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Advances in rehabilitation for chronic diseases: improving health outcomes and function. Richardson CR. BMJ 2019;365:l2191.
[This review summarizes the evidence for benefit of in-person cardiac and pulmonary rehabilitation programs. It also reviews the literature on newer developments, such as home based remotely mediated exercise programs developed to decrease cost and improve accessibility, high intensity interval training in cardiac rehabilitation, and alternative therapies such as tai chi and yoga for people with chronic obstructive pulmonary disease.]


[Cognitive problems are common after stroke and their identification and management is important for survivors, carers and clinicians. However, the appropriateness of the screening methods and ways in which results inform community clinical care have not been established. The aim of this phase of the Cognitive Management Pathways in Stroke Services study was to explore key issues to undertaking cognitive assessment, particularly in community settings.]
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[Among the available patient-reported outcome measures (PROMs) there is an absence of a PROM with a specific focus on the impact of the wide variety of visual impairments following stroke. Our aim was to develop a patient reported quality of life outcome measure for stroke survivors with visual impairment.]

[This review covers recommendations for acute management of diabetic ketoacidosis and HHS, the complications associated with these disorders, and methods for preventing recurrence. It also discusses why many patients who present with these disorders are at high risk for hospital readmissions, early morbidity, and mortality well beyond the acute presentation.]
Does health coaching improve health-related quality of life and reduce hospital admissions in people with chronic obstructive pulmonary disease? A systematic review and meta-analysis.
[Meta-analysis showed that health coaching has a significant positive effect on HRQoL (SMD = -0.69, 95% CI: -1.28, -0.09, p = .02, from k = 4) and leads to a significant reduction in COPD-related hospital admissions (OR = 0.46, 95% CI: 0.31, 0.69, p = .0001, from k = 5), but not in all-cause hospital admissions (OR = 0.70, 95% CI: 0.41-1.12, p = .20, from k = 3). Three of four studies reported significant improvements to self-care behaviours such as medication adherence and exercise compliance.]
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Effect of Pulmonary Rehabilitation on Symptoms of Anxiety and Depression in COPD: A Systematic Review and Meta-Analysis.
[PR confers significant, clinically relevant benefits on anxiety and depression symptoms. Because further studies involving no treatment control groups are not indicated, these robust estimates of treatment effects are likely to endure.]
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Effectiveness of electrical stimulation therapy in improving arm function after stroke: a systematic review and a meta-analysis of randomised controlled trials.
[Electrical stimulation therapy can effectively improve the arm function in stroke patients.]
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Effects of nonpharmacological interventions on functioning of people living with dementia at home: A systematic review of randomised controlled trials.
[In studies judged to have a lower risk of bias, in-home tailored exercise, individualised cognitive rehabilitation, and in-home activities-focused occupational therapy significantly reduced functional decline relative to control groups in individual studies. There was consistent evidence from studies at low risk of bias that group-based exercise and reminiscence therapies were ineffective at reducing functional decline.]
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[The findings of this review indicate that virtual reality when combined with conventional therapy is moderately more effective in improving balance than conventional therapy alone in individuals’ poststroke.]
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**Head-to-head oral prophylactic antibiotic therapy for chronic obstructive pulmonary disease.**
Threapleton CJ. Cochrane Database of Systematic Reviews 2019;5:CD013024.
[Chronic obstructive pulmonary disease (COPD; including chronic bronchitis and emphysema) is a chronic respiratory condition characterised by shortness of breath, cough and recurrent exacerbations. Long-term antibiotic use may reduce both bacterial load and inflammation in the airways. Studies have shown a reduction of exacerbations with antibiotics in comparison to placebo in people with COPD, but there are concerns about antibiotic resistance and safety.]

**Interventions for visual field defects in people with stroke.**
Pollock A. Cochrane Database of Systematic Reviews 2019;5:CD008388.
[Visual field defects are estimated to affect 20% to 57% of people who have had a stroke. There are many interventions for visual field defects, which are proposed to work by restoring the visual field; compensating for the visual field defect by changing behaviour or activity; substituting for the visual field defect by using a device or extraneous modification; or ensuring appropriate diagnosis, referral and treatment prescription through standardised assessment or screening, or both.]

