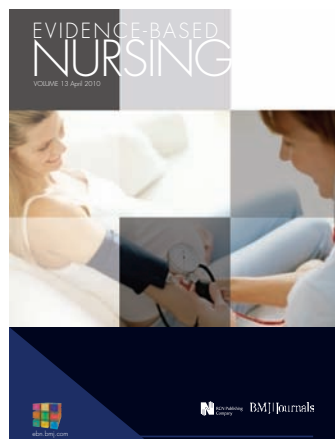


# Evidence-Based Nursing



Cover Credit: Samuel Ashfield/SPL

## Contents

### Purpose and procedure

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### Therapeutics

- 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

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