Evidence-Based Nursing

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Treatment

In newborns, changing parenteral nutrition sets every 48 hours rather than every 24 hours did not increase infusate contamination. 9

Iron supplemented formula milk prevented iron deficiency anaemia and reduced developmental declines in infants from inner city areas 10

Parent application of eutectic mixture of local anaesthetics seemed to be as effective as clinician application for reducing children's pain and distress during intravenous insertion 11

A low dose of albuterol (salbutamol) by metered dose inhaler (MDI) with a spacer was as effective as higher doses by MDI or low doses by nebuliser in children with mild acute asthma 12

A school based, interdisciplinary curriculum in grades 6 and 7 reduced obesity in girls 13

HIV prevention videos increased "condom use self efficacy" and actual condom use 14

A psychoeducational programme increased knowledge and decreased sexual risk behaviours in young adults with genital herpes. 15

Review: health education interventions offering information plus sexual negotiation skill development promote increased condom use in women 16

Parents who received transfer preparation had lower anxiety about their children's transfer from the paediatric intensive care unit to a general paediatric ward 17

Review: poor quality studies suggest that vitamin B-6 is beneficial in premenstrual syndrome 18

A worksite health promotion intervention improved employees' nutrition 19

A coping skills group and peer telephone support had similar effects on role performance, adaptability, and wellbeing in patients with multiple sclerosis 20

Counselling after a myocardial infarction improved mood for patients and their partners and decreased patient functional limitations 21

Review: counselling and education reduce cardiovascular risk factors but not mortality 22

Review: supplemented enteral nutrition reduces infectious complications and length of hospital stay in patients with critical illness 23

Behaviour therapies reduced urinary incontinence in older adults who were homebound and cognitively intact 24

A behavioural intervention improved cognitive function and depression in elderly people in residential homes 25

Causation

Diastolic blood pressure and weight gain predicted future risk of hypertension 26

Qualitative

Parents experiencing a perinatal death found that their interactions with social institutions devalued their loss . 27

Women with ovarian cancer during childbearing years felt that they looked normal, but "in [their] skin, [they were] different" 28

Adults with chronic low back pain felt frustrated, unsupported, and powerless with healthcare, social, and legal systems 29

Patients with schizophrenia valued self empowerment, understanding how self related to illness, and coping with relapse 30

Adults with disabilities who reported excellent or good quality of life had established a balance of body, mind, and spirit 31

Caregivers of family members with dementia were involved in a dynamic decision making process to maintain tolerable situations 32

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