January 2018
Long Term Conditions

[Our findings show no evidence of clinical superiority of brief guided parent-delivered CBT. However, guided parent-delivered CBT is likely to be a cost-effective alternative to solution-focused brief therapy and might be considered as a first-line treatment for children with anxiety problems.] Available with an NHS OpenAthens password for eligible users
**Antipsychotic polypharmacy prescribing and risk of hospital readmission.**
*Psychopharmacology* 2017;October early view articles:First online.

[This open access study used data from the South London and Maudsley case register to determine if there was an association between those with serious mental illness being discharged on antipsychotic polypharmacy and risk of readmission into secondary mental health care. The results suggested that those discharged on polypharmacy were more likely to be readmitted within six months than those on monotherapy.]

*Freely available online*

**Association of Blood Pressure Lowering With Mortality and Cardiovascular Disease Across Blood Pressure Levels: A Systematic Review and Meta-analysis.**

[In this systematic review and meta-analysis, including 74 trials and more than 300,000 patients, treatment to lower blood pressure was associated with a reduced risk for death and cardiovascular disease if baseline systolic blood pressure was 140 mm Hg or above. Below 140 mm Hg, the treatment effect was neutral in primary preventive trials, but with possible benefit on nonfatal cardiovascular events in trials of patients with coronary heart disease.]

*Available with an NHS OpenAthens password for eligible users*

**Bipolar Disorder in Pregnancy: A Review of Pregnancy Outcomes.**

[Women with bipolar disorder may benefit from continuation of their medications during pregnancy, but there may be risks to
the fetus associated with some of these medications. This article examines the evidence relating to the effect of bipolar disorder and pharmacologic treatments for bipolar disorder on pregnancy outcomes.]

Available with an NHS OpenAthens password for eligible users

**Direct oral anticoagulants versus warfarin for preventing stroke and systemic embolic events among atrial fibrillation patients with chronic kidney disease.**
Kimachi M. *Cochrane Database of Systematic Reviews* 2017;(11):CD011373.
[Our findings indicate that DOAC are as likely as warfarin to prevent all strokes and systemic embolic events without increasing risk of major bleeding events among AF patients with kidney impairment.]

*Freely available online

**Examining a new functional electrical stimulation therapy with people with severe upper extremity hemiparesis and chronic stroke: A feasibility study.**
[Upper extremity impairment post-stroke is common and results in decreased occupational engagement. For those with chronic stroke and severe hemiparesis, few treatment options are available. MyndMove™ is a functional electrical stimulation technology programmed to stimulate up to eight muscle groups in reach and grip patterns. A pre–post, cohort, feasibility study was conducted to inform the design of a randomized controlled trial examining the effectiveness of MyndMove™ therapy.]

*Contact the library for a copy of this article

**How to approach psychotic symptoms in a non-specialist setting.**
Sami MB. *BMJ* 2017;359:j4752.
Article highlights that identification of psychotic symptoms in non-specialist settings is key to initiating timely pathways to care. It covers when to consider emerging psychosis, how to approach psychotic symptoms, risk-assessment, when to refer, and tests/investigations.

Available with an NHS OpenAthens password for eligible users

Prebiotics for the prevention of allergies: A systematic review and meta-analysis of randomized controlled trials.
We performed a systematic review of studies assessing the effects of prebiotic supplementation with an intention to prevent the development of allergies.

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The assessment of youth anxiety should ideally include a multiinformant, multimethod approach, with measures tailored to the age of the child, and the purpose of the evaluation. There is now a sufficiently strong research base to enable clinicians and researchers to ensure that they select evidence-based instruments.

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Should oral steroids be routinely supplied to prevent asthmatic relapse?
Literature review. Recent recommendations from the National Review of Asthma Deaths (NRAD) 2014 recognised the significant burden of associated morbidity among avoidable
factors that commonly contribute towards asthma deaths. ]
Available with an NHS OpenAthens password for eligible users

**Virtual reality for stroke rehabilitation.**
Laver KE. *Cochrane Database of Systematic Reviews* 2017;(11):CD008349.
[We found evidence that the use of virtual reality and interactive video gaming was not more beneficial than conventional therapy approaches in improving upper limb function. Virtual reality may be beneficial in improving upper limb function and activities of daily living function when used as an adjunct to usual care (to increase overall therapy time).] Freely available online

**Vitamin D supplementation for chronic liver diseases in adults.**
Bjelakovic G. *Cochrane Database of Systematic Reviews* 2017;(11):CD011564.
[This review suggests that vitamin D has no beneficial or harmful effects on chronic liver diseases. However, there were too few trials on the individual diagnosis of chronic liver diseases and there were too few participants in the individual trials as well as in our meta-analysis. Therefore, neither benefits nor harms can be excluded.] Freely available online

