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**Acupuncture therapy for fibromyalgia: a systematic review and meta-analysis of randomized controlled trials.**
[Conclusion: Acupuncture therapy is an effective and safe treatment for patients with FM, and this treatment can be recommended for the management of FM.]
Freely available online

**Acutherapy for Knee Osteoarthritis Relief in the Elderly: A Systematic Review and Meta-Analysis.**
Gong Z. *Evidence-Based Complementary and Alternative Medicine* 2019;1868107.
[Conclusions: Acutherapy was an effective approach for KOA relief in the elderly. The selection of acupoints position could be a crucial factor that influences the treatment efficacy of acutherapy.]
Freely available online

**Adalimumab in combination with methotrexate for refractory uveitis associated with juvenile idiopathic arthritis: a RCT.**
[Adding adalimumab to methotrexate reduced the average risk over time of treatment failure in refractory uveitis associated with juvenile idiopathic arthritis by 75%.]
Freely available online

**Avascular necrosis of the hip.**
Lamb JN. *BMJ* 2019;365:l2178.

**Cardiovascular Safety During Treatment With Baricitinib in Rheumatoid Arthritis.**
Taylor PC. *Arthritis & Rheumatology* 2019;doi.org/10.1002/art.40841.
[In RA clinical trials, no association was found between baricitinib treatment and the incidence of MACE, ATE, or CHF. With regard to incidence of DVT/PE, 6 events occurred in patients treated with 4 mg baricitinib, but no cases of DVT/PE were reported in the placebo group. During longer-term evaluation, the incidence of DVT/PE was similar between the baricitinib dose groups, with consistent IR values over time, and this was similar to the rates previously reported in patients with RA.]
Freely available online

**Comparing the Safety and Outcome of Simultaneous and Staged Bilateral Total Knee Arthroplasty in Contemporary Practice: A Systematic Review of the Literature.**
Malahias MA. *Journal of Arthroplasty* 2019;:-.
In contemporary studies involving comparable baseline demographics (including comorbidity index, American Society of Anesthesiologists grade), there was moderate evidence to show that simultaneous BTKA is as safe as the staged BTKA.

**Comparison of Anterior-Stabilized and Posterior-Stabilized Total Knee Arthroplasty in the Same Patients: A Prospective Randomized Study.**
Jang SW. *The Journal of Arthroplasty* 2019;--.

[Despite the fact that the AS TKA group showed significantly more static posterior displacement than the PS TKA group at 90° of knee flexion, both the AS and PS TKA groups showed similar dynamic stability under weight-bearing conditions and knee function at 2 years postoperatively.]

**Diagnosis and management of sensory polyneuropathy.**
Gwathmey KG. *BMJ* 2019;365:l1108.

[Sensory polyneuropathies are a heterogeneous group of disorders that range from the common diabetic neuropathy to the rare sensory neuronopathies. The causes of these disorders are diverse and include metabolic, toxic, infectious, inflammatory, autoimmune, and genetic conditions. The treatment of these diseases depends on the underlying cause and may include immunotherapy, mitigation of risk factors, symptomatic treatment, and gene therapy.]

**Does Rehabilitation before Total Knee Arthroplasty Benefit Postoperative Recovery? A Systematic Review.**

[Conclusion: Preoperative exercise program may be beneficial and is associated with a significant decrease in length of hospital stay. No conclusive evidence can be delineated from the literature with respect to clinical outcome measures. Well-designed randomized trials would strengthen this position.]

*Freely available online*

**Equivalent hip stem fixation by Hi-Fatigue G and Palacos R + G bone cement: a randomized radiostereometric controlled trial of 52 patients with 2 years' follow-up.**
Jørgensen PB. *Acta Orthopaedica* 2019;--.

[We found similar and generally low migration of CPT femoral stems inserted with Hi-Fatigue and Palacos bone cement until 2 years' follow-up, which indicates a good long-term survival of polished taper femoral stems inserted with both cement types.]

**Is Oxidized Zirconium Femoral Head Superior to Other Bearing Types in Total Hip Arthroplasty? A Systematic Review and Meta-Analysis.**
Malahias MA. *Journal of Arthroplasty* 2019;--.

[OxZi femoral heads did not lead to lower polyethylene wear rate or higher survival rate, when compared with CoCr femoral heads in patients treated with THA. On the basis of these results and taking into account the higher cost of these implants, we would not recommend the routine use of OxZi femoral heads in primary THAs.]

**Outcomes of revision surgery after periprosthetic shoulder infection: a systematic review.**
Mercurio M. Journal of Shoulder and Elbow Surgery 2019;:--.
[Our review suggests that a 1-stage procedure should be recommended to treat PSI. Two-stage revision could be reserved for select cases in which the bacterium involved is unknown.]

