



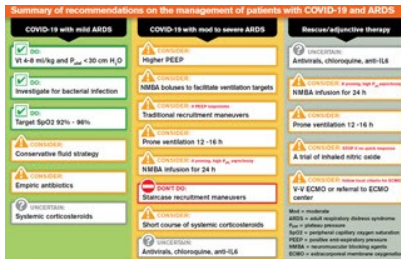
HNE HEALTH LIBRARIES

linking evidence with practice

Library Lore

The newsletter of [HNE Health Libraries](#)
Vol 16(4) April 2020

Assist Search Evidence Orientate Manage Appraise Teach Research Train
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SURVIVING SEPSIS CAMPAIGN: GUIDELINES ON THE MANAGEMENT OF CRITICALLY ILL ADULTS WITH COVID-19

A panel of 36 experts from 12 countries, proposed 53 questions relevant to the management of COVID-19 in critically ill patients in the ICU. All panel members completed the World Health Organization



HNE Health Libraries has curated a page of [COVID-19 resources](#) to make locating relevant, evidence-based information easier for you.

You'll find all the Grand Rounds recordings, intern updates, staff information sessions, and daily updates.

We've included links to the best decision-support tools, evidence summaries and pre-built expert database searches.

[Contact us](#) if you need further assistance.

[LISTEN TO AUTHOR DISCUSSION](#)
[VIEW INFOGRAPHIC - FULL SIZE](#)

conflict of interest disclosure form. They identified relevant and recent systematic reviews on most questions relating to supportive care. The certainty of evidence was assessed using the Grading of Recommendations, Assessment, Development and Evaluation (GRADE) approach. The panel then generated recommendations based on the balance between benefit and harm, resource and cost implications, equity, and feasibility. Recommendations were either strong or weak, or in the form of best practice recommendations. No recommendation was provided for the following topics: infection control, laboratory diagnosis and specimens, hemodynamic support, ventilatory support, and COVID-19 therapy. When available, the panel will provide new recommendations in further releases of the guidelines.

SOURCE: Alhazzani, W. et al. (2020) [Surviving Sepsis Campaign: guidelines on the management of critically ill adults with Coronavirus Disease 2019 \(COVID-19\)](#). *Intensive care medicine*, published online Mar 28. doi: 10.1007/s00134-020-06022-5.

NB. The [Surviving Sepsis Campaign](#) is a joint collaboration of the Society of Critical Care Medicine (SCCM) and the European Society of Intensive Care Medicine (ESICM).

HOW SAFE ARE LIBRARY BOOKS?

Current research says that in ideal lab conditions, the COVID-19 virus can survive for up to 24 hours on cardboard and up to 2-3 days on plastic and stainless steel. We want to help you stay safe in the library – so we've implemented book quarantines, social distancing, and regular cleaning of surfaces such as tables, door handles and computer keyboards and mice.

LISTEN: [CDC guidance on mitigating COVID-19 when managing paper-based, circulating, and other types of collections](#)

SOURCE: [National Institutes of Health news release](#)

NEJM: [Aerosol and surface stability of HCoV-19 \(SARS-CoV-2\) compared to SARS-CoV-1](#)

CAN FEEDBACK APPROACHES REDUCE UNWARRANTED CLINICAL VARIATION?

Assessment of clinical variation has attracted increasing interest in health systems internationally due to growing awareness about better value and appropriate health care as a mechanism for enhancing efficient, effective and timely care. A rapid review and narrative evidence synthesis was undertaken as a policy-focused review to understand

how feedback approaches have been applied to address unwarranted clinical variation. Providing feedback to clinicians was identified, in a range of a settings, as associated with changes in variation such as reducing overuse of tests and treatments, reducing variations in optimal patient clinical outcomes and increasing guideline or protocol adherence.

STEVE MEARS,
HNE HEALTH
LIBRARIES

SOURCE: Reema Harrison, Reece Hinchcliff, Elizabeth Manias, Steven Mears, David Heslop, Victoria Walton and Ru Kwedza (2020) [Can feedback approaches reduce unwarranted clinical variation? A systematic rapid evidence synthesis](#). *BMC Health Services Research*, 20(1): 40

HOSPITAL-TREATED DELIBERATE SELF-POISONING in the OLDER ADULT: IDENTIFYING SPECIFIC CLINICAL ASSESSMENT NEEDS

Hospital-treated deliberate self-poisoning is common, with a median patient age of around 33 years. Clinicians are less familiar with assessing older adults with self-poisoning and little is known about their specific clinical requirements.

