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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*

**Celecoxib for osteoarthritis.**
[Implications for practice: Ensuring that all patients receiving celecoxib or NSAIDs as part of their osteoarthritis management plan are regularly reviewed for pain management, function and any adverse effects is essential, as well as assessing their cardiovascular health. Patient education on non-pharmacological interventions, such as heat therapy, to assist with the self-management of osteoarthritis symptoms may be effective...]

**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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**Cytopenias among patients with rheumatic diseases using methotrexate: a meta-analysis of randomized controlled clinical trials.**
Vanni KMM. *Rheumatology* 2019;kez343.
[Four cases of severe anaemia were reported, as defined by authors, along with three cases of severe neutropenia. No cases of severe leucopenia, severe thrombocytopenia or pancytopenia were reported. Cytopenias are an uncommon side effect of low-dose MTX with folic acid supplementation among RA patients. Further research is needed to reach a more precise estimate.]
**Flexibility exercise training for adults with fibromyalgia.**
Kim SY. Cochrane Database of Systematic Reviews 2019;9:CD013419.
[Exercise training is commonly recommended for adults with fibromyalgia. We defined flexibility exercise training programs as those involving movements of a joint or a series of joints, through complete range of motion, thus targeting major muscle-tendon units. This review is one of a series of reviews updating the first review published in 2002.]

**Group cognitive-behavioural programme to reduce the impact of rheumatoid arthritis fatigue: the RAFT RCT with economic and qualitative evaluations.**
[Cognitive-behavioural therapy (CBT) plus usual care, delivered by clinical rheumatology teams, reduced fatigue impact in rheumatoid arthritis at 26 weeks beyond usual care alone, but with uncertain cost-effectiveness.]

**Injection therapy for base of thumb osteoarthritis: a systematic review and meta-analysis.**
Riley N. BMJ Open 2019;9(9):e027507.
[Current evidence is equivocal regarding the use of injection therapy in base of thumb osteoarthritis, both in terms of which injection-based therapy is the most effective and in terms of whether any injection-based therapy is more effective than other non-injection-based interventions.]

**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.]

**Outcome after total ankle arthroplasty with a minimum of five years follow-up: A systematic review and meta-analysis.**
[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.]

**Postoperative weightbearing following ankle arthrodesis: a systematic review.**
[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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Radiofrequency Procedures for the Treatment of Symptomatic Knee Osteoarthritis: A Systematic Review.
[Current evidence substantiates that RF modalities for knee OA potentially improve pain, functionality, and disease-specific QOL for up to 3 to 12 months with minimal localized complications. This suggests that RF modalities are perhaps an effective adjunct therapy for patients with knee OA who are unresponsive to conservative therapies. Further RCTs that directly compare the 3 primary RF modalities are warranted to confirm their clinical efficaciousness and superiority for knee OA.]
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Short-term outcomes of conservative treatment for femoroacetabular impingement: a systematic review and meta-analysis.
[Physical therapy demonstrated positive results to self-reported pain and function and may hold more promise than intra-articular injection alone. Common treatments that were associated with improved outcomes were patient education, activity modification, manual therapy, and strengthening. There are a limited number of high-quality articles on this topic, which should be addressed in future research.]
*Freely available online*

Smoking cessation intervention for reducing disease activity in chronic autoimmune inflammatory joint diseases.
Roelsgaard IK. *Cochrane Database of Systematic Reviews* 2019;9:CD012958.
[Chronic inflammatory joint diseases (IJDs) affect 1% to 2% of the population in developed countries. IJDs include rheumatoid arthritis (RA), ankylosing spondylitis (AS), psoriatic arthritis (PsA), and other forms of spondyloarthritis (SpA). Tobacco smoking is considered a significant environmental risk factor for developing IJDs. There are indications that smoking exacerbates the symptoms and worsens disease outcomes.]

[This systematic review is the first of a series of articles assessing the safety and efficacy of B cell-targeting biologics for the treatment of immune-mediated diseases.]
*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.
https://discover.dc.nihr.ac.uk/content/signal-000824/partial-knee-replacement-could-be-first-
choice-in-some-patients
[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

Steroid injections to treat arthritis pain may worsen joint damage.
NHS Behind the Headlines; 2019.
[Doctors in the US reviewed results from a group of 459 patients who had a steroid injection into their hip or knee joint during 2018. They found 8% of patients had problems after an injection, including worsening pain and breakdown of cartilage in the joint. However, this study has too many limitations to form any reliable conclusions.]
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