**An introduction to psychodynamic counselling.**
[Latest edition of this respected introduction to psychodynamic counselling. This new edition includes a new chapter on developing confidence in working with social difference and diversity, discussion of the different phases of counselling work and examination of the role of organisational settings in therapists' everyday practice.] Available with appropriate registration or membership
Cognitive psychology: a student’s handbook.  
Eysenck MW & Keane MT. 7th ed.. Psychology Press. 2015.  
Library Shelf Location: WLM 400 EYS.  
[A leading undergraduate textbook in the field, this book offers extensive coverage of all key areas of cognitive psychology. The book is designed to help students develop a thorough understanding of the fundamentals of cognitive psychology, providing them with detailed knowledge of the latest advances in the field. Includes extended coverage of cognitive neuroscience, additional content on computational cognitive science and new case studies.] 
Available with appropriate registration or membership

Dementia care at a glance.  
Jenkins C. John Wiley. 2016. Library Shelf Location: WT 155 JEN.  
[Intended for health and social care professionals, nurses and students but also useful for family members and voluntary workers needing information and guidance about dementia care. This book takes a holistic, person centred and interpersonal approach. It covers the common forms and manifestations of dementia, their causes and how to address them. Covers interventions, truncation, care planning, medication, therapy, leadership and ethical/legal issues. ] 
Available with appropriate registration or membership

Health promotion & wellbeing in people with mental health problems.  
Bradshaw T & Mairs H. SAGE Publications. 2017. Library Shelf Location: WM 100.1 HEA.  
[This practical guide for nursing students and other healthcare professionals helps them to promote and improve the health and well-being of those with mental health problems by looking closely at disparities that people with mental health problems face in relation to their physical health. ] 
Available with appropriate registration or membership
Bullying in childhood: cause or consequence of mental health problems?
The Mental Elf; 2017.
[A recent study, which looks at the role of vulnerability and resilience in relation to mental health and bullying in childhood. It's #AntiBullyingWeek, so look out for lots of activity around this theme on social media.]
Freely available online

Cancer treatment response may be affected by gut bacteria.
NHS Choices - Behind The Headlines; 2017.
[The study involved looking at the gut bacteria of 249 people who'd received immunotherapy for different types of cancer, some of whom had also taken antibiotics. Researchers found gut bacteria differed between people who responded well to immunotherapy and those who didn't. People who had a positive response tended to have more of a certain bacteria called Akkermansia muciniphila.]
Freely available online

Could a blood test in middle age predict dementia risk?
NHS Choices - Behind The Headlines; 2017.
[Researchers in the US say people who have higher measures of inflammation in middle age are likely to have less brain tissue in some parts of their brain in older age. The differences in brain volume, seen on MRI scans, were also accompanied by small differences in performance on memory
tests. But the study didn't find that people with raised inflammatory measures in middle age were more likely to get dementia, as it wasn't set up to directly measure dementia risk.]

**Freely available online**

**Family involvement in acute mental health care.**
The Mental Elf; 2017.

[A recent collaborative conceptual review asks why and how families should get involved in acute mental health care. ]

**Freely available online**

**Mental ill-health among children of the new century.**
National Children’s Bureau and UCL Institute of Education; 2017.
https://www.ncb.org.uk/news-opinion/news-highlights/one-four-girls-depressed-age-14-new-study-reveals

[The briefing summarises the prevalence of mental health problems among children taking part in the Millennium Cohort Study and shows that while the majority of 3-14-year-olds in the UK are not suffering from mental ill-health, a substantial proportion experience significant difficulties.]

**Freely available online**

**Nutrient drink for Alzheimer's has disappointing result in trial.**
NHS Choices - Behind The Headlines; 2017.

[The trial investigated the effects of Fortasyn Connect – a patented mix of vitamins and minerals, found in the drink Souvenaid – on memory in individuals showing early signs of Alzheimer's disease. Overall, the study provides no evidence that this drink can prevent or slow the progress of dementia.]
Freely available online

**Personal well-being networks for severe mental illness: the importance of being social.**
The Mental Elf; 2017.  
https://www.nationalelfservice.net/mental-health/schizophrenia/personal-well-being-networks-for-severe-mental-illness-the-importance-of-being-social/  
[The University College London Mental Health Masters students summarise a recent exploratory study on personal well-being networks, social capital and severe mental illness.]  
*Freely available online*

**Some cancer patients may be at risk of PTSD.**
NHS Choices - Behind The Headlines; 2017.  
[BBC News reports that "a fifth of cancer patients experience post-traumatic stress disorder (PTSD)". This was based on a study of more than 400 people with cancer (any type) assessed at a single Malaysian hospital.]  
*Freely available online*

**Still no evidence brain training protects us against dementia.**
NHS Choices - Behind The Headlines; 2017.  
[Researchers looked at a group of people who had participated in a trial of three types of memory training game 10 years earlier. At the time, the study was designed to look at whether training improved aspects of memory and daily function, but the researchers wanted to see whether anyone in the study had gone on to develop dementia. Overall the findings were not that convincing.]  
*Freely available online*