**Maintaining health-related quality of life from 85 to 93 years of age despite decreased functional ability.**
[The ‘oldest-old’ is the most rapidly growing age group in Sweden and in the western world. This group is known to be at great risk of increased functional dependency and the need for help in their daily lives. The aim of this research was to examine how the oldest-old change over time regarding health-related quality of life, cognition, depression and ability to perform activities of daily living and investigate what factors explain health-related quality of life at age 85 and 93 years.]

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**Mucolytic agents versus placebo for chronic bronchitis or chronic obstructive pulmonary disease.**
Poole P. Cochrane Database of Systematic Reviews 2019;5:CD001287.
[Individuals with chronic bronchitis or chronic obstructive pulmonary disease (COPD) may suffer recurrent exacerbations with an increase in volume or purulence of sputum, or both. Mucolytics are oral medicines that are believed to increase expectoration of sputum by reducing its viscosity, thus making it easier to cough it up. Improved expectoration of sputum may lead to a reduction in exacerbations of COPD.]

**Non-pharmacological interventions for Lewy body dementia: a systematic review.**
[Most studies reported beneficial effects of the interventions used, though the only sizeable study was on dysphagia, showing a benefit of honey-thickened liquids. Given the heterogeneity of interventions and poor quality of the studies overall, no quantitative synthesis was possible.]

*Freely available online*

**Stem cell transplantation for ischemic stroke.**
Boncoraglio GB. Cochrane Database of Systematic Reviews 2019;5:CD007231.
Stroke is a leading cause of morbidity and mortality worldwide, with very large healthcare and social costs, and a strong demand for alternative therapeutic approaches. Preclinical studies have shown that stem cells transplanted into the brain can lead to functional improvement. However, to date, evidence for the benefits of stem cell transplantation in people with ischemic stroke is lacking. This is the first update of the Cochrane review published in 2010.

**The effectiveness of group exercise for improving activity and participation in adult stroke survivors: a systematic review.**
Church G. *Physiotherapy* 2019; doi: 10.1016/j.physio.2019.01.005.
[The review found improvements are short-term and less evident at long-term follow up with little improvements in participation after 6 months. However, this review was limited to the standard of intervention reporting. Further research should consider consistency in measuring underpinning mechanisms of group exercise interventions, which may explain the lack of activity changes in long-term follow-up.]
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**The effectiveness of somatosensory retraining for improving sensory function in the arm following stroke: a systematic review.**
[Somatosensory retraining may assist people to regain somatosensory discrimination skills in the arm after stroke.]
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**Ticagrelor plus aspirin versus clopidogrel plus aspirin for platelet reactivity in patients with minor stroke or transient ischaemic attack: open label, blinded endpoint, randomised controlled phase II trial.**
[To test the hypothesis that ticagrelor plus aspirin is safe and superior to clopidogrel plus aspirin for reducing high platelet reactivity at 90 days and stroke recurrence in patients with minor stroke or transient ischaemic attack, particularly in carriers of the CYP2C19 loss-of-function allele and patients with large artery atherosclerosis.]

**Transcranial direct current stimulation (tDCS) for improving aphasia in adults with aphasia after stroke.**
Elsner B. *Cochrane Database of Systematic Reviews* 2019;5:CD009760.
[Stroke is one of the leading causes of disability worldwide and aphasia among survivors is common. Current speech and language therapy (SLT) strategies have only limited effectiveness in improving aphasia. A possible adjunct to SLT for improving SLT outcomes might be non-invasive brain stimulation by transcranial direct current stimulation (tDCS) to modulate cortical excitability and hence to improve aphasia.]

**Use of Kinesio taping in lower-extremity rehabilitation of post-stroke patients: A systematic review and meta-analysis.**
[KT may have positive effects on lower-extremity, post-stroke rehabilitation. Due to the limited number and quality of the research, additional studies are needed to identify KT benefits.]

