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**A randomized, controlled trial of cyclosporine a cationic emulsion in pediatric vernal keratoconjunctivitis: the VEKTIS study.**
[Vernal keratoconjunctivitis (VKC) is a chronic, allergic, and potentially severe ocular disease affecting children and adolescents that can lead to impaired quality of life (QoL) and loss of vision. This study evaluated the efficacy and safety of an investigational therapy for severe VKC, cyclosporine A (CsA) cationic emulsion (CE), an oil-in-water emulsion with increased bioavailability versus conventional CsA formulations.]
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**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.

**Antibiotic Treatment and Appendectomy for Uncomplicated Acute Appendicitis in Adults and Children: A Systematic Review and Meta-analysis.**
[The present meta-analysis demonstrates that, although limited by a lower efficacy compared to surgery, nonoperative management with antibiotics could be considered a safe option for adults and pediatric patients with uncomplicated appendicitis, as it is successful in almost 75% of cases, and does not statistically increase the perforation rate.]
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**Antifibrinolytic therapy for preventing oral bleeding in patients with haemophilia or Von Willebrand disease undergoing minor oral surgery or dental extractions.**
van Galen KP. *Cochrane Database of Systematic Reviews* 2019;4:CD011385.
[Antifibrinolytic therapy is a cheap, safe and potentially effective treatment to prevent bleeding complications in individuals with bleeding disorders undergoing oral or dental procedures. However, a systematic review of trials reporting outcomes after oral surgery or a dental procedure in people with an inherited bleeding disorder, with or without, the use of antifibrinolytic agents has not been
Behavioral, contextual and biological factors associated with obesity during adolescence: A systematic review.
[A positive consistent association between genetic factors and obesity during adolescence was found. Also, there is evidence to support the association between socioeconomic status and obesity. There was conflicting evidence for the contribution of dietary intake, physical activity, sedentary behavior, sleep, food store environment, school food environment. For the remaining factors no associations were found, or no conclusions could be drawn due to the limited number of studies identified.]
Freely available online

Benign acute childhood myositis: importance of early recognition.
Steinson AC. British Journal of Nursing 2019;28(9):560-564.
[Cases of children presenting with limb or joint pain are relatively common and are due mainly to benign conditions. Early diagnosis will help reduce unnecessary invasive investigations so, although a relatively rare condition, benign acute childhood myositis (BACM), which presents with acute lower limb pain and an isolated rise in creatine kinase, should be considered. BACM is characterised by an infiltration of viruses into calf muscle fibres, which may cause an inflammatory response and pain.]
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Body Composition and Acquired Functional Impairment in Survivors of Pediatric Critical Illness.
[To identify whether body mass and composition is associated with acquired functional impairment in PICU survivors.]

Body mass index and dental caries in young people: a systematic review.
[Evidence of an association between BMI and caries was inconsistent. Based on the studies with a low risk lower risk of being flawed, a positive association between the variables of interest was found mainly in older children. In younger children, the evidence was equivocal. Longitudinal studies examining the association between different indicators of obesity and caries over the life course will help shed light in their complex relationship.]
Freely available online

Clinical features of paediatric uveitis at a tertiary referral centre in São Paulo, SP, Brazil.
[The purpose of this study was to analyse the clinical features, systemic associations, treatment and visual outcomes of uveitis in children from a referral centre in São Paulo, Brazil. It concludes that paediatric patients with uveitis are referred early to this centre and, although severe, adequate management with systemic IMT may preserve VA.]
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Compared performance of Spot and SW800 photoscreeners on Chinese children.
[Amblyopia is a permanent visual impairment developed from ophthalmic abnormalities in early childhood. Refractive errors, strabismus and anisometropia are reported to be the most common amblyopia risk factors (ARFs), followed by visual deprivation. 1–3 Early diagnosis and intervention are the key in the prevention of amblyopia and preservation of vision.]

Constraint-induced movement therapy in children with unilateral cerebral palsy.
Hoare BJ. Cochrane Database of Systematic Reviews 2019;4:CD004149.
[Unilateral cerebral palsy (CP) is a condition that affects muscle control and function on one side of the body. Constraint-induced movement therapy (CIMT) aims to increase use of the more affected upper limb and improve bimanual performance. CIMT is based on two principles: restraining the use of the less affected limb (for example, using a splint, mitt or sling) and intensive therapeutic practice of the more affected limb.]

