The following journal articles are available from the Library and Knowledge Service electronically or in print. Please follow links to access full text online, contact me to order copies, or call into your nearest library.

**A controlled study analyzing the temporal activity patterns of individuals with stroke compared to healthy adults.**
[The understanding of the temporal pattern of individuals can add a wider perspective to interventions. Therefore, the present study is aimed toward analysis of the temporal activity pattern of individuals with stroke compared to healthy adults.]
Freely available online

**Comprehensive geriatric assessment for frail older people in acute hospitals: the HoW-CGA mixed-methods study.**
[Comprehensive geriatric assessment improves outcomes for frail older people at risk in acute hospitals, but toolkits aimed at enhancing its delivery by non-specialists require prolonged geriatrician support.]
Freely available online

**Comprehensive Geriatric Assessment in hospital and hospital-at-home settings: a mixed-methods study.**
[Conclusions: The Comprehensive Geriatric Assessment (CGA) is an effective way to organise health care for older people in hospital and may lead to a small increase in costs. There may be an increase in cost and the risk of mortality in the population who received the CGA hospital at home compared with those who received the CGA in hospital; randomised evidence is required to confirm or refute this. Caregiver involvement in the CGA process could be strengthened.]
Freely available online

**Dabigatran for Prevention of Stroke after Embolic Stroke of Undetermined Source.**
[In patients with a recent history of embolic stroke of undetermined source, dabigatran was not superior to aspirin in preventing recurrent stroke. The incidence of major bleeding was not greater in the dabigatran group than in the aspirin group, but there were more clinically relevant nonmajor bleeding events in the dabigatran group.]

**Determinants of the decline in mortality from acute stroke in England: linked national database**
study of 795, 869 adults
BMJ 2019;365:l1778
[Declines in case fatality, probably driven by improvements in stroke care, contributed more than declines in event rates to the overall reduction in stroke mortality. Mortality reduction in men and women younger than 55 was solely a result of a decrease in case fatality, whereas stroke event rates increased in the age group 35 to 54. This suggests that stroke prevention needs to be strengthened to reduce the occurrence of stroke in people younger than 55 years.]

Freely available online

Developmental factors associated with decline in grip strength from midlife to old age: a British birth cohort study.
[Conclusions: Patterns of growth and motor development have persisting associations with grip strength between midlife and old age. The strengthening associations with cognition suggest that, at older ages, grip strength increasingly reflects neural ageing processes. Interventions across life that promote muscle development or maintain muscle strength should increase the chance of an independent old age.]

Effect of ciliary neurotrophic factor on retinal neurodegeneration in patients with macular telangiectasia Type 2: a randomized clinical trial.
[The purpose of this randomized sham-controlled clinical trial was to test the effects of an encapsulated cell-based delivery of a neuroprotective agent, ciliary neurotrophic factor (CNTF), on progression of macular telangiectasia type 2, a neurodegenerative disease with no proven effective therapy.]

Available with an NHS OpenAthens password for eligible users

Effect of Mirror Therapy on Recovery of Stroke Survivors: A Systematic Review and Network Meta-analysis.
Yang Y. Neuroscience 2018;390:318-336.
[Network meta-analysis showed that MT combined with electrical stimulation (ES) for less than 4 weeks along with conventional rehabilitation therapy (CT), and MT accompanied with CT for less than 4 weeks might be the most suitable interventions for improvement of motor function and ADL, respectively. Overall, MT could effectively improve motor function and ADL, as well as relieve pain for stroke survivors.]
Contact the library for a copy of this article

Effect of Transcutaneous Electrical Nerve Stimulation on Spasticity in Adults With Stroke: A Systematic Review and Meta-analysis.
Mahmood A. Archives of Physical Medicine and Rehabilitation 2019;100(4):751-768.
[There is strong evidence that TENS as an adjunct is effective in reducing lower limb spasticity when applied for more than 30 minutes over nerve or muscle belly in chronic stroke survivors.]
Contact the library for a copy of this article
**Effect of ultra-short-term treatment of patients with iron deficiency or anaemia undergoing cardiac surgery: a prospective randomised trial.**
[An ultra-short-term combination treatment with intravenous iron, subcutaneous erythropoietin alpha, vitamin B12, and oral folic acid reduced RBC and total allogeneic blood product transfusions in patients with preoperative anaemia or isolated iron deficiency undergoing elective cardiac surgery.]

**Effects of a clinical medication review focused on personal goals, quality of life, and health problems in older persons with polypharmacy: A randomised controlled trial (DREAMeR-study).**
[In this study, we observed that a CMR focused on personal goals improved older patients' lives and wellbeing by increasing quality of life measured with EQ-VAS and decreasing the number of health problems with impact on daily life, although it did not significantly affect quality of life measured with the EQ-5D. Including the patient's personal goals and preferences in a medication review may help to establish these effects on outcomes that are relevant to older patients' lives.]

**Evidence that active pain treatment improves sleep quality and quantity in people with depression and dementia.**
Swift A. *Evidence-Based Nursing* 2019; 22(2):49.
[A total of 106 patients were enrolled into this study. The groups were all affected by depression, cognitive impairment and pain. Active pain treatment improved three measures of sleep quality. Total sleep time improved for those who started the study with poor sleep with a small-to-moderate effect size and buprenorphine produced a better result than paracetamol. No difference was found for sleep parameters in a subgroup analysis of participants with pain at the start of the trial.]