The authors compared 157 older-aged (65+ years), with 925 middle-aged adults (45–64 years) on demographic, toxicological and psychiatric variables recorded during an episode of hospital-treated deliberate self-poisoning at Calvary Mater Newcastle. The older-aged group was similar to the middle-aged group in several ways: proportion living alone, reporting suicidal ideation/planning, prescribed antidepressant and antipsychotic drugs, and with a psychiatric diagnosis. However, the older-aged group were also different in several ways: greater proportion with cognitive impairment, higher medical morbidity, longer length of stay, and greater prescription and ingestion of benzodiazepines in the deliberate self-poisoning event. Older age was not a predictor of referral for psychiatric hospitalisation in the multivariate model.

SOURCE: Mariann Jackson, Katie McGill, Terry Lewin, Jenifer Bryant, Ian Whyte and Gregory Carter (2020) [Hospital-treated deliberate self-poisoning in the older adult: identifying specific clinical assessment needs](#). *Australian and New Zealand journal of psychiatry*, published online Jan 20. doi: 10.1177/0004867419897818



JoVE: WATCH
SCIENTIFIC
VIDEOS FREE

The Journal of Visualized Experiments (aka JoVE) is a peer-reviewed scientific journal that publishes experimental methods in video format. It covers research methods and experimental techniques from both the physical and life sciences. JoVE videos provide a step-by-step visual guide of actual experiments, so that the minute hand movements and other subtle manipulations necessary to perform the experiment successfully can be seen.

[Watch scientific video articles](#) for FREE until June 15th 2020.

NB. Need to register for access. When you confirm email address, a message says you have a 10 minute trial. This has been upgraded to full access until June 15, 2020.

PODCAST: SCIENCE
COMMUNICATION
IN THE TIME OF
CORONAVIRUS



Ivan Oransky from [Retraction Watch](#) was interviewed on [NY Public Radio podcast](#), 'On the Media'. He talked about coronavirus and the impact preprint servers are having on the spread of misinformation. He also discussed the unreplicated study with chloroquine and the problem with using it as a basis to begin treatment. [LISTEN to the podcast](#).

LOCAL RESEARCH

REVIEW: EFFECTIVENESS of WEIGHT LOSS INTERVENTIONS for REDUCING PAIN and DISABILITY in PEOPLE with COMMON MUSCULOSKELETAL DISORDERS

Local researchers completed a systematic review with meta-analysis to assess the effectiveness of weight loss interventions (eg. diet, physical activity, surgical, pharmaceutical) on pain and disability in people with knee and hip osteoarthritis (OA) and spinal pain. 22 randomised controlled trials with 3602 participants were included. They concluded that weight loss interventions may have small to moderate improvements on pain and disability for OA compared to minimal care. There was limited and inconclusive evidence for weight loss interventions targeting spinal pain.

SOURCE:

Emma Robson, Rebecca Hodder, Steven Kamper,

Kate O'Brien, Amanda Williams, Hopin Lee, Luke Wolfenden, Serene Yoong, John Wiggers, Chris Barnett and Christopher Williams (2020) Effectiveness of weight loss interventions for reducing pain and disability in people with common musculoskeletal disorders: a systematic review with meta-analysis. *Journal of orthopaedic and sports physical therapy*, published online Apr 9. doi: 10.2519/jospt.2020.9041

Contact HNEH Libraries to access full-text



PARTICIPANTS WANTED: MENTAL HEALTH and CORONAVIRUS STUDY

The [Black Dog Institute](#), in conjunction



Black Dog
Institute

with

researchers from UNSW, is conducting [an online study to understand how COVID-19 is impacting the mental health of Australian adults](#), and what people are doing to stay mentally healthy during this time. The study involves the completion of 3 questionnaires (15 minutes each) over a month. If you live in Australia and are 18 years or older, you can participate.

The information will be used to guide the creation of tips and strategies to stay mentally healthy during this time; improve understanding of how pandemics influence mental health; identify who is most vulnerable; improve community awareness of the impact of COVID-19 on mental health; and develop better treatments and supports over the long-term.