Continuous Versus Intermittent Vancomycin Infusions in Infants: A Randomized Controlled Trial.
[In young infants, CIV is associated with earlier and improved attainment of target concentrations compared with IIV. Lower total daily doses are required to achieve target levels with CIV. There is no difference in the rate of drug-related adverse effects.]

Effect of a novel supplementary porridge on the nutritional status of infants and young children diagnosed with moderate acute malnutrition in Uganda: a cluster randomised control trial.
[Moderate acute malnutrition and anaemia are prevalent among infants/children in Uganda. A lack of consensus regarding the most effective strategy for managing MAM among IYC resulted in the present study comparing the effect of malted sorghum-based porridge (an active malt, extruded maize and soy sorghum supplementary porridge developed for the purpose of the present study) as an intervention versus an extruded maize and soy micronutrient fortified blend as a control and current standard care. ]

Effects of physical activity on children's growth.
Alves JGB. *Jornal de Pediatria* 2019;95:72-78.

[Despite the small number of studies with adequate methodology, especially randomized clinical trials, evidence appears to indicate that physical exercise is safe for both the pregnant woman and the child, from fetal life to adolescence. Physical exercise does not appear to impair the child's linear growth and contributes to the ideal shaping of bone and muscle tissues, ensuring possible beneficial effects throughout life.

Freely available online

**Efficacy of cycling interventions to improve function in children and adolescents with cerebral palsy: a systematic review and meta-analysis.**


[Cycling can improve muscle strength, balance and gross motor function in children with cerebral palsy; however, optimal training doses are yet to be determined. There was insufficient data to determine whether functional improvements can be retained. Conclusions were limited by small sample sizes, inconsistent outcome measures and a lack of follow-up testing.]

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**Emerging challenges in pharmacotherapy research on attention-deficit hyperactivity disorder-outcome measures beyond symptom control and clinical trials.**

Wong ICK. *The Lancet Psychiatry* 2019;6(6):528-537.

[Conclusions: We recommend the development of clearer guidance to support and encourage work across the four aspects of research methodology (the use of appropriate trial designs; the need for outcome measures targeting effectiveness beyond symptom control; the need for safety outcome measures; and the application of clinical and administrative research databases to assess real-world outcomes) that we believe are key to improving understanding of the place and role of pharmacotherapy for ADHD.]

**Equity effects of parenting interventions for child conduct problems: a pan-European individual participant data meta-analysis.**


[Interpretation: We found no evidence for differential effects by social disadvantage, suggesting that Incredible Years is unlikely to widen socioeconomic inequalities in conduct problems. Furthermore, the programme might be an important tool for reducing social disparities and improving poor long-term outcomes in disadvantaged families because follow-up studies indicate that benefits persist.]

**Evidence-based Approach to Physical Therapy in Cerebral Palsy.**


[On the basis of the present evidence, functional goal-oriented approaches are found to be effective and future research is required to determine the best ways to improve functional outcomes in children with CP.]

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**Genotype-phenotype associations in children with copy number variants associated with high...**
neuropsychiatric risk in the UK (IMAGINE-ID): a case-control cohort study.
[Several copy number variants (CNVs) are associated with a high risk of neurodevelopmental and psychiatric disorders (referred to as ND-CNVs). We aimed to characterise the effect of ND-CNVs on childhood development and investigate whether different ND-CNVs lead to distinct and specific patterns of cognitive and behavioural outcomes.]

**Hepatic late adverse effects after antineoplastic treatment for childhood cancer.**
Mulder RL. *Cochrane Database of Systematic Reviews* 2019;4:CD008205.
[Survival rates have greatly improved as a result of more effective treatments for childhood cancer. Unfortunately, the improved prognosis has been accompanied by the occurrence of late, treatment-related complications. Liver complications are common during and soon after treatment for childhood cancer. To make informed decisions about future cancer treatment and follow-up policies, it is important to know the risk of, and associated risk factors for, hepatic late adverse effects.]

**Importance of vitamin D in acute and critically ill children with subgroup analyses of sepsis and respiratory tract infections: a systematic review and meta-analysis.**
Cariolou M. *BMJ Open* 2019;9:e027666.
[Our results suggest that 25(OH)D deficiency in acute and critically ill children is high and associated with increased mortality. Small-study effects, reverse causation and other biases may have confounded results. Larger, carefully designed studies in homogeneous populations with confounder adjustment are needed to clarify the association between 25(OH)D levels with mortality and other outcomes.]