**Extending thrombolysis to 4.5–9 h and wake-up stroke using perfusion imaging: a systematic review and meta-analysis of individual patient data.**
Campbell BCV. *The Lancet* 2019; doi.org/10.1016/S0140-6736(19)31053-0.
[Review of 3 RCTs (n=414) found that more patients given alteplase achieved excellent functional outcomes at 3 months vs placebo (36% vs 29%, OR 1.86, p=0.011). Intracerebral haemorrhage was more common with alteplase (5% vs 1%, OR 9.7, p=0.031).]

**Prehospital stroke scales as screening tools for early identification of stroke and transient ischemic attack.**
Zhelev Z. *Cochrane Database of Systematic Reviews* 2019;4:CD011427.
[Rapid and accurate detection of stroke by paramedics or other emergency clinicians at the time of first contact is crucial for timely initiation of appropriate treatment. Several stroke recognition scales have been developed to support the initial triage. However, their accuracy remains uncertain and there is no agreement which of the scales perform better.]
Refusal and resistance to care by people living with dementia being cared for within acute hospital wards: an ethnographic study.
[Staff approaches towards people living with dementia in acute hospitals are often both a response and trigger to the high levels of resistance to care observable in the setting.]
Freely available online

Subacute stroke physical rehabilitation evidence in activities of daily living outcomes: A systematic review of meta-analyses of randomized controlled trials.
[Virtual reality, constraint-induced movement, augmented exercises therapy, and transcranial direct current stimulation interventions resulted statistically significant (P 0.8) but with considerable heterogeneity (I2 >75%). Only acupuncture reached "suggestive" level of evidence.]
Freely available online

The rise and fall of aspirin in the primary prevention of cardiovascular disease.
Raber I. *The Lancet* 2019;:doi.org/10.1016/S0140-6736(19)30541-0.
[This narrative review discusses the role of aspirin in primary prevention of cardiovascular disease, contextualising data from historical and contemporary trials.]
Contact the library for a copy of this article

Guidelines
The following new guidance has recently been published:

**Guidelines for Perioperative Care in Cardiac Surgery: Enhanced Recovery After Surgery Society Recommendations.**
JAMA Surgery;2019.
https://jamanetwork.com/journals/jamasurgery/fullarticle/2732511
[Enhanced Recovery After Surgery (ERAS) evidence-based protocols for perioperative care can lead to improvements in clinical outcomes and cost savings. This article aims to present consensus recommendations for the optimal perioperative management of patients undergoing cardiac surgery.]
Freely available online

**Risk reduction of cognitive decline and dementia.**
World Health Organization (WHO);2019.
[The WHO Guidelines on risk reduction of cognitive decline and dementia provide evidence-based recommendations on lifestyle behaviours and interventions to delay or prevent cognitive decline and dementia.]

**Stroke and pulmonary embolism.**
UpToDate;2019.
[Studies have suggested an increased risk of stroke among patients with acute pulmonary embolism (PE), thought to be due to paradoxical embolism via a patent foramen ovale (PFO).]

**Reports**

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

**Fewer now dying from strokes, but numbers having them go up in the young.**
NHS Behind the Headlines; 2019.

[Researchers looked at NHS stroke data from between 2001 and 2010. They found the number of people in England dying from stroke fell sharply during this time, with drops each year of about 6%. But while the number of stroke deaths fell among older age groups, there was a worrying increase in people aged 35 to 54 who had strokes, at a rate of around 2% more each year. Researchers say increased levels of obesity could be behind the rise.]

*Freely available online*

**Goal-setting can help people with early-stage dementia improve function.**
NIHR Dissemination Centre; 2019.
[https://discover.dc.nihr.ac.uk/content/signal-000767/goal-setting-in-early-stage-dementia-can-improve-function](https://discover.dc.nihr.ac.uk/content/signal-000767/goal-setting-in-early-stage-dementia-can-improve-function)

[NIHR Signal. Goal-setting as part of cognitive rehabilitation delivered by occupational therapists helped people with early dementia progress towards independence in daily tasks, with benefits lasting for nine months. This approach focuses on the everyday tasks needing concentration and memory and prioritising those that matter most to individuals, from using the cooker or answering the phone.]

*Freely available online*
This Bulletin was created by Barbara Peirce, Outreach Librarian of NHS East Dorset Knowledge and Library Service

Need further help? The NHS Library & Knowledge Team is here to support the information needs of all NHS staff across Dorset. We’re happy to help you with literature searches, search skills training and advice, keeping you up to date, and general references enquiries.

Contact us:
Telephone: 01202 442101/01202 704270
library@poole.nhs.uk library@rbch.nhs.uk
https://dorsetnhs.libguides.com
Register for OpenAthens to access e-resources: https://openathens.nice.org.uk/

To subscribe/unsubscribe from this bulletin please reply to the email.

By signing up to receive this bulletin, you agree that the information provided (your email address and name) will be held on NHS East Dorset Library and Knowledge Service files or databases. You will only be contacted by us in reference to this bulletin. By submitting this information you agree that your details may be used for this purpose. Your details will not be passed on to any third parties.