Wellbeing Bulletin

Articles

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**A chronological map of 308 physical and mental health conditions from 4 million individuals in the English National Health Service**


[The authors have produced the first chronological map of human health with cumulative-incidence and period-prevalence estimates for multiple morbidities in parallel from birth to advanced age.]

Freely available online

**Different doses, durations and modes of delivery of nicotine replacement therapy for smoking cessation.**

Lindson N. *Cochrane Database of Systematic Reviews* 2019;4:CD013308.

[Nicotine replacement therapy (NRT) aims to replace nicotine from cigarettes to ease the transition from cigarette smoking to abstinence. It works by reducing the intensity of craving and withdrawal symptoms. Although there is clear evidence that NRT used after smoking cessation is effective, it is unclear whether higher doses, longer durations of treatment, or using NRT before cessation add to its effectiveness.]

**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

**Impacts of skipping breakfast and late dinner on the incidence of being overweight: a 3-year retrospective cohort study of men aged 20–49 years.**


[Most studies on the dietary habits and overweight status of men aged 20–49 years have been cross-sectional, with longitudinal studies being scarce. One-quarter of Japanese men aged 20–49 years skip breakfast or have dinner within 2 h of bedtime (late dinner); therefore, the effects of these eating habits on men's increasing body weight need to be determined.]

Available with an NHS OpenAthens password for eligible users
Interventions to increase physical activity in children 0-5 years old: a systematic review, meta-analysis and realist synthesis.
[Based on a quantitative and qualitative examination of the evidence, this review provides specific recommendations for effective early childhood PA interventions for practitioners and policymakers.]
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Introducing physically active lessons in UK secondary schools: feasibility study and pilot cluster-randomised controlled trial.
[Assess feasibility, acceptability and costs of delivering a physically active lessons (PAL) training programme to secondary school teachers and explore preliminary effectiveness for reducing pupils' sedentary time.]

Mass media to communicate public health messages in six health topic areas: a systematic review and other reviews of the evidence.
[This study suggested that the evidence is mixed, but mass media campaigns can reduce sedentary behaviour, improve sexual health and contribute to smoking cessation and it identified features to increase campaigns' effectiveness.]
Freely available online

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

Strengthening occupational therapy practice with communities after traumatic events.
[Occupational therapists have immense potential to strengthen their role in supporting communities to recover from collective trauma. After traumatic events, a community-centred practice approach can be used by occupational therapists to improve health, safety, security and wellbeing at a population level.]
Freely available online

Tai Chi: a promising adjunct nursing intervention to reduce risks of cardiovascular disease and improve psychosocial well-being in adults with hypertension.
Smith G D. Evidence-Based Nursing 2019;22(2):45.
[Tai Chi was shown to significantly lower blood pressure and to improve psychosocial well-being compared with brisk walking. These findings suggest that Tai Chi may provide a non-
pharmacological treatment option to reduce the risk of CVD in adults with established hypertension. ]

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**Understanding the consequences of education inequality on cardiovascular disease: mendelian randomisation study**

*BMJ* 2019;365:l1855.

[BMI, systolic blood pressure, and smoking behaviour mediate a substantial proportion of the protective effect of education on the risk of cardiovascular outcomes and intervening on these would lead to reductions in cases of cardiovascular disease attributable to lower levels of education. However, more than half of the protective effect of education remains unexplained and requires further investigation.]

*Freely available online*

**Books**

New book(s) from the Library and Knowledge Service. Call into your nearest library or contact me for more information.

**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]  

*Available with free registration*

**Researching the unconscious: principles of psychoanalytic method.**


[Michael Rustin provides a unifying account of the methodological principles that underlie the generation of knowledge in psychoanalysis, in the light of recent developments in the philosophy and sociology of science. In doing so, it provides a coherent rationale for psychoanalytic investigation, which will be of value to those pursuing research in this field.]

*Available with free registration*

**Evidence Searches**

**Holistic needs of looked after children including unaccompanied child refugees, ages 0-25.**

Carried out by Lisa Burscheidt from Aubrey Keep on 10/5/2019

[I have included guidance from NICE and the statutory guidance from the Government for taking care of child migrants for completeness.

There are lots of systematic reviews on the needs of looked-after children, areas where they struggle, and interventions that can help.

For child refugees/migrants specifically, there is a parliamentary inquiry report and resources from the Children's Society.]

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Provision of exercise on referral in a leisure centre setting vs in the community.
Carried out by Lisa Burscheidt from Aubrey Keep on 9/5/2019

[NICE Guideline from 2014 explicitly mentions gap in the evidence with regard to settings when it was written. Primary research indicates that it depends on the patient group and why they are being referred for exercise. A study on patients with osteoarthritis referred to gym-based exercise found that they were more reluctant to engage in exercise in a gym environment as they felt that trainers wouldn't be sufficiently qualified to recommend appropriate exercise for their condition.

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Guidelines

The following new guidance has recently been published:

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.]

Reports

The following report(s) may be of interest:

Changing Lives: the social impact of participation in culture and sport.
House of Commons Digital, Culture, Media and Sport Select Committee; 2019.

[The report finds evidence that: reoffending rates can be reduced through access to sport or cultural programmes; involvement in the arts and sports provides a constructive influence on young people with positive role models; despite a link between sporting participation and educational attainment, sport ‘dropping off” the agenda within education; arts subjects downgraded in schools.]
Engaging with complexity: Providing effective trauma-informed care for women.
Centre for Mental Health; 2019.
https://www.centreformentalhealth.org.uk/engaging-complexity
[This report offers public services a brief guide to the principles of trauma informed care and how to put it into practice. Looking at the concept of trauma (including causes, impact and prevalence), the report explores the model of trauma-informed care, and UK organisations currently employing such approaches.]
Freely available online

Museums on prescription for socially isolated older adults.
The Mental Elf; 2019.
https://www.nationalelfservice.net/populations-and-settings/loneliness/museums-on-prescription-letstalkmentalhealthii/
[Nuala Morse writes a #LetsTalkMentalHealthII blog about a museum-based social prescription intervention on quantitative measures of psychological wellbeing in older adults.]
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.]
Freely available online

Public mental health: evidence, practice and commissioning.
[Only a minority of those with mental disorder in England receive any treatment, far fewer receive interventions to prevent associated impacts and even fewer receive intervention to prevent mental disorder or promote mental wellbeing. The report summarises the reasons for the implementation gap and sets out a number of actions necessary to improve coverage of evidence based interventions to reduce the population impact of mental disorder and promote population mental wellbeing.]
Freely available online

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