*Freely available online*

**Is bullying and teasing associated with eating disorders? A systematic review and meta-analysis.**
[Review]
[Being victimized through bullying and teasing is associated with EDs, and may constitute a risk factor. Our review underscores the need for more studies, and highlights gaps in the literature. As many patients have been victims of bullying and teasing, addressing such experiences in treatment may be valuable.]

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**Long-term antibiotics for preventing recurrent urinary tract infection in children.**
Williams G. *Cochrane Database of Systematic Reviews* 2019;4:CD001534.
[Urinary tract infection is common in children. Symptoms include fever, lethargy, anorexia, and vomiting. UTI is caused by Escherichia coli in over 80% of cases and treatment is a course of antibiotics. Due to acute illness caused by UTI and the risk of pyelonephritis-induced permanent kidney damage, many children are given long-term (several months to 2 years) antibiotics aimed at preventing recurrence. This is the third update of a review first published in 2001 and updated in 2006, and 2011.]

**Maternal dominance and reliance on over-the-counter analgesia can hinder development of**
healthy coping strategies for adolescents in pain.
Swift A. Evidence-Based Nursing 2019;22(2):44.
[Eight able-bodied adolescents and their mothers were interviewed. The adolescents described pain in several parts of their bodies, a struggle to perform well and a struggle to fit in. Mothers worried about their child’s health. Mothers took the lead in making pain management decisions. Both adolescents and mothers felt that daily OTCA were necessary and improved quality of life.]
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Maternal socio-demographic characteristics and associated complementary feeding practices of children aged 6–18 months with moderate acute malnutrition in Arua, Uganda.
[There is a paucity of published data regarding maternal socio-demographic characteristics and associated complementary feeding practices of moderately malnourished infants and young children (IYC) in sub-Saharan Africa. In the present study, this association was investigated in Arua, Uganda.]
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Peptide nutrient-energy dense enteral feeding in critically ill infants: an observational study.
Marino L V. Journal of Human Nutrition and Dietetics 2019;32(3):400-408.
[Peptide nutrient-energy dense feeding in infants admitted to the PICU is feasible, well tolerated and nutritional targets are met. However, with this study design, it is not possible to draw any conclusions regarding the benefit of PEF over standard PE feed in critically ill children and future work is required to clarify this further.]
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Probiotics for the prevention of pediatric antibiotic-associated diarrhea.
Guo Q. Cochrane Database of Systematic Reviews 2019;4:CD004827.
[Antibiotics alter the microbial balance commonly resulting in antibiotic-associated diarrhea (AAD). Probiotics may prevent AAD via providing gut barrier, restoration of the gut microflora, and other potential mechanisms of action.]

Quantitative retinal microvasculature in children using swept-source optical coherence tomography: the Hong Kong Children Eye Study.
[The purpose of this study was to evaluate the distributions of quantitative optical coherence tomography angiography (OCT-A) metrics and its associated factors in children.]
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Sedentary behaviors and anxiety among children, adolescents and adults: a systematic review and meta-analysis.
[Although the number of studies examining the relationships between sedentary behaviors (SB) and anxiety is growing, an overarching evidence, taking into account children, adolescents, and adults as well as different types of SB and different categories of anxiety outcomes, is still missing. Thus, this systematic review and meta-analysis aimed at obtaining a comprehensive overview of existing]
evidence.]
Freely available online

**Systematic review and meta-analysis comparing topical corticosteroids with vehicle/moisturizer in childhood atopic dermatitis.**
Fishbein AB. *Journal of Pediatric Nursing* 2019;47:36-43.
[Topical corticosteroids trended to being more effective and equally safe to vehicle/moisturizers, but generalizability is limited given the dearth of well-designed studies focused on children
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**Use of orthokeratology for the prevention of myopic progression in children: a report by the American Academy of Ophthalmology.**
[The purpose of this report was to review the published evidence to evaluate the ability of orthokeratology (Ortho-K) treatment to reduce myopic progression in children and adolescents compared with the use of spectacles or daytime contact lenses for standard refractive correction.]*
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**Books**
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**Appearance anxiety: a guide to understanding body dysmorphic disorder for young people, families and professionals.**
[Maudsley publication from the nationally recognised OCD, BDD and Related Disorders Service for Young People. This short book explains the causes and impacts of body dysmorphic disorder for teens. It provides solidarity and advice for young people, showing where to get help. A short section for families and professionals provides further advice. Ties in with the Mental Health Awareness Week 2019 theme: body image. The library also has: http://tiny.cc/8zy45y]*
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**Urban child and adolescent mental health services: a responsive approach to communities.**
[An examination of the different strands of mental health work undertaken in one inner-city London CAMHS service by professionals working in a range of ways in response to local circumstances, resources and knowledge. The book explores the relationship between professionals and the community context. The chapters by different authors cover a range of settings and approaches, addressing the social, cultural, political and community contexts impacting on children, young people and families.]*
*Available with free registration*
Evidence Searches

