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[Articles] Antipsychotic drugs for the acute treatment of patients with a first episode of schizophrenia: a systematic review with pairwise and network meta-analyses.

[The first episode of schizophrenia is a pivotal phase of this debilitating illness. Which drug to use remains controversial without a summary of all direct or indirect comparisons of drugs. We did a systematic review with pairwise and network meta-analyses of efficacy and tolerability.]
[Our results highlight the need to address the issue of higher prevalence of BBVs in people with severe mental illness and identify interventions preventing infection. Targeting of comorbid substance misuse would have particular effect on reduction of BBV prevalence in this population.]

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A quality improvement project aimed at adapting primary care to ensure the delivery of evidence-based psychotherapy for adult anxiety.
[This project aimed to integrate an adaptation of Coordinated Anxiety Learning and Management (CALM), a CBT model, for patients with anxiety in a primary care practice. Suitable patients were offered CALM delivered by licensed social workers with support by a PhD psychologist. Outcomes were tracked and entered into an electronic registry, a critical tool upon which to adapt and improve our delivery of psychotherapy to our patient population. Our 6-month response rates on the GAD-7 were 51%.
Freely available online

A retrospective study of a multicomponent rehabilitation programme for community-dwelling persons with dementia and their caregivers.
[This study determined whether the multicomponent
rehabilitation programme of a memory clinic had positive outcomes on ameliorating everyday functioning, quality of life, mood and behavioural disturbances of persons with dementia and reducing distress and burden of caregivers.]

Freely available online A systematic review of school-based interventions that include inhaler technique education.
Geryk LL. Respiratory Medicine 2017;132:21-30. [Evidence suggests that students benefit from school-based inhaler technique education; however, inconsistencies in how technique was measured limit our ability to draw firm conclusions regarding the effectiveness of inhaler technique education on student outcomes.]
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Acid-Suppressive Drug Use During Pregnancy and the Risk of Childhood Asthma: A Meta-analysis.
Lai T. Pediatrics 2018;;10.1542/peds.2017-0889. [The evidence suggests that prenatal, maternal, acid-suppressive drug use is associated with an increased risk of childhood asthma. This information may help clinicians and parents to use caution when deciding whether to take acid-suppressing drugs during pregnancy because of the risk of asthma in offspring.]
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Antipsychotic reduction and/or cessation and antipsychotics as specific treatments for tardive dyskinesia.
Bergman H. Cochrane Database of Systematic Reviews 2018;(2):CD000459. [Limited data from small studies using antipsychotic reduction or specific antipsychotic drugs as treatments for TD did not provide any convincing evidence of the value of these approaches. There is a need for larger trials of a longer
duration to fully investigate this area.]

Freely available online

**Aripiprazole (intramuscular) for psychosis-induced aggression or agitation (rapid tranquillisation).**
Ostinelli EG. *Cochrane Database of Systematic Reviews* 2018;(1):CD008074.
[The available evidence is of poor quality but there is some evidence aripiprazole is effective compared to placebo and haloperidol, but not when compared to olanzapine. However, considering that evidence comes from only three studies, caution is required in generalising these results to real-world practice. This review firmly highlights the need for more high-quality trials on intramuscular aripiprazole in the management of people with acute aggression or agitation.]

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**Associations Between Marijuana Use and Cardiovascular Risk Factors and Outcomes: A Systematic Review.**
[Conclusion: Evidence examining the effect of marijuana on cardiovascular risk factors and outcomes, including stroke and myocardial infarction, is insufficient.]

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**Cholesterol and triglyceride levels in first-episode psychosis: systematic review and meta-analysis.**
[Conclusions: total & LDL cholesterol levels are reduced in FEP, indicating that hypercholesterolaemia in patients with chronic disorder is secondary and potentially modifiable. In contrast, triglycerides are elevated in FEP. Hypertriglyceridaemia is a feature of type 2 diabetes mellitus, therefore this finding adds to the evidence for glucose**
dysregulation in this cohort. These findings support early intervention targeting nutrition, physical activity and appropriate antipsychotic prescription.]
Freely available online

