OPMH Bulletin August 2019

Articles

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How to improve the quality of life of elderly people with intellectual disability: A systematic literature review of support strategies. [Review]
[The increased life expectancy of people with intellectual disability intensifies the need for age-specific support. Research on effects of support strategies on quality of life (QoL) of these people remains scattered.]
Available with an NHS OpenAthens password for eligible users

Impact of exercise training on physical and cognitive function among older adults: a systematic review and meta-analysis.
[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 < 0.001). 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.]
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Reports

The following report(s) may be of interest:

Adverse Effects of Pharmacological Treatments of Major Depression in Older Adults.
Agency for Healthcare Research and Quality (AHRQ); 2019.
[In patients age 65 or older, treatment of the acute phase of MDD with SNRIs (duloxetine, venlafaxine) led to a greater number of adverse events compared with placebo, while adverse events were statistically similar to placebo with SSRIs (escitalopram, fluoxetine), vortioxetine, and bupropion. SSRIs (citalopram, escitalopram, fluoxetine) and SNRIs (duloxetine, venlafaxine) led to a greater number of study withdrawals due to adverse events than placebo, and duloxetine increased the risk of falls.]
Freely available online

Can cultural activities protect people against depression in older age?
The Mental Elf; 2019.
Freely available online

This Bulletin was created by Su Keill, Knowledge Specialist of NHS East Dorset Knowledge and Library Service.

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