costs, and oral corticosteroid costs. Overall healthcare and societal costs were lower, albeit not statistically significant. Irrespective of the sensitivity analysis applied, the net monetary benefit for total, moderate and severe exacerbations remained positive and significant.

SOURCE: Ciaran O'Neill, Peter Gibson, Liam Heaney, John Upham, Ian Yang, Paul Reynolds, Sandra Hodge, Christine Jenkins, Matthew Peters, Guy Marks, Alan James & Jodie Simpson (2020) The cost-effectiveness of azithromycin in reducing exacerbations in uncontrolled asthma. *European respiratory journal*, published online Oct 2. doi: 10.1183/13993003.02436-2020 [Contact HNEH Libraries to access this article](#) (Library membership required)

SAFETY of CEFTRIAXONE in PAEDIATRICS

Systematic review of the safety and incidence of adverse drug reactions (ADRs) of ceftriaxone in paediatric patients (n=5717). 1136 ADRs were reported, the most frequent being gastrointestinal disorders, followed by hepatobiliary disorders. Immune haemolytic anaemia and biliary pseudolithiasis are the most serious ADRs and the major reasons for discontinuation of ceftriaxone. Almost all biliary pseudolithiasis are reversible, however, the incidence was high affecting one in five paediatric patients. Immune haemolytic anaemia is more likely in children with sickle cell disease and may cause death.

SOURCE: Zeng, L. et al. (2020) [Safety of ceftriaxone in paediatrics: a systematic review](#). *Archives of disease in childhood*, 105 (10), 981–985

A SIMPLE BRAIN TRAINING PROGRAM COULD HELP YOU STAY AWAY FROM ALCOHOL

More than half of patients with alcohol use disorder who receive inpatient withdrawal treatment relapse within weeks of discharge. A recent randomized clinical trial in Melbourne, including 300 patients with moderate or severe alcohol use disorder (18-65 years), receiving inpatient withdrawal treatment, found that cognitive bias modification (CBM) significantly increased the proportion who maintained abstinence during the follow-up period. Specialist training/equipment is not required to implement CBM—just a computer and joystick. It could be routinely offered as an adjunctive intervention during withdrawal treatment to optimize outcomes.



Find out more in [The Conversation...](#)

SOURCE: Manning, V. et al. (2020) Effect of cognitive bias modification on early relapse among adults undergoing inpatient alcohol withdrawal treatment: a randomized clinical trial. *JAMA psychiatry*, published online Nov 4. doi: 10.1001/jamapsychiatry.2020.3446

Available via CIAP

REVIEW: ASSOCIATION BETWEEN LITHIUM in DRINKING WATER and NEUROPSYCHIATRIC OUTCOMES

Lithium in drinking water may have significant mental health benefits, and has long been a popular topic for research. The authors of this recent Australian review examined the evidence available in 27 studies (113 million subjects). They found that higher lithium concentrations in drinking water may be associated with reduced suicide rates and inpatient psychiatric admissions. The relationship with other neuropsychiatric outcomes and complications remains unclear.

SOURCE: Eyre-Watt, B. et al. (2020) The association between lithium in drinking water and neuropsychiatric outcomes: a systematic review and meta-analysis from across 2678 regions containing 113 million. [Australian and New Zealand journal of psychiatry](#), published online Oct 13. doi: 10.1177/0004867420963740

Available via CIAP

ALSO: Memon, A. et al. (2020) [Association between naturally occurring lithium in drinking water and suicide rates: systematic review and meta-analysis of ecological studies](#). *British journal of psychiatry*, published online Jul 27. doi: 10.1192/bjp.2020.128



Image by Rudy and Peter Skitterians from Pixabay

CUTANEOUS MANIFESTATIONS OF COVID-19



Image source

The cutaneous manifestations of COVID-19 are varied and include maculopapular, chilblain-like, urticarial, vesicular, livedoid, and petechial lesions. Skin wounds are of serious concern since broken cutaneous barriers can create an opening for potential COVID-19 infections. This systematic review and photo atlas provides a detailed analysis of the skin pathologies related to COVID-19. Study of these cutaneous manifestations and their pathogenesis, as well their significance in human health will help define COVID-19 in its entirety, which is a prerequisite to its effective management.

SOURCE: Singh, H. et al. (2020) [Cutaneous manifestations of COVID-19: a systematic review](#). *Advances in wound care*, published online Oct 19. doi: 10.1089/wound.2020.1309

[See similar articles in PubMed...](#)

NEUROLOGICAL, NEUROPSYCHIATRIC and NEURODEVELOPMENTAL COMPLICATIONS of COVID-19

Although COVID-19 is predominantly a respiratory disease, it is known to affect multiple organ systems. In this article, the authors highlight the impact of SARS-CoV-2 (the coronavirus causing COVID-19) on the central nervous system as there is an urgent need to understand the longitudinal impacts of COVID-19 on brain function, behaviour and cognition. They also address the possibility of intergenerational impacts of COVID-19 on the brain, potentially via both maternal and paternal routes.

