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### Editorial
1. New look Evidence-Based Nursing

### Adult nursing
2. Early postoperative exercise improves shoulder range of motion in women with breast cancer compared with delayed exercise, but increases wound drainage volume and duration
3. Mental status deficits are identified in 34% of patients who fall while in hospital

### Child health
4. Hypoglycaemic-related fear in parents of children with poor glycaemic control of their type 1 diabetes is associated with poorer glycaemic control in their child and parental emotional distress
5. Children benefit up to the age of 12 years old from prenatal and infancy home visiting by nurses; with reduced substance use, improved academic performance and reduced mental health problems
6. Parents of children who died from their brain tumours share common challenges during the neurological deterioration of their child, including balancing competing responsibilities and talking to their child about death
7. Administration of *Lactobacillus GG* to hospitalised children reduces the risk of gastrointestinal and respiratory tract infections
8. About half of children under age 3 whose parents suspected acute otitis media have the diagnosis; restless sleep, ear rubbing and fever are not predictive
9. A brief therapist-delivered intervention reduces self-reported aggression and alcohol consequences in adolescents who present for emergency care
10. Child-centred physical activity programme and parent-centred dietary programme alone or combined lead to sustainable reductions in BMI in 5–10-year-olds: diet alone or diet plus activity programmes seemed most effective
11. Including a behavioural component into educational interventions may enhance medication adherence in children and adolescents with chronic illness

### Mental health
12. Psychosocial interventions for bipolar disorder are effective when used as an adjunct to psychopharmacology, and mental health nurses are well placed to integrate them into practice

### Midwifery
16. The ‘Ready for Child’ structured antenatal training programme increases likelihood of mother’s arriving at the maternity ward in active labour and decreases use of epidural analgesia
17. Episiotomy or perineal tears: compared with catgut, synthetic sutures reduce risk of short-term pain and need for resuturing; rapidly absorbing sutures comparable to synthetic but reduce the need for suture removal
18. There is an absence of randomised trials investigating the use of preterm banked milk compared to term banked milk for very low birthweight infants

### Nursing issues
20. The Braden Scale and Care Dependency Scale each demonstrate at least 70% sensitivity and specificity for identifying inpatients at risk of pressure ulcer
21. Insufficient evidence to determine the effectiveness of measures to prevent occupational irritant hand dermatitis

### Pain management
23. Topical NSAIDs provide effective relief of acute musculoskeletal pain compared to placebo, with no increase in risk of adverse effects
24. Only a small reduction in morphine use with adding NSAIDs, paracetamol or COX-2 inhibitors to patient controlled morphine in the 24 h after major surgery

### Primary health care
26. Intensive dietary advice significantly improves HbA1c in people with type 2 diabetes who remain hyperglycaemic despite optimised drug treatment
27. Telemonitoring or structured telephone support for people with chronic heart failure reduces CHF-related hospital admissions; telemonitoring also reduces all-cause mortality
28. Expansion of nursing role in general practice: studies suggest patients think that nurses can manage simple conditions but have some concerns about knowledge and competence in some areas
29. Some evidence that continuous subcutaneous insulin infusion for type 1 diabetes improves glycaemic control compared with multiple daily injections, but few trials have compared CSII with MDI using newer insulin analogues

### Electronic page
e1. Purpose and procedure