Articles

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**A randomised controlled trial to evaluate the impact of a human rights based approach to dementia care in inpatient ward and care home settings.**
[The findings of this study did not support the hypothesis that increasing staff knowledge and attitudes towards human rights improves the quality of life of people with dementia.]
*Freely available online*

**A systematic review and discussion of symptom specific cognitive behavioural approaches to delusions and hallucinations.**
Lincoln T. *Schizophrenia research* 2018;:In press article.
[Studies on cognitive behavioural therapy for psychosis (CBTp) have developed from evaluating generic approaches to focusing on specific symptoms. The evidence for targeted studies on delusions and hallucinations was reviewed by authors from Institute of Psychiatry and South London and Maudsley Trust.. ]
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**A systematic review of Montessori-based activities for persons with dementia.**
[Overall, there is a strong level of evidence for the benefits of Montessori-based activities on eating behaviors and weak evidence for the benefits on cognition. Evidence for the benefits of Montessori-based activities on engagement and
affect are mixed. Future research is needed to examine the long-term benefits of Montessori-based activities.]

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A systematic review of randomised controlled trials assessing effectiveness of prosthetic and orthotic interventions.
[Assistive products are items which allow older people and people with disabilities to be able to live a healthy, productive and dignified life. It has been estimated that approximately 1.5% of the world's population need a prosthesis or orthosis. The objective of this study was to systematically identify and review the evidence from randomized controlled trials assessing effectiveness and cost-effectiveness of prosthetic and orthotic interventions.]
Freely available online

A systematic review of the effectiveness of patient-based educational interventions to improve cancer-related pain.
Oldenmenger WH. *Cancer Treatment Reviews* 2018;63:96-103.
[Patient-based pain educational programs may result in improvements of relevant patient-reported outcomes. However, the interventions are heterogeneous and improvement of pain was only seen in less than one third of the studies and in less than 20% of all included patients.]
Freely available online

*Stroke* 2018;49(3):e111-e122.
[No scale predicted LVO with both high sensitivity and high specificity. Systems that use LVO prediction instruments for
Triage will miss some patients with LVO and milder stroke. More prospective studies are needed to assess the accuracy of LVO prediction instruments in the prehospital setting in all patients with suspected stroke, including patients with hemorrhagic stroke and stroke mimics.

*Freely available online*

**Adolescent cannabis use, baseline prodromal symptoms and the risk of psychosis.**
[Adolescent cannabis use is associated with increased risk of psychosis even after adjustment for baseline prodromal symptoms, parental psychosis and other substance use.]
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**Association of Inhaled Corticosteroids and Long-Acting Muscarinic Antagonists With Asthma Control in Patients With Uncontrolled, Persistent Asthma: A Systematic Review and Meta-analysis.**
[In this meta-analysis that included 15 randomized clinical trials with 7122 participants 12 years or older with uncontrolled, persistent asthma, LAMA vs placebo as an add-on therapy to inhaled corticosteroids was associated with a lower risk of exacerbations requiring systemic corticosteroids (risk difference, −1.8).]
*Freely available online*

**Breathlessness services as a new model of support for patients with respiratory disease.**
[This article is based on a systematic review evaluating randomized controlled trials (RCTs) and quasi-RCTs which examine the effectiveness of services aiming to improve breathlessness of patients with advanced disease. The
Munich Breathlessness Service (MBS) is described in detail as an example of a recently set-up specialist service.]
Freely available online

**Calcium channel blockers for antipsychotic-induced tardive dyskinesia.**
Essali A. *Cochrane Database of Systematic Reviews* 2018;3:CD000206.
[Tardive dyskinesia is difficult to treat, despite experimentation with several treatments. Calcium channel blockers (diltiazem, nifedipine, nimodipine, verapamil, flunarizine) have been among these experimental treatments.]

**Care delivery and self-management strategies for children with epilepsy.**
Fleeman N. *Cochrane Database of Systematic Reviews* 2018;3:CD006245.
[In response to criticism that epilepsy care for children has little impact, healthcare professionals and administrators have developed various service models and strategies to address perceived inadequacies.]

**Comparison of outpatient and home-based exercise training programmes for COPD: A systematic review and meta-analysis.**
Wuytack F. *Respirology* 2018;23(3):272-283.
[Chronic obstructive pulmonary disease is a common, preventable and treatable disease. Exercise training programmes (ETPs) improve symptoms, health-related quality of life (HRQoL) and exercise capacity, but the optimal setting is unknown. In this review, we compared the effects of ETPs in different settings on HRQoL and exercise capacity.]
Freely available online

**Effect of interventions incorporating personalised cancer risk information on intentions and behaviour: a systematic review and meta-analysis of randomised**
controlled trials.
[Interventions incorporating personalised cancer risk information do not affect uptake of screening, but there is limited evidence of effect on some health-related behaviours. Further research, ideally including objective measures of behaviour, is needed before cancer risk information is incorporated into routine practice for health promotion in the general population.]
Freely available online

Endovascular treatment for acute ischaemic stroke in routine clinical practice: prospective, observational cohort study (MR CLEAN Registry).
Jansen IGH. BMJ 2018;360:k949.
[To determine outcomes and safety of endovascular treatment for acute ischaemic stroke, due to proximal intracranial vessel occlusion in the anterior circulation, in routine clinical practice.]
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Ghrelin for the management of cachexia associated with cancer.
Khatib MN. Cochrane Database of Systematic Reviews 2018;2:CD012229.
[The aim of this review was to assess whether ghrelin is associated with better food intake, body composition and survival than other options for adults with cancer cachexia.]