AUSTRALIAN
RESEARCH

SOURCE: Pantelis, C. et al. (2020) [Neurological, neuropsychiatric and neurodevelopmental complications of COVID-19](#). *Australian & New Zealand journal of psychiatry*, published online Oct 1. doi: 10.1177/0004867420961472



HOW I WAS ACCIDENTALLY SECTIONED INTO A PSYCH WARD DURING THE CORONAVIRUS LOCKDOWN

When I get those "time to die" thoughts, I tune into the sliver of myself that still speaks sense. Instead of panicking about the blackness and bleakness of my thinking or buying into their "logic", I use them as diagnostic. "Wow," is what I think to myself. "Check out the blackness and bleakness of THOSE thoughts. Time to outsource for some assistance."

[Read more on ABC News opinions...](#)



UNDERSTANDING CLINICIANS' PERCEIVED BARRIERS and FACILITATORS to OPTIMAL use of ACUTE OXYGEN THERAPY in ADULTS

Supplemental oxygen is commonly administered to patients in acute care. It may cause harm when used inappropriately. Guidelines recommend prescription of

acute oxygen, yet adherence is poor. The authors aimed to identify barriers and facilitators to practicing in accordance with the evidence-based [Thoracic Society of Australia and New Zealand \(TSANZ\) oxygen guideline](#), and to determine the beliefs and attitudes relating to acute oxygen therapy, via a national cross-sectional survey.

LOCAL RESEARCH

SOURCE: Joyce Cousins, Peter Wark, Sarah Hiles & Vanessa M McDonald (2020) [Understanding clinicians' perceived barriers and facilitators to optimal use of acute oxygen therapy in adults](#). *International journal of chronic obstructive pulmonary disease*, 15, 2275–2287

SEE ALSO: Infographic from the *BMJ* 2018; 363 - [Oxygen therapy for acutely ill medical patients: a clinical practice guideline](#)
Full text available via CIAP

AUSTRALIAN BUSHFIRES: EXPLORING THE SHORT-TERM HEALTH IMPACTS

[This report from the AIHW](#) examines a range of health data sources to assess the short-term health impacts of the 2019-20 bushfires, including: ED and GP visits, prescription and purchase of asthma medicines, and mental health service use. Results show clear associations between increased bushfire activity, including poor air quality, and people seeking assistance for their health.

COVID SNIFFER DOGS



Floki is a springer spaniel that scientists at the University of Adelaide are training to detect signs of coronavirus infection in human sweat. The research is part of [an international effort to train sniffer dogs to rapidly screen people for COVID-19](#). Preliminary studies show that dogs trained in this way are able to identify people who are infected with the coronavirus before they develop symptoms. A pilot scheme involving 4 sniffer dogs at Helsinki-Vantaa Airport indicated that dogs can detect the presence of the virus in less than 10 seconds with nearly 100% accuracy.

[Read more in The Conversation...](#)

COMMUNICATION EMPOWERMENT FRAMEWORK

Description of a conceptual framework integrating three theoretical perspectives (Mentalization Theory, Perceptual Control Theory and the Communicative Impact model) to illuminate specific psychological and relational mechanisms that can be targeted, through carer training, to enhance communication with a person living with dementia.

SOURCE: Morris, L. et al. (2020) [Communication Empowerment Framework: an integrative framework to support effective communication and interaction between carers and people living with dementia](#). *Dementia*, 19(6), 1739–1757

RECENT ARTICLES BY LOCAL AUTHORS

Mohammed Al-Omary, Trent Williams, Stephen Briennesse, Arshad Khan, Simon Graffen, Ayrton Sheehan, Moira Doolan, Rhonda Walker, Andrew Boyle, Rosauro Mejia & Nicholas Collins (2020) [Impact of delay in surgery on outcome in patients undergoing cardiac revascularisation surgery](#). *Heart, lung & circulation*, published online Nov 13. doi: 10.1016/j.hlc.2020.09.935

Adily, A. et al. (2020) Association between early contact with mental health services after an offense and reoffending in individuals diagnosed with psychosis. *JAMA psychiatry*, 77 (11), 1–10
Available via CIAP

Nicole Pearson, Patti-Jean Naylor, Maureen Ashe, Maria Fernandez, Sze Lin Yoong & Luke Wolfenden (2020) [Guidance for conducting feasibility and pilot studies for implementation trials](#). *Pilot and feasibility studies*, 6: 167

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