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**Acupuncture therapy improves health-related quality of life in patients with chronic obstructive pulmonary disease: A systematic review and meta-analysis.**
[Body acupuncture therapy (BAT) is an effective adjunctive non-pharmacological treatment to improve HRQL in patients under medical treatment for COPD.]
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**Association of ideal cardiovascular health at age 50 with incidence of dementia: 25 year follow-up of Whitehall II cohort study.**
Sabia S. *BMJ* 2019;366:l4414.
[To examine the association between the Life Simple 7 cardiovascular health score at age 50 and incidence of dementia.]

**Chronic obstructive pulmonary disease: diagnosis and management: summary of updated NICE guidance.**
Hopkinson NS. *BMJ* 2019;366:l4486.

**Determinants of the decline in mortality from acute stroke in England: linked national database study of 795 869 adults.**
*BMJ* 2019;366:l4934.

**Dialysate temperature reduction for intradialytic hypotension for people with chronic kidney disease requiring haemodialysis.**
Tsujimoto Y. *Cochrane Database of Systematic Reviews* 2019;7:CD012598.
[Itradialytic hypotension (IDH) is a common complication of haemodialysis (HD), and a risk factor of cardiovascular morbidity and death. Several clinical studies suggested that reduction of dialysate temperature, such as fixed reduction of dialysate temperature or isothermal dialysate using a biofeedback system, might improve the IDH rate.]

**Impact of exercise training on physical and cognitive function among older adults: a systematic review and meta-analysis.**
Falck RS. *Neurobiology of Aging* 2019;79:119-130.
[These data suggest exercise training has a significant benefit for both physical function ($g = 0.39; p < 0.001$) and cognitive function ($g = 0.24; p$]
At the study level, there was a positive correlation between the size of the exercise-induced effect on physical function and on cognitive function (b = 0.41; p = 0.002). Our results indicate exercise improves both physical and cognitive function, reiterating the notion that exercise is a panacea for aging well.

Low vision rehabilitation services: Perceived barriers and facilitators to access for older adults with visual impairment.
[The aim of this study is to describe the barriers and facilitators to accessing low vision rehabilitation services in Massachusetts, USA, and determine differences between communities with and without existing low vision rehabilitation services for older adults with visual impairment.]

Physical activity programs for older people in the community receiving home care services: systematic review and meta-analysis.
[The meta-analysis showed limited evidence for effectiveness of physical activity for older adults receiving home care services. Future exercise/physical activity studies working with home care populations should consider focusing solely on physical improvements, and need to include a process evaluation of the intervention to gain a better understanding of the association between adherence to the exercise program and other factors influencing effectiveness.]

Prevalence and causes of blindness and vision impairment: magnitude, temporal trends and projections in South and Central Asia.
[To assess prevalence and causes of vision loss in Central and South Asia. One-third of the global blind resided in South Asia in 2015, although the age-standardised prevalence of blindness and MSVI decreased significantly between 1990 and 2015.]

Recognition and assessment of dementia in primary care.
[Key Points: Community nurses (CN) are well placed to identify patients who are already in their care for other conditions and who may also start to have problems with their memory; CNs should familiarise themselves with the local referral pathway for memory assessments; Various tools are available to help gauge a patient’s cognitive status; CNs should ensure that the local GP practice shares information for families where a diagnosis of dementia is either suspected or confirmed.]

Scanning training for rehabilitation of visual field loss due to stroke: Identifying and exploring training tools in use.
[Visual field loss affects one fifth of stroke survivors, limiting daily activities and reducing quality of life. Scanning training is a commonly used intervention, but there is variation in how this is delivered.
This study aimed to identify the scanning training tools used in Scotland and describe their training parameters, delivery and suitability for use with stroke survivors.]
Freely available online

**Self-regulation when using a mobility scooter: The experiences of older adults with visual impairments.**
[Individuals with visual impairment may choose to use a mobility scooter for meaningful community mobility. This study investigated what self-regulation strategies older adults with visual impairment employed to ensure effective mobility scooter use.]
Freely available online

**Special issue: Low vision rehabilitation.**
[[Editorial] "Because occupational therapists must be prepared to address the occupational participation needs of those with low vision, this special issue of the British Journal of Occupational Therapy is timely. I am pleased to be able to create an issue of diverse topics addressing visual impairment from a broad international perspective including Canada, Japan, the Netherlands, New Zealand, the United Kingdom and the United States". ]
Freely available online

**Supporting the bereaved in palliative care.**
["...Palliative care should not be an alternative to other models of healthcare. It is not in competition with efforts to provide other types of care, nor is it a poor relative to be implemented where other support is inaccessible. Palliative care is an essential part of a holistic person-centred healthcare system, which should work in partnership with other approaches to support bereaved relatives and close friends."]

**The effectiveness of Tai Chi for short-term cognitive function improvement in the early stages of dementia in the elderly: a systematic literature review.**
Lim KH. *Clinical Interventions in Aging* 2019;14:827-839.
[The studies reviewed affirm the potential of Tai Chi to improve short-term cognitive function in the elderly at the onset of dementia.]
Freely available online

**The environmental factors that influence technology adoption for older adults with age-related vision loss.**
[With the increasing proportion of older adults aging with vision loss, low-vision assistive devices can help to support occupational engagement; however, such devices are grossly underused among this population. The overarching purpose of this project was to examine the environmental factors that influence technology adoption for older adults with age-related vision loss.]
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The risks and benefits of yoga for patients with chronic obstructive pulmonary disease: a systematic review and meta-analysis.
[This meta-analysis found robust effects of yoga on exercise capacity and pulmonary function in patients with COPD. Yoga, specifically yoga breathing techniques, can be an effective adjunct intervention for patients with COPD. Yoga's safety needs to be assessed in more depth in future studies.]
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**Time Course for Benefit and Risk of Clopidogrel and Aspirin After Acute Transient Ischemic Attack and Minor Ischemic Stroke.**
[The benefit of clopidogrel-aspirin occurs predominantly within the first 21 days, and outweighs the low, but ongoing risk of major hemorrhage. When considered with the results of the CHANCE trial, a similar trial treating with clopidogrel-aspirin for 21 days and showing no increase in major hemorrhage, these results suggest that limiting clopidogrel-aspirin use to 21 days may maximize benefit and reduce risk after high-risk transient ischemic attack or minor ischemic stroke.]
*Freely available online*

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

**Chronic obstructive pulmonary disease in over 16s: diagnosis and management.**
National Institute for Health and Care Excellence (NICE);2019.
[https://www.nice.org.uk/guidance/ng115](https://www.nice.org.uk/guidance/ng115)
[In July 2019, we reviewed the evidence and made new recommendations on: inhaled triple therapy for stable COPD; systemic corticosteroids for managing exacerbations. These supplement the existing recommendations on: diagnosing COPD using symptoms, spirometry and other tests; managing stable COPD using nebulisers, oral therapy and pulmonary rehabilitation; multidisciplinary management of stable COPD in primary care and in hospital.]
*Freely available online*
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