THE IMPORTANCE OF SEEING A PSYCHOLOGIST WHO UNDERSTANDS YOUR CULTURAL BACKGROUND

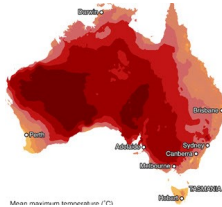
When it comes to counselling, the consulting room is the patient's space, not the therapist's space. The therapist shouldn't bring biases or judgements into the room. So, in theory, it shouldn't matter if you or your psychologist speak the same language. But when you're starting to address more complex issues, particularly ones that might be more social in nature, more values driven and about why we make decisions, and how we make decisions, then yes, it does make a difference. [Read more...](#)



PRINCIPLES TO FOLLOW
IF YOUR JOB IS TO LEAD
STAFF THROUGH CRISIS

Competent leadership will be vital during the coronavirus crisis, and businesses and the service sector will play a crucial role. But few people have previous experience of such a complex crisis situation. The authors research into previous disasters has identified leaders who are more effective in crisis situations - and found [they follow five principles](#) which also offer guidance for the weeks ahead.

MJA: BUSHFIRE SMOKE—417 DEATHS ATTRIBUTABLE to SUMMER FIRES



In a preliminary evaluation of the health burden of the 2019–2020 fires, researchers estimated that bushfire smoke was associated with 417 excess deaths, 1124 hospitalisations for cardiovascular problems, 2027 hospitalisations for respiratory problems, and 1305 emergency department presentations for asthma. The researchers analysed hospital presentations in NSW, Queensland, ACT and Victoria between 1 Oct 2019 and 10 Feb 2020. [Read more...](#)

SOURCE: Borchers Arriagada, N. et al. (2020) [Unprecedented smoke-related health burden associated with the 2019-20 bushfires in eastern Australia](#). *MJA*, published online Mar 12. doi: 10.5694/mja2.50545

RAPID DIGITAL ASSESSMENT of BUSHFIRE SMOKE HEALTH IMPACTS



[FluTracking](#) is an online community surveillance system across Australia and New Zealand typically used to track influenza-like illness. It is a local initiative that includes over 50,000 participants. They rapidly assessed the community impact of bushfire smoke with a [special survey](#) utilising their existing platform.

[Read more in MJA InSight+](#)

ALL IN THEIR HEADS: WHEN FACES MADE THE CASE FOR LOBOTOMY

If you were mentally ill back in the late 1930s–1950s, doctors might have tried to cure you by drilling a hole in your brain and disconnecting the thalamus from the frontal lobe. They may have been convinced to employ this drastic surgery by eccentric neuroscientist Dr. Walter Freeman, “the world’s greatest proponent and pioneer of lobotomy,” who used portraits as scientific proof of concept.

[Why did the medical community back then accept what seems preposterous to us now?](#)

APRIL is AUTISM AWARENESS MONTH



AUTISM AWARENESS

UpToDate: [Autism spectrum disorder: evaluation and diagnosis](#)

Autism Awareness Australia: [Autism and COVID-19—the essentials](#)

Autism CRC: [A national guideline for the assessment and diagnosis of Autism Spectrum Disorder in Australia](#)

Arnold, S. et al. (2019) [Cohort profile: the Australian Longitudinal Study of Adults with Autism \(ALSAA\)](#). *BMJ open*, 9(12): e030798

Cvejic, R. et al. (2018) [Neuropsychiatric profile and psychotropic medication use in adults with autism spectrum disorder: results from the Australian Longitudinal Study of Adults with Autism](#). *BJPsych open*, 4(6), 461-466

Yu, Y. et al. (2020) [Pharmacotherapy of restricted/repetitive behavior in autism spectrum disorder: a systematic review and meta-analysis](#). *BMC psychiatry*, 20(1): 121

Yoon, S. et al. (2020) [Genetic and epigenetic etiology underlying Autism Spectrum Disorder](#). *Journal of clinical medicine*, 9(4): E966

Bezawada, N. et al. (2020) [Autism Spectrum Disorder and the gut microbiota in children: a systematic review](#). *Annals of nutrition & metabolism*, published online Jan 24. doi: 10.1159/000505363

Fraguas, D. et al. (2019) [Dietary interventions for Autism Spectrum Disorder: a meta-analysis](#). *Pediatrics*, 144(5): e20183218

The above list is just a sample of recent articles on autism. If you’d like help to find more (or something quite specific), contact [HNE Health Libraries](#).



