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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Chest physiotherapy for the prevention of ventilator-associated pneumonia: A meta-analysis.
[CPT may not significantly reduce the incidence of VAP and alter other important clinical outcomes in adult patients receiving mechanical ventilation. However, the results should be interpreted cautiously owing to the heterogeneity and the limited trials. Further large-scale, well-designed randomized controlled trials are needed.]
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Chronic obstructive pulmonary disease: diagnosis and management: summary of updated NICE guidance.
Hopkinson NS. BMJ 2019;366:l4486.

Effect of Prone Positioning on Intraocular Pressure in Patients With Acute Respiratory Distress Syndrome.
[To evaluate the effect of prolonged duration of prone position (with head laterally rotated) on intraocular pressure in acute respiratory distress syndrome patients.]

Impact of Early Acute Kidney Injury on Management and Outcome in Patients With Acute Respiratory Distress Syndrome: A Secondary Analysis of a Multicenter Observational Study.
McNicholas BA. Critical Care Medicine 2019;47(9):1216-1225.
[To understand the impact of mild-moderate and severe acute kidney injury in patients with acute respiratory distress syndrome.]

Inhaled corticosteroids for cystic fibrosis.
Balfour-Lynn IM. Cochrane Database of Systematic Reviews 2019;7:CD001915.
[The reduction of lung inflammation is one of the goals of cystic fibrosis therapy. Inhaled
Corticosteroids are often used in this respect to treat children and adults with cystic fibrosis. The rationale for this is their potential to reduce lung damage arising from inflammation, as well as their effect on symptomatic wheezing. It is important to establish the current level of evidence for the risks and benefits of inhaled corticosteroids.

**Inositol in preterm infants at risk for or having respiratory distress syndrome.**
Howlett A. *Cochrane Database of Systematic Reviews* 2019;7:CD000366.
[Inositol is an essential nutrient required by human cells in culture for growth and survival. Inositol promotes maturation of several components of surfactant and may play a critical role in fetal and early neonatal life. A drop in inositol levels in infants with respiratory distress syndrome (RDS) can be a sign that their illness will be severe.]

**Lung Recruitability in Severe Acute Respiratory Distress Syndrome Requiring Extracorporeal Membrane Oxygenation.**
[Quantification of potential for lung recruitment may guide the ventilatory strategy in acute respiratory distress syndrome. However, there are no quantitative data on recruitability in patients with severe acute respiratory distress syndrome who require extracorporeal membrane oxygenation. We sought to quantify potential for lung recruitment and its relationship with outcomes in this cohort of patients.]

**Nutrient-enriched formula versus standard formula for preterm infants.**
Walsh V. *Cochrane Database of Systematic Reviews* 2019;7:CD004204.
[Preterm infants may accumulate nutrient deficits leading to extraterine growth restriction. Feeding preterm infants with nutrient-enriched rather than standard formula might increase nutrient accretion and growth rates and might improve neurodevelopmental outcomes.]

**Pharmacological agents for adults with acute respiratory distress syndrome.**
Lewis SR. *Cochrane Database of Systematic Reviews* 2019;7:CD004477.
[Acute respiratory distress syndrome (ARDS) is a life-threatening condition caused by direct or indirect injury to the lungs. Despite improvements in clinical management (for example, lung protection strategies), mortality in this patient group is at approximately 40%. This is an update of a previous version of this review, last published in 2004.]

**Process conformance is associated with successful first intubation attempt and lower odds of adverse events in a paediatric emergency setting.**
[Intubation is an essential, life-saving skill but associated with a high risk for adverse outcomes. Intubation protocols have been implemented to increase success and reduce complications, but the impact of protocol conformance is not known. Our study aimed to determine association between conformance with an intubation process model and outcomes.]

**Respiratory syncytial virus (RSV): a scourge from infancy to old age.**
[RSV is the most common single cause of respiratory hospitalisation of infants and is the second biggest cause of lower respiratory infection mortality worldwide. In this review, authors examine the epidemiology, immunology and research of RSV in both children and in adults.]

Available with an NHS OpenAthens password for eligible users

Speech and language therapy for management of chronic cough.
Slinger C. Cochrane Database of Systematic Reviews 2019;7:CD013067.

[Few effective medical treatments for individuals with unexplained (idiopathic/refractory) chronic cough (UCC) are known. For this group, current guidelines advocate the use of gabapentin. Speech and language therapy (SLT) has been considered as a non-pharmacological option for managing UCC without the risks and side effects associated with pharmacological agents, and this review considers the evidence from randomised controlled trials (RCTs) evaluating the effectiveness of SLT in this context.]

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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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

[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

Dacomitinib for untreated EGFR mutation-positive non-small-cell lung cancer.
National Institute for Health and Care Excellence (NICE);2019.
https://www.nice.org.uk/guidance/ta595

[Evidence-based recommendations on dacomitinib (Vizimpro) for untreated locally advanced or metastatic epidermal growth factor receptor (EGFR) mutation-positive non-small-cell lung cancer in adults.]

Freely available online
End of life care for infants, children and young people with life-limiting conditions: planning and management.
National Institute for Health and Care Excellence (NICE); 2019.
https://www.nice.org.uk/guidance/ng61

[MHRA advice on gabapentin: In July 2019 we updated a footnote to this guideline to reflect a change in the law relating to gabapentin. As of 1 April 2019, because of a risk of abuse and dependence gabapentin is controlled under the Misuse of Drugs Act 1971 as a class C substance and is scheduled under the Misuse of Drugs Regulations 2001 as schedule 3.]

Freely available online

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

Reminders to assess clotting risk increase the use of preventive measures.
NIHR Dissemination Centre; 2019.
https://discover.dc.nihr.ac.uk/content/signal-000804/reminders-to-assess-clotting-risk-increase-the-use-of-preventive-measures

[NIHR Signal. Reminders to assess clotting risk result in more patients being given appropriate anti-clotting measures in hospital. Computer alerts, in particular, are linked to better choice of prophylaxis and fewer blood clots in veins.]

Freely available online

Toothbrushing in intensive care: does it reduce the risk of ventilator-associated pneumonia?
The Dental Elf; 2019.

[This review of whether toothbrushing-based oral health measures, performed in intensive care units, can reduce the risk of ventilator-associated pneumonia included 12 trials with the findings suggesting a positive effect.]

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