Contents

Editorial
63 Using research findings in nursing practice

Research made simple
64 What is a systematic review?

Adult nursing
65 Psychosocial and information needs of people affected by colorectal cancer are poorly met during follow-up
66 Listening to music may relax mechanically ventilated patients, but there are limitations to the quality of the available evidence
68 A 12-month intensive supervised exercise intervention and counselling reduces HbA1c, blood pressure and other modifiable cardiovascular risk factors in people with type 2 diabetes
69 A characterisation of factors determining postoperative ileus after laparoscopic colectomy enables the generation of a novel predictive score
71 Taking aspirin daily for at least 4 years reduces long-term risk of cancer death
72 In people with poorly controlled type 1 diabetes, cognitive behaviour therapy combined with motivational enhancement therapy reduces HbA1c after 12 months

Care of the older person
74 Pooled results of two small trials with few events show a non-significant trend towards increased risk of intracerebral haemorrhage in people with Alzheimer’s disease
75 Avoid benzodiazepines and opioids in people at risk of delirium
76 The Otago strength and balance exercise programme lowers the risk of death and falls in the older people at 12 months
78 People with Alzheimer’s disease are at increased risk of hip fracture and of mortality after hip fracture
79 Skin protection wheelchair cushions for older nursing home residents reduce 6-month incidence of ischial tuberosity pressure ulcers compared with segmented foam cushions

Child health
81 Efficacy of implementation intentions intervention on prevention of smoking among adolescents

Mental health
83 Assessment following self-harm: nurses provide comparable risk assessment to psychiatrists but are less likely to admit for in-hospital treatment

Midwifery
85 For pregnant women near full term with intrauterine growth restriction, induction of labour does not affect risk of adverse neonatal outcome or caesarean section compared with expectant management

Nursing Issues
87 An evidence-based communication skills training programme for oncology nurses improves patient-centred communication, enhancing empathy, reassurance and discussion of psychosocial needs
88 The organisational culture of nursing staff providing long-term dementia care is related to quality of care

Pain management
90 Fentanyl Pectin Nasal Spray reduces breakthrough cancer pain intensity compared with placebo in people taking at least 60 mg daily oral morphine or equivalent

Women’s health
92 Incorporating mental healthcare into routine postpartum nursing is a promising approach for reducing depression in new mothers

Resources page
94 EBN Resources page

Electronic page
e1 Purpose and procedure