Articles

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A Systematic Review Investigating the Effectiveness of Surgical Versus Conservative Management of Unstable Ankle Fractures in Adults.
[The risk of malunion, nonunion, and loss of reduction were greater in nonoperative care. However, the 2 treatment approaches provided equivalent functional outcomes.]
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A systematic review of economic evaluations of conservative treatments for chronic lower extremity musculoskeletal complaints.
[Economic evaluations have been conducted largely for exercise-based interventions for MSK conditions of the hip and knee. Few economic evaluations have been conducted for other clinically important lower limb MSK conditions. A matrix presentation of costs mapped with outcomes indicated increasing costs with either no difference or improvements in clinical effectiveness. The majority of economic evaluations were of good reporting quality, as were the accompanying clinical studies.]
Freely available online

Below-the-Ankle Angioplasty in Patients with Critical Limb Ischemia: A Systematic Review and Meta-Analysis.
[This systematic review and meta-analysis showed that additional BTA angioplasty is a safe and feasible procedure, with a 92% pooled proportion of limb salvage at 12 months.]
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Biomechanical considerations for strategies to improve outcomes following volar plating of distal radius fractures.
[The aim of this systematic review was to evaluate the evidence to determine the surgical techniques and strategies that are associated with the best biomechanical outcomes of volar plating for distal radius fractures. Review of the literature revealed that it was not necessary to fill all available distal locking screws, there was little evidence to support the use of 2 rows of screws distally over 1 row.]
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Comparison of Topical and Intravenous Tranexamic Acid for Total Knee Replacement: A Randomized Double-Blinded Controlled Study of Effects on Tranexamic Acid Levels
and Thrombogenic and Inflammatory Marker Levels.
[Given that therapeutic levels were reached with topical TXA and the lack of a major difference in the mechanism of action, coagulation, and fibrinolytic profile between topical TXA and a single dose of IV TXA, it may be a simpler protocol for institutions to adopt the use of a single dose of IV TXA when safety is a concern.]
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**Early Functional Rehabilitation for Acute Achilles Tendon Ruptures: An Update Meta-Analysis of Randomized Controlled Trials.**
[Early functional rehabilitation for acute Achilles tendon ruptures appeared to be related to a shorter time taken to return to work; however, it did not affect the other variables between the groups.]
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**Effect of Low-Dose Supplementation of Arginine Vasopressin on Need for Blood Product Transfusions in Patients With Trauma and Hemorrhagic Shock: A Randomized Clinical Trial.**
[Low-dose AVP during the resuscitation of trauma patients in hemorrhagic shock decreases blood product requirements. Additional research is necessary to determine whether including AVP improves morbidity or mortality.]
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**Efficacy of Different Energy Levels Used in Focused and Radial Extracorporeal Shockwave Therapy in the Treatment of Plantar Fasciitis: A Meta-Analysis of Randomized Placebo-Controlled Trials.**
[Our meta-analysis suggested that medium-energy ESWT in the treatment of plantar fasciitis was more effective than the control group. A limited number of trials related to low- and high-energy ESWTs were included in our meta-analysis. More research is required to confirm the efficacy of low- and high-energy ESWTs in future studies.]
Freely available online

**Exercise therapy may affect scapular position and motion in individuals with scapular dyskinesis: a systematic review of clinical trials.**
[There is a lack of evidence for beneficial effects of exercise in improving scapular position and motion in individuals with scapular dyskinesis. However, exercise is beneficial in reducing pain and disability in individuals with SIS.]
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**Functional restoration of elbow flexion in nonobstetric brachial plexus injuries: A meta-analysis of nerve transfers versus grafts.**
Texakalidis P. Microsurgery 2019; doi: 10.1002/micr.30510. [The ulnar or pectoral nerve transfer to musculocutaneous is associated with statistically significant superior rates of elbow flexion recovery as compared to graft. No differences were identified in the pooled analysis or the subgroups of other donors used in nerve transfers. Future randomized studies or prospective cohorts are needed to validate our results.]

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Intra-articular Corticosteroid Injections in the Hip and Knee: Perhaps Not as Safe as We Thought?
Kompel AJ. Radiology 2019; doi.org/10.1148/radiol.2019190341. [Review notes these injections are frequently performed but large retrospective analyses/prospective studies evaluating accelerated osteoarthritis/joint destruction after injections are lacking. It suggests reconsideration of planned injection for certain patient characteristics.]