Patient-Specific Instrumentation Does Not Affect Rotational Alignment of the Femoral Component and Perioperative Blood Loss in Total Knee Arthroplasty: A Prospective, Randomized, Controlled Trial.
[PSI does not improve the accuracy of femoral component rotation in TKA in comparison to conventional instrumentation. Moreover, PSI did not appear to influence any of the other variables investigated as secondary goals by this study. The results of this study do not support its routine use during standard TKA.]
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Performance of Sequencing Assays in Diagnosis of Prosthetic Joint Infection: A Systematic Review and Meta-Analysis.
Li M. The Journal of Arthroplasty 2019;:--.
[Sequencing assays had favorable diagnostic accuracy of PJI. When sequencing assays were applied to diagnosing PJI, an antibiotic-free interval before sampling may enhance the ability to detect the causative organism and, among next-generation sequencing methods, sequencing by synthesis seemed to have advantages over other methods in specificity.]

[The findings of this study demonstrate the need for Level-I studies with adequate power to evaluate the safety of shortened SAP duration after total joint arthroplasty and its effect on SSI/PJI prior to widespread implementation]

Posterior Hip Precautions Do Not Impact Early Recovery in Total Hip Arthroplasty: A Multicenter, Randomized, Controlled Study.
[In this multicenter, randomized, controlled study, the absence of hip precautions in the postoperative period did not improve subjective outcomes which may be explained by the self-limiting behavior of NHP patients. Furthermore, with the numbers available for the study, there was no difference in the rate of dislocation between the 2 groups.]
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Risk of Biologics and Glucocorticoids in Patients With Rheumatoid Arthritis Undergoing Arthroplasty: A Cohort Study.
George MD. Annals of Internal Medicine 2019;:--.
[Risks for hospitalized infection, PJI, and readmission after arthroplasty were similar across biologics. In contrast, glucocorticoid use, especially with dosages above 10 mg/d, was associated with greater risk for adverse outcomes.]
Silastic replacement of the first metatarsophalangeal joint: historical evolution, modern concepts and a systematic review of the literature.
Majeed H. EFORT Open Reviews 2019;4(3):77-84.
[The aim of this article is to review the historical evolution and the outcomes of silastic implants for the treatment of end-stage OA of the first MTPJ. Despite the initial reports of failed implants and complications, first- and second-generation silastic implants were associated with high patient satisfaction and pain improvement. Current literature lacks long-term outcomes of implants currently in use.]
Freely available online

Similar Outcomes at Early Term After Arthroscopic or Open Repair of Chronic Ankle Instability: A Systematic Review and Meta-Analysis.
[Overall, this review demonstrated no statistically significant difference in outcome measures between arthroscopic versus open repair, both of which reported favorable and satisfactory outcomes, and produced equivalent clinical results. Additional randomized controlled studies of larger numbers of patients with longer follow-up times, however, are required to confirm whether arthroscopic repair leads to earlier recovery.]
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Gao B. Arthroscopy 2019;:
[Improvements in scores at 6 months (23.92) surpassed MCID criteria for conservatively managed upper-extremity MSK pathology (10.83)-suggesting that saline injections have a clinically relevant effect. VAS MCID criteria are poorly established, but VAS scores at 6 and 12 months surpassed MCID criteria for conservative treatments for common conditions. In all but 1 study, no statistically significant difference in PROMs was found between saline solution and non-saline solution injections.]

Two weeks versus four weeks of antibiotic therapy after surgical drainage for native joint bacterial arthritis: a prospective, randomised, non-inferiority trial.
[After initial surgical lavage for septic arthritis, 2 weeks of targeted antibiotic therapy is not inferior to 4 weeks regarding cure rate, adverse events or sequelae and leads to a significantly shorter hospital stay, at least for hand and wrist arthritis.]
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Ultrasonic strain elastography for detecting abnormalities in the supraspinatus tendon: an intra- and inter-rater reliability study.
[Conclusions: Intra-rater and inter-rater reliability were excellent for raw values and for ratios with deltoid muscle as the reference tissue, and good for ratios with gel pad as the reference tissue. The
reliability of colour scale ratings was substantial-to-almost perfect, and for the number of lesions fair-to-almost perfect.

**What does best practice care for musculoskeletal pain look like? Eleven consistent recommendations from high-quality clinical practice guidelines: systematic review.**


[We identified 11 recommendations for MSK pain care: ensure care is patient centred, screen for red flag conditions, assess psychosocial factors, use imaging selectively, undertake a physical examination, monitor patient progress, provide education/information, address physical activity/exercise, use manual therapy only as an adjunct to other treatments, offer high-quality non-surgical care prior to surgery and try to keep patients at work.]

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**Reports**

*The following report(s) may be of interest:*

**Partial knee replacements have some short-term advantages compared to total knee replacements.**

NIHR Dissemination Centre; 2019.

[NIHR Signal. Replacing one side of the knee, unicompartmental knee replacement, may result in shorter hospital stays, fewer short-term complications, faster recovery and better knee function than total knee replacements. However, about 8% need revision by five years - about two to three times the rate with total knee replacements.]

*Freely available online*

**Supplement used for joint pain may reduce risk of heart disease.**

NHS Behind the Headlines; 2019.

[Researchers analysed the diet and lifestyle of almost half a million adults aged 40 to 69 in the UK, and followed them up for an average of 7 years. They found people who regularly took glucosamine, a food supplement taken to reduce symptoms of joint pain and stiffness, were about 15% less likely to develop heart disease or have a stroke. This was an observational study, which means we do not know for sure that glucosamine was the reason why fewer people taking it had heart disease or stroke.]

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