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**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.]

**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.]

**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.]

**Effect of Transcutaneous Electrical Nerve Stimulation on Spasticity in Adults With Stroke: A Systematic Review and Meta-analysis.**

[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.]

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**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 (DREAMerR-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.]

Freely available online

**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).]

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**Immunotherapy for cardiovascular disease.**

Lutgens E. *European Heart Journal* 2019; ehz283.

[This review discusses the potential of novel immunotherapeutic targets that are currently considered to become a future treatment for cardiovascular disease.]

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**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.]

**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
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.]

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Guidelines

The following new guidance has recently been published:

**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).]

**Stroke and transient ischaemic attack in over 16s: diagnosis and initial management.**
National Institute for Health and Care Excellence (NICE); 2019.
https://www.nice.org.uk/guidance/ng128
[This guideline covers interventions in the acute stage of a stroke or transient ischaemic attack (TIA). It offers the best clinical advice on the diagnosis and acute management of stroke and TIA in the 48 hours after onset of symptoms.]

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Reports

The following report(s) may be of interest:

**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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