About this Bulletin:

It is produced for NHS staff and partners of the Health Library and aims to draw attention to