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**Vitamin D Supplementation and Cardiovascular Disease Risks in More Than 83 000 Individuals in 21 Randomized Clinical Trials: A Meta-analysis.**
[Updated meta-analysis of 21 RCTs (n=83,291) found that vitamin D supplementation was not associated with reduced major adverse CV events, individual CVD end points (MI, stroke, CVD mortality), or all-cause mortality, and thus does not support supplementation for CV protection.]

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**Events**
*You may be interested in this (these) forthcoming event(s):*

**Integrating housing and health: joining up care.**
[The panel will discuss how bringing together health care and housing can ensure that those living with long-term conditions receive the right support and treatment, regardless of ethnicity, gender or social circumstances. You’ll hear about examples from the UK where this has been put into practice and learn how a variety of different initiatives can achieve more when delivered as part of a joined-up approach.]
[Register now to watch live or later on demand.
Date: 11th July, 2019, 1:00pm - 2:00pm
https://www.kingsfund.org.uk/events/integrating-housing-and-health

**Guidelines**
*The following new guidance has recently been published:*

**Adaptations without delay: A guide to planning and delivering home adaptations differently.**
Royal College of Occupational Therapists; 2019.
https://www.rcot.co.uk/adaptations-without-delay
[Adaptations play a crucial role in prevention and need to be delivered in a timely manner.]
Freely available online

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

**Claims that tomato juice is good for the heart not backed by evidence.**
NHS Behind the Headlines; 2019.
[Japanese researchers offered people free tomato juice for a year, to see if it made a difference to their blood pressure or cholesterol levels. While it made no difference to the 481 people in the study overall, the researchers found that people with raised blood pressure (94 people) or LDL ("bad")
cholesterol (125 people) did have a small drop in their levels. Whether this change had any clinical significance is unclear. There was also no comparison group.

Freely available online

**Driving forward health equity - the role of accountability, policy coherence, social participation and empowerment.**
World Health Organization Regional Office for Europe; 2019.

[A scientific expert review process identified societal and institutional factors that singly and in combination offer new explanations on why progress on health equity has not been as fast as had been hoped when the association between individual determinants and inequities was first established. These four key drivers of health equity are: accountability, policy coherence, social participation and, underlying them, empowerment.]

Freely available online

**End of life dementia care: helping people live well and die well.**
The Mental Elf; 2019.
https://www.nationalelfservice.net/mental-health/dementia/end-of-life-dementia-care/

[A group of UCL Mental Health MSc students summarise a recent clinical review of the challenges we face in providing end of life dementia care.]

Freely available online

**Hidden No More: Dementia and disability.**
All Party Parliamentary Group on Dementia; 2019.

[This report from the All Party Parliamentary Group on Dementia shines a spotlight on dementia as a disability. The evidence reveals that, across the country, people with dementia are not having their disability rights upheld. The report seeks to highlight the human impact that this has on people living with dementia. It focuses on themes of equality, non-discrimination, participation and inclusion.]

Freely available online

**Steps to better understanding resistant behaviours and the culture of bedside dementia care in hospitals.**
NIHR Dissemination Centre; 2019.
https://discover.dc.nihr.ac.uk/content/signal-000779/understanding-dementia-care-in-hospitals

[NIHR Signal. This in-depth study confirmed that people living with dementia are often resistant to care in acute hospital settings. It found that small interventions that are easy to implement had potential to change ingrained ward behaviour and strengthen staff understanding and care of patients with dementia.]

Freely available online

** Widely used class of drugs linked to dementia.**
NHS Behind the Headlines; 2019.
Researchers found that use of anticholinergics was linked with between a 6% and 49% increased risk of dementia, depending on the dose and duration of use. With this type of study, it is always difficult to prove direct cause and effect. The causes of Alzheimer’s in particular are poorly understood and various other health and lifestyle factors could be involved in the mix. Nevertheless, this is an important finding that needs looking into further.

Freely available online

Websites

The following website(s) may be of interest:

Dementia Friendly Awards

[These awards from the Alzheimer’s Society celebrate and showcase the achievements of individuals, groups and organisations across the UK who have led the way on creating dementia-friendly communities and improving the lives of everybody affected by dementia. Deadline: 9th August 2019.

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