Freely available online

Outcome after total ankle arthroplasty with a minimum of five years follow-up: A systematic review and meta-analysis.
Onggo JR. Foot and Ankle Surgery 2019; doi: 10.1016/j.fas.2019.07.006. [Despite good intermediate and long-term functional outcome measures, TAA has relatively higher revision surgery prevalence with longer follow-up periods. Further research should be directed towards identifying patient populations that would best benefit from TAA and those at greatest risk of requiring revision surgery.]

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Outcomes of Ultrasound-Guided Gastrocnemius Injection With Botulinum Toxin for Chronic Plantar Fasciitis.
Abbasian M. Physical Therapy 2019;99(9):1150-1166. [In patients with chronic plantar fasciitis, the use of BTA had a positive effect on improvement in pain and foot function 1 year after treatment.]

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Postoperative weightbearing following ankle arthrodesis: a systematic review.
Potter MJ. The Bone and Joint Journal 2019;101-B(10):1256-1262. [Outcomes following ankle arthrodesis appear to be similar regardless of the duration of postoperative nonweightbearing, although the existing literature is insufficient to make definitive conclusions.]

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Primary outcome measures used in interventional trials for ankle fractures: a systematic review.
McKeown R. BMC Musculoskeletal Disorders 2019;20(1):388. [This review demonstrates the wide range of measurement methods used to assess outcome in adults with an ankle fracture. Future research should focus on establishing the validity and reliability of the outcome measures used in this patient population. Formulation of a
Consensus based core outcome set for adults with an ankle fracture would be advantageous for ensuring homogeneity across studies in order to meta-analyse trial results. 

Freely available online

**Prospective Randomized Trial Comparing Mobile-Bearing and Fixed-Bearing Total Ankle Replacement**
Nunley JA. *Foot & Ankle International* 2019;1071100719879680.
[Reoperations were more common for MB-TAR and, in most cases, were to relieve impingement or treat cysts rather than revise or remove metal implants.]

*Contact the library for a copy of this article*

**Surgery for patellar tendinopathy (jumper’s knee).**
Dan M. *Cochrane Database of Systematic Reviews* 2019;9:CD013034.
[Patellar tendinopathy is an overuse condition that commonly affects athletes. Surgery is usually offered if medical and physical therapies fail to treat it effectively. There is variation in the type of surgery performed for the condition.]

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**Total Hip Arthroplasty or Hemiarthroplasty for Hip Fracture.**
[Among independently ambulating patients with displaced femoral neck fractures, the incidence of secondary procedures did not differ significantly between patients who were randomly assigned to undergo total hip arthroplasty and those who were assigned to undergo hemiarthroplasty, and total hip arthroplasty provided a clinically unimportant improvement over hemiarthroplasty in function and quality of life over 24 months.]

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**What Is the Best Evidence for Management of Displaced Midshaft Clavicle Fractures? A Systematic Review and Network Meta-analysis of 22 Randomized Controlled Trials.**
Axelrod DE. *Clinical Orthopaedics and Related Research*. 2019;0.1097/CORR.00000000000000986.
[Patients who opt for surgery must be told that the decision should be weighed against complications and the possibility of undergoing a second procedure for hardware removal. Patients opting not to have surgery for acute midshaft clavicle fractures can be told that nonunion occurs in slightly more than 10% of patients, and that these can be more difficult to manage than acute fractures.]

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**Guidelines**

The following new guidance has recently been published:

**BOAST: fracture-related infections**
British Orthopaedic Association;2019.
[Co-morbidities, associated local soft tissue injury, open wounds and the use of implants all
increase the vulnerability to infection of patients with surgically managed fractures. The consequences of infection can be serious for the patient and expensive for the service. Systems for the effective prevention, detection and management of infection should be a central component of an orthopaedic trauma service]
Freely available online

**EXOGEN ultrasound bone healing system for long bone fractures with non-union or delayed healing.**
National Institute for Health and Care Excellence (NICE); 2019.
[https://www.nice.org.uk/guidance/mtg12](https://www.nice.org.uk/guidance/mtg12)
[Evidence-based recommendations on EXOGEN ultrasound bone healing system for long bone fractures with non-union or delayed healing. In October 2019, we updated this guidance to reflect 2019 costs. Details of the modifications are explained in the review decision. The update also includes revised cost-saving estimates. New evidence and updated costs identified during the guidance review are denoted as [2019].]
Freely available online

**Reports**

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

**Partial knee replacement ‘could be first choice’ for suitable patients with osteoarthritis.**
NIHR Dissemination Centre; 2019.
[NIHR Signal. In this NIHR-funded trial of 528 people with osteoarthritis affecting only one compartment of the knee, those who had partial knee replacement saw at least as much improvement as those who had a total joint replacement. Their care also cost about £900 less over five years, making partial knee replacement more cost-effective.] Freely available online
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