**Early years (age 2-4 years) public health interventions around healthy eating, weight and obesity.**
Carried out by Lisa Burscheidt from Aubrey Keep on 9/5/2019

[Includes: high-level documents on early childhood interventions to prevent obesity, Cochrane systematic reviews that investigated which interventions are likely to be the most effective. One systematic review found that multicomponent interventions appear to be an effective treatment option for overweight or obese preschool children up to the age of 6 years. However, another advises that there is not enough evidence for interventions targeting this age group to make conclusive recommendations.]

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**The health effects of Adverse Childhood Experiences (ACEs).**
Carried out by Lisa Burscheidt from Aubrey Keep on 10/5/2019

[Many systematic reviews deal with the impact of adverse childhood experiences on a range of areas of health including asthma, cancer, cardiovascular disease, type 2 diabetes, mental health issues, obesity, suicidal ideation, completed suicide. Evidence strongly suggests that the effect of ACEs is cumulative - more ACEs are associated with greater susceptibility to poor health outcomes and more areas of health being affected.]

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**The life course approach to childhood obesity.**
Carried out by Lisa Burscheidt from Aubrey Keep on 9/5/2019

[Includes NICE Public Health guidelines, Cochrane reviews, LGA guide (high-level policy recommendations but also includes a number of case studies from different local authorities in England and an overview of their approaches.]]

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**Reports**

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

  **Can PTSD in refugees affect their children’s well-being via harsher parenting styles?**
  The Mental Elf; 2019.

  [David Turgoose writes his debut elf blog on a longitudinal cohort study, which looks at the effect of post-traumatic stress disorder on refugees' parenting and their children's mental health.]

  *Freely available online*
Depression in young people: are we researching what matters most?
The Mental Elf; 2019.
https://www.nationalelfservice.net/mental-health/depression/depression-in-young-people-are-we-studying-what-matters-most/
[Tamsin Ford asks what outcomes count, when it comes to measuring adolescent depression?]
Freely available online

Far less than they deserve: Children with learning disabilities or autism living in mental health hospitals.
https://www.childrenscommissioner.gov.uk/publication/far-less-than-they-deserve/
[This report shows how too many children are being admitted to secure hospitals unnecessarily – in some cases are spending months and years of their childhood in institutions when they should be in their community. It warns that the current system of support for those with learning disabilities or autism is letting down some of the most vulnerable children in the country.]
Freely available online

Gofal parhaus i blant a phobl ifanc / Children and young people's continuing care.
Freely available online

Heart scan may detect young people at risk of sudden cardiac death.
NHS Behind the Headlines; 2019.
[A very small number of people with hypertrophic cardiomyopathy (HCM), estimated to be around 1 in 100, are at risk of sudden cardiac arrest. A new study aimed to see if a special type of cardiac MRI could detect abnormalities of the heart muscle fibres in HCM that are thought to be linked to the high-risk category. It compared the scans of 50 people with HCM and 30 healthy controls and found that they could detect various differences between them.]
Freely available online

Kids on the breadline: solutions to holiday hunger.
Bevan Foundation; 2019.
[School holidays put severe pressure on low income families. Losing free school meals and the high costs of food, childcare and holiday treats mean many families struggle to make ends meet. This report outlines how the Welsh Government, local authorities, social
landlords and others can provide immediate help to low-income families as well as pointing to longer-term solutions that would put more cash in families’ pockets.]

Freely available online

**Poor school attendance and anxiety: what’s the link?**
The Mental Elf; 2019.
[Lucinda Powell summarises a recent systematic review about the association between anxiety and poor attendance at school, which suggests links between anxiety and unexcused absences/truancy, and school refusal.]

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