Contents

Purpose and procedure
97

EBN notebook
99  New beginnings
99  Accessing pre-appraised evidence: fine-tuning the 5S model into a 6S model
102  Using decision analysis to integrate evidence into decision making

Treatment
105  Review: inhaled corticosteroids reduce wheezing and asthma exacerbations in infants and preschool children
106  Review: culture-specific programmes improve some asthma-related outcomes in children and adults from ethnic minority groups
107  Review: high-quality evidence on the effectiveness of locavores for functional constipation in children is limited
108  Review: cancer-related decision aids improve patient knowledge overall and reduce anxiety in screening settings
109  Diets with different targets for intake of fat, protein, and carbohydrates achieved similar weight loss in obese adults
110  A behavioural weight-loss programme reduced urinary incontinence more than an education programme in overweight and obese women
111  A very low calorie diet plus lifestyle counseling improved mild obstructive sleep apnoea in overweight patients
112  Nurse-led care was non-inferior to physician-directed care in symptomatic moderate to severe obstructive sleep apnoea
113  Below-knee cast and Aircast brace improved ankle function at 3 months in acute severe ankle sprain
114  Review: mechanical bowel preparation before colorectal surgery does not provide any benefit and may be harmful
115  Intravenous catheter dressings with chlorhexidine-impregnated sponges reduced infections in the ICU
116  Review: compression was effective for healing venous ulcers, and multicomponent systems were better than single-component ones

Causation
120  A combination of 4 health behaviours was associated with increasing risk of stroke
121  Review: anger and hostility increase risk of coronary heart disease events in healthy people and those with existing CHD
122  Smoking increased risk of colorectal cancer, independent of infection with high-risk HPV types

Clinical prediction guide
123  Absolute CVD risk, stratified by risk score, was 20% higher in primary care patients with CVD than in those without CVD

Qualitative
124  Women who coped successfully with progressive MS learned to confront their diagnosis and live with its unpredictable changes
125  6 themes described how women with early-stage breast cancer perceived and experienced treatment decision making
126  Men experienced and responded to the embodied and emotional effects of prostate cancer in different ways
127  Patients’ attitudes, the hospital environment, and staff behaviour affected patients’ dignity on a surgical ward
128  Loss of continuity and lack of closure in therapeutic relationships were associated with feelings of abandonment at the transition to end of life care

Glossary

Inside back cover