NEW PUBMED to REPLACE LEGACY PUBMED in MAY



[New PubMed](#) will become the default PubMed site on or after May 18, 2020. [Legacy PubMed](#) will continue to run in parallel for a short period of time, but will then be retired.

New PubMed has been completely rebuilt with updated technology, enhanced search algorithm, and responsive design (which means the site can be used on any device - mobile, desktop, or tablet - with the same features and functionality). All collections and saved searches stored in your ‘My NCBI’ account will be available in the new site. Links to the legacy site will be redirected to the new site, and remain persistent (ie. won’t “break”.) The National Library of Medicine (NLM) is committed to continued development, ensuring that PubMed remains a trusted and accessible source of biomedical literature today and in the future.

[Find out more...](#)

REVIEW: APPS as LEARNING TOOLS

Young children have increasing access to interactive applications (apps) at home and at school. Existing research is clear on the potential dangers of overuse of screens, but there is less clarity around the extent to which interactive apps may be helpful in supporting early learning.

This review presents a narrative synthesis of 35 studies that examined whether children <6 years can learn from interactive apps.

Evidence of a learning benefit of interactive app use for early academic skills was found across multiple studies, particularly for early mathematics learning in typically developing children. Researchers did not find evidence of an intervention effect for apps aiming to improve social communication skills in children with autism spectrum disorder.

NB. Risk of bias existed due to inadequate reporting, heterogenous interventions, outcomes, and study design.

SOURCE: Griffith, S. et al. (2020) [Apps as learning tools: a systematic review](#). *Pediatrics*, 145(1): e20191579

PPE FOR PREVENTING HIGHLY INFECTIOUS DISEASES DUE TO EXPOSURE TO CONTAMINATED BODY FLUIDS IN HEALTH CARE STAFF

The authors of this recently updated Cochrane review evaluated which type of full-body personal protective equipment (PPE), and which method of donning or doffing PPE, have the least risk of contamination or infection for healthcare workers, and which training methods increase compliance with PPE protocols.

HNE FACT SHEET:

[COVID-19 : How do health staff protect themselves reliably during clinical care](#) developed by Dr John Ferguson and the HNE District Infection Prevention Service.

They found low- to very low-certainty evidence that covering more parts of the body leads to better protection, but usually comes at the cost of more difficult donning or doffing, and less user comfort, and may therefore even lead to more contamination. More breathable types of PPE may lead to similar contamination but may have greater user satisfaction. Modifications to

PPE design, such as tabs to grab, may decrease the risk of contamination. For donning and doffing procedures, following CDC doffing guidance, a one-step glove and gown removal, double-gloving, spoken instructions during doffing, and using glove disinfection may reduce contamination and increase compliance. Face-to-face training in PPE use may reduce errors more than folder-based training.

SOURCE: Verbeek, J. et al. (2020) [Personal protective equipment for preventing highly infectious diseases due to exposure to contaminated body fluids in healthcare staff](#). *Cochrane database of systematic reviews*, Issue 4



WAYS to MANAGE YOUR NEWS CONSUMPTION in TIMES of CRISIS

A foundational element of media literacy in the digital era is striking an appropriate balance between news consumption and other activities. Even before the current crises, [Australian research](#) demonstrated news avoidance had risen among news consumers from 57% in 2017 to 62% in 2019, driven by a sense of news fatigue.

[Here are 5 suggestions on how you can stay in the loop](#) while maintaining your mental health.

ABC: CORONACAST

Coronacast

from the ABC, is a podcast that helps to answer your questions about coronavirus. It breaks down the latest news and research to help you understand how the world is living through an epidemic.

Listen for free on [ABC listen app](#), [Apple Podcasts](#) or [Google Podcasts](#).



WHO COVID-19 DATABASE: NEW SEARCH INTERFACE

The WHO COVID-19 database aims to gather the latest international multilingual scientific findings and knowledge on COVID-19. It is updated every week-day from searches of bibliographic databases, hand searching, and the addition of other expert-referred scientific articles. Particular emphasis is placed on identifying literature from around the world.

[Explore their new more powerful search interface](#)

PEN SYSTEM: OPEN ACCESS OFFER



The Global Resource for Nutrition Practice

PEN: [Practice-based Evidence in Nutrition](#) is a powerful database delivering evidence-based answers to your practice-based questions. To eliminate barriers during this crisis period, and to ensure dietitians and dietetic students around the world are supported, the entire PEN System is [temporarily available as open access](#). NB. Open access is not the same as PEN individual access.



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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