Rheumatology Articles

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**An updated meta-analysis evaluating limb management after total knee arthroplasty - what is the optimal method?**
[This meta-analysis showed that the long-term (≥24 h) high flexion (>30°) protocol could be an optimal limb management to reduce blood loss and blood transfusion requirements and facilitate early postoperative rehabilitation exercises in patients after primary TKA without increasing in complication rate.]
*Freely available online*

**Assessment of Outcomes of Inpatient or Clinic-Based vs Home-Based Rehabilitation After Total Knee Arthroplasty: A Systematic Review and Meta-analysis.**
[Based on low- to moderate-quality evidence, no superiority of clinic-based or inpatient programs compared with home-based programs was found in the early subacute period after TKA. This evidence suggests that home-based rehabilitation is an appropriate first line of therapy after uncomplicated TKA for patients with adequate social supports.]
*Freely available online*

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

**Clinical efficacy of extracorporeal shockwave therapy for knee osteoarthritis: a systematic review and meta-regression of randomized controlled trials.**
[Shockwave therapy is beneficial for knee osteoarthritis. Shockwave dosage, particularly the energy level and intervention duration, may have different contributions to treatment efficacy.]
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**Comparison of platelet rich plasma and corticosteroids in the management of lateral epicondylitis: A meta-analysis of randomized controlled trials.**
[Local PRP injections was associated with superior outcomes for reducing pain and improving elbow joint function compared with local corticosteroids treatment for LE at a follow-up of 6 months.]
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**Down-titration and discontinuation strategies of tumour necrosis factor-blocking agents for rheumatoid arthritis in patients with low disease activity.**
Verhoef LM. *Cochrane Database of Systematic Reviews* 2019;5:CD010455.
[Anti-tumour necrosis factor (TNF) agents are effective in treating people with rheumatoid arthritis (RA), but are associated with (dose-dependent) adverse effects and high costs. To prevent overtreatment, several trials have assessed the effectiveness of down-titration compared with continuation of the standard dose. This is an update of a Cochrane Review published in 2014.]

**Efficacy and safety of leflunomide in psoriatic arthritis treatment: A single-arm meta-analysis.**
[Conclusions: Leflunomide is an effective and well-tolerated treatment for PsA, and would be a safe and convenient option.]
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**Efficacy of exercise for improving functional outcomes for patients undergoing total hip arthroplasty: A meta-analysis.**
Wu JQ. *Medicine (Baltimore)* 2019;98(10):e14591.
[Compared with control group in the management of THA, postoperative exercise has a better pain relief and clinical outcomes. Considering the beneficial of the postoperative exercise, we take a positive attitude toward use exercise for patients with THA.]
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**How footwear is assessed in patient reported measures for people with arthritis. A scoping review.**
[Many different instruments have been used to measure the experience of footwear in patients with arthritis. However, no comprehensive tool which evaluates footwear and its relationship with pain, impairment and disability, the psychosocial aspects of footwear, specific footwear features and satisfaction is currently available for use in people with arthritis.]
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**Imaging for Dupuytren disease: a systematic review of the literature.**
[A variety of applications for ultrasound (US) and magnetic resonance imaging (MRI) for patients with DD has been described. Based on the results of this review, the largest value for imaging lies in the measurement of disease activity and the follow-up of treatment of patients with early stage disease. Unfortunately, the overall level of evidence of the available literature was low. Future research is necessary to define the exact value of US and MRI in the management of patients with DD.]
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**Improving Estimates of Annual Survival Rates for Medial Unicompartmental Knee Arthroplasty, a**
**Meta-Analysis.**
Heaps BM. *Journal of Arthroplasty* 2019;:-.
[Five- and 10-year pooled mUKA survival estimates were 95.3% and 91.3%, respectively. These data establish better estimates of mUKA survivorship and can help when counseling patients considering mUKA.]

**Is the Wedged Insole an Effective Treatment Option When Compared with a Flat (Placebo) Insole: A Systematic Review and Meta-Analysis.**
[This meta-analysis suggested that lateral wedge insoles can improve femorotibial angle but are of no benefit with pain and functions in knee osteoarthritis.]
*Freely available online*

**Mixed exercise training for adults with fibromyalgia.**
Bidonde J. *Cochrane Database of Systematic Reviews* 2019;5:CD013340.
[Exercise training is commonly recommended for individuals with fibromyalgia. This review is one of a series of reviews about exercise training for fibromyalgia that will replace the review titled "Exercise for treating fibromyalgia syndrome", which was first published in 2002.]

**Tramadol for osteoarthritis.**
Toupin April K. *Cochrane Database of Systematic Reviews* 2019;5:CD005522.
[Tramadol is often prescribed to treat pain and is associated physical disability in osteoarthritis (OA). Due to the pharmacologic mechanism of tramadol, it may lead to fewer associated adverse effects (i.e. gastrointestinal bleeding or renal problems) compared to non-steroidal anti-inflammatory drugs (NSAIDs). This is an update of a Cochrane Review originally published in 2006.]

**What is the evidence to support early supervised exercise therapy after primary total knee replacement? A systematic review and meta-analysis.**
Sattler LN. *BMC Musculoskeletal Disorders* 2019;20(1):42 .
[The paucity and heterogeneity of existing studies that examine early supervised exercise therapy following TKR surgery makes it challenging for clinicians to deliver high-quality evidence-based exercise programs in the early postoperative period. Although superior knee flexion range was found across differing regimes, the meta-analysis showed no significant difference in this outcome between groups at 6 weeks.]
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**Work productivity in patients with Behçet disease and its association with disease activity and quality of life.**
[Behçet disease is a chronic vasculitis that generally affects young adults in the most productive period of their life. The purpose of this study is to evaluate patients’ work productivity and daily activity impairment, and their relationship with disease activity and quality of life.]
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Reports

The following report(s) may be of interest:

'Pregnancy hormone' may help treat frozen shoulder.
NHS Behind the Headlines; 2019.
[The research involved rats who'd undergone surgery to replicate frozen shoulder in humans. The rats received injections of relaxin into the shoulder. Relaxin is released by the ovaries and placenta, helping the ligaments relax and preparing the body for birth during pregnancy. The researchers found multiple injections restored range of movement and reduced scar tissue in the rats' limb joints, and wonder whether this could be a potential new treatment for frozen shoulder.]
Freely available online

More than 50% of hip replacements appear to last 25 years.
NIHR Dissemination Centre; 2019.
https://discover.dc.nihr.ac.uk/content/signal-000781/more-than-50-of-hip-replacements-appear-to-last-25-years
[NIHR Signal. Data from national registries and large case series show that in those countries, around 85% of total hip replacements last for 15 years, with 58% lasting for 25 years. This means that those hip replacements have lasted longer than was first thought. It is good news for an ageing population, as it should mean that the chances of needing a second hip operation are reducing. However, it is not clear how directly relevant the results of this study are to the UK.]
Freely available online

More than 80% of total knee replacements can last for 25 years.
NIHR Dissemination Centre; 2019.
https://discover.dc.nihr.ac.uk/content/signal-000776/more-than-80-of-total-knee-replacements-can-last-for-25-years
[NIHR Signal. Large data sets from national registries and case series show that about 82% of total knee replacements and 70% of partial (unicompartmental) knee replacements last for 25 years. This NIHR-funded review of that data is the first to demonstrate longer-term effectiveness of these procedures. This means that the operation, which aims to relieve pain for osteoarthritis, may not need to be delayed to reduce the chance of a patient needing further surgery at a later date.]
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This Bulletin was created by Liz Wright of NHS East Dorset Knowledge and Library Service

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