How do doctors deliver a diagnosis of dementia in memory clinics?
[Doctors are naming dementia to patients. Direct approaches reflect attempts to ensure clear diagnosis. Downplaying and avoiding prognosis demonstrates concerns about preserving hope but may compromise understanding about and planning for the future.]
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Increasing participation of people with learning disabilities in bowel screening.
[Learning disability nurses have a key role in addressing the health inequalities experienced by people with learning disabilities. People with learning disabilities are less likely to participate in bowel screening than other sectors of the population, despite there being evidence of this population being at an increased risk of developing bowel cancer. Learning disability nurses are a key agent of change in enabling people with learning disabilities to participate in the screening programmes.]
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Mind and body practices for fatigue reduction in patients with cancer and hematopoietic stem cell transplant recipients: A systematic review and meta-analysis.
Duong N. *Critical Reviews in Oncology/Hematology* 2017;120:210-216.
[Among 55 trials (4975 patients), interventions were acupuncture or acupressure (n=12), mindfulness (n=11), relaxation techniques (n=10), massage (n=6), energy therapy (n=5), energizing yogic breathing (n=3) and others (n=8). When combined, all interventions significantly reduced fatigue severity compared to all controls (standardized mean difference -0.51, 95% confidence interval -0.73 to -0.29). More specifically, mindfulness and relaxation significantly reduced fatigue severity.]
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Perioperative beta-blockers for preventing surgery-related mortality and morbidity.
Blessberger H. *Cochrane Database of Systematic Reviews*
Randomized controlled trials have yielded conflicting results regarding the ability of beta-blockers to influence perioperative cardiovascular morbidity and mortality. Thus routine prescription of these drugs in unselected patients remains a controversial issue.

Pharmacological interventions for benzodiazepine discontinuation in chronic benzodiazepine users. 
Baandrup L. Cochrane Database of Systematic Reviews 2018;3:CD011481.
[Prolonged treatment with benzodiazepines is common practice despite clinical recommendations of short-term use. Benzodiazepines are used by approximately 4% of the general population, with increased prevalence in psychiatric populations and the elderly. After long-term use it is often difficult to discontinue benzodiazepines due to psychological and physiological dependence. This review investigated if pharmacological interventions can facilitate benzodiazepine tapering.]

Randomised control trial of the effectiveness of an integrated psychosocial health promotion intervention aimed at improving health and reducing substance use in established psychosis (IMPaCT). 
[People with psychosis have a reduced life expectancy of 10–20 years, largely due to cardiovascular disease. This trial aimed to determine the effectiveness of a modular health promotion intervention (IMPaCT Therapy) in improving health and reducing cardiovascular risk in psychosis. The authors are from South London including South London and Maudsley Trust and KCl Institute of Psychiatry]
Freely available online

Reminiscence therapy for dementia. 
Woods B. Cochrane Database of Systematic Reviews
This updated Cochrane Review of reminiscence therapy (RT) for dementia was first published in 1998, and last updated in 2005. RT involves the discussion of memories and past experiences with other people using tangible prompts such as photographs or music to evoke memories and stimulate conversation. RT is implemented widely in a range of settings using a variety of formats.

Reports

The following report(s) may be of interest:

**Alcohol is the number one modifiable risk factor for dementia.**
The Mental Elf; 2018. [https://www.nationalelfservice.net/mental-health/dementia/alcohol-is-the-number-one-modifiable-risk-factor-for-dementia/]
[Marie Crabbe looks at a recent retrospective cohort study in The Lancet Public Health which explores the contribution of alcohol use disorders to the burden of dementia in France.] 
*Freely available online*

**Antipsychotic effectiveness: the numbers don’t lie, check the scoreboard.**
The Mental Elf; 2018. [https://www.nationalelfservice.net/treatment/antipsychotics/antipsychotic-effectiveness-the-numbers-dont-lie-check-the-scoreboard/]
[Students and Teachers from the King’s College London PNoMH Distance Learning MSc summarise a major new meta-analysis that brings together the last 60 years of placebo-controlled antipsychotic drug trials in acute schizophrenia.] 
*Freely available online*
Claims ibuprofen 'will wipe out Alzheimer's' are misleading.
NHS Choices - Behind The Headlines; 2018.
[Based on the limited results presented in this study, there's currently no evidence that taking ibuprofen or other NSAIDs can prevent Alzheimer's disease.]
Freely available online

Forward Thinking: NIHR research on support for people with severe mental illness.
NIHR Dissemination Centre; 2018.
https://www.dc.nihr.ac.uk/themed-reviews/severe-mental-illness-research.htm
[This review highlights a selection of NIHR-funded research on aspects of severe mental illness such as supporting early detection and intervention, crisis care, supporting recovery and managing physical and mental health.]
Freely available online

Low back pain treatment 'needs improvements'.
NHS Choices - Behind The Headlines; 2018.
[A group of low back pain specialists have described the current understanding of low back pain treatments and looked at how well it is being managed around the world. They discovered that research has shown that a lot of treatments used over the years have been found to be ineffective. However, some treatments, such as exercise and physiotherapy, do seem to help.]
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