Evidence-Based Nursing

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36 Preoperative skin cleansing with chlorhexidine-alcohol reduces surgical site infection after clean-contaminated surgery compared with povidone-iodine
37 Telephone-delivered collaborative care for post-CABG depression is more effective than usual care for improving quality of life related to mental health
38 Systematic review finds no difference in effect between home and centre-based cardiac rehabilitation on mortality, morbidity and modifiable risk factors in patients with CHD
39 Current evidence shows no reduction in mortality or re-infarction rate with early mobilisation following myocardial infarction
40 Ginger reduces severity of nausea in early pregnancy compared with vitamin B6, and the two treatments are similarly effective for reducing number of vomiting episodes
41 CBT improves glucose control and psychosocial factors in type 1 diabetes
42 Adding live, reactive telephone counselling to self-help literature does not increase smoking cessation
43 Advanced practice nurses achieve results equal to or better than those of GPs in cardiovascular risk management in primary care
44 Hand hygiene and facemask use within 36 hours of index patient symptom onset reduces flu transmission to household contacts
45 Small study finds that hydrophilic catheters decrease use of antibiotics to treat UTI in people with spinal cord injury who use self-intermittent catheterisation compared with non-coated catheters
46 Telephone behavioural intervention delivered by nurses combined with home blood pressure monitoring improves long-term hypertensive management compared with usual care
47 Team-based care interventions involving nurses and primary care or community pharmacists improve hypertension control
48 Nurse-led postpartum discharge education programme including information on postnatal depression reduces risk of high depression scores at 3-month follow-up

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49 Depression screening and management programmes with staff assistance in primary care increase response and remission rates, but programmes without staff assistance do not show benefits
50 Nicotine patch plus lozenge gives greatest increases in abstinence from smoking at 6 months compared with placebo; smaller effects seen with nicotine patch alone, bupropion or nicotine lozenges alone or combined
51 Culturally tailored intervention for African Americans with type 2 diabetes administered by a nurse case manager and community health worker reduces emergency room visits
52 Compared with usual care, supervised exercise in primary care for people with patellofemoral syndrome does not significantly increase self-reported recovery, but it improves pain and function in the short term and pain in the long term

Prognosis
54 Low specificity and high false-positive rates limit the usefulness of the STRATIFY tool and clinical judgement in predicting falls in older patients in an acute hospital setting
55 Cohort study finds nine times increased overdose risk (fatal plus non-fatal) in patients receiving 100 mg/day for 90 days compared with 1–20 mg/day opioids for chronic non-cancer pain, but wide CI and possibility of unmeasured confounders

Prevalence
57 Faecal incontinence affects 14% of female and 6% of male nursing home residents in Turkey, and urge incontinence is common
58 Small study finds 27.7% prevalence of pressure ulcers in paediatric hospitals in Switzerland, with many cases caused by external medical devices
59 15.4% of older people with hip fracture have visual impairment, 38.6% auditory impairment and 30.1% combined sensory impairment
60 Reliance on self-reporting underestimates pregnancy smoking rates in Scotland, with more than 2400 pregnant smokers estimated to be missed annually

Reprinted from DTB
62 Non-drug management of chronic low back pain