**COPD: a proposed multidisciplinary approach to psychological issues.**
Hussain FA. *British Journal of Nursing* 2017;26(20):1109-1115.
[Patients with COPD form a sizeable part of the ill-health demographic, impacting markedly on hospital admissions. While prevalence rates, there appears to be a consistent presence of depression and anxiety, and additional COPD symptom-related psychological distress. The research evidence base is limited. Based on the available evidence, this study proposes a multidisciplinary team working model to support the integration of psychological input into the care of inpatients with COPD.]
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**Cost-effectiveness Analyses of Antihypertensive Medicines: A Systematic Review.**
[All antihypertensives were cost effective compared with no treatment. ARBs appeared to be more cost effective than CCBs, ACEIs, and β-blockers. However, these latter findings should be interpreted with caution because these findings are not robust due to the substantial variability across the studies, including study settings and analytic models, changes in the cost of generic medicines, and publication bias.]
Freely available online

**Feasibility of a novel intervention to improve participation after stroke.**
Stark S. *British Journal of Occupational Therapy*
Stroke is a leading cause of serious, long-term disability in the United States. With shorter inpatient hospital stays, more time in rehabilitation is devoted to medical stabilization and less on skills to regain independence in daily activities. The transition home may be an opportunity for intervention focused on regaining independence. We propose an enhanced rehabilitation transition program called Community Participation Transition after Stroke. Freely available online

**Great leaps forward in cancer nursing.**
[The article discusses various developments in cancer nursing as of 2017, and it mentions cancer diagnoses, nurse-patient relations, and changes involving palliative care over the years. The toxic aspects of cancer treatments are addressed, along with computed tomography (CT) scanners, anti-emetic treatments, and medications such as lorazepam and cyclizine. Person-centered care and the skills of cancer nurses are assessed.]
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**Improving care for patients with dementia in the recovery room.**
[Caring for patients with dementia emerging from general anaesthesia in the recovery room can be very challenging. Sedation is sometimes necessary in order to nurse patients effectively and avoid any negative consequences of poor post-anaesthetic care. No local or national guidelines could be found to suggest best nursing practice in this situation. Three small-scale innovations were introduced in one hospital as part of a quality improvement project to give alternatives to chemical restraint.]
Nutritional deficiencies and clinical correlates in first-episode psychosis: a systematic review and meta-analysis.
Firth J. Schizophrenia Bulletin 2017;:Epub ahead of print. [Whereas, previous research has shown long-term schizophrenia is associated with various nutritional deficiencies, this meta-analysis aimed to determine the prevalence and extent of nutritional deficits in first-episode psychosis (FEP).]
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Physical exercise improves strength, balance, mobility, and endurance in people with cognitive impairment and dementia: a systematic review.
Lam FMH. Journal of Physiotherapy 2018;64(1):4-15. [Does physical exercise training improve physical function and quality of life in people with cognitive impairment and dementia? Which training protocols improve physical function and quality of life? How do cognitive impairment and other patient characteristics influence the outcomes of exercise training?]  
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The effectiveness and safety of manual therapy on pain and disability in older persons with chronic low back pain: a systematic review.
de Luca KE. Journal of Manipulative and Physiological Therapeutics 2017;40(7):527-534. [The included studies provided moderate evidence supporting the use of manual therapy to reduce pain levels and alleviate disability.]  
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The effectiveness of adjunct mindfulness-based intervention in treatment of bipolar disorder: A systematic review and meta-analysis.
Chu C. *Journal of Affective Disorders* 2018;225:234-245. [This systematic review found promising results but a need for further research.]
*Contact the library for a copy of this article*

The effectiveness of walking versus exercise on pain and function in chronic low back pain: a systematic review and meta-analysis of randomized trials.
[Walking is commonly recommended to relieve pain and improve function in chronic low back pain. The purpose of this study was to conduct a systematic review and meta-analysis of randomized controlled trials concerning the effectiveness of walking interventions compared to other physical exercise on pain, disability, quality of life and fear-avoidance, in chronic low back pain.]
*Contact the library for a copy of this article*

What does best evidence tell us about robotic gait rehabilitation in stroke patients: a systematic review and meta-analysis.
Bruni MF. *Journal of Clinical Neuroscience* 2018;48:11–17. [The evaluation of the results confirm that the use of robotics can positively affect the outcome of a gait rehabilitation in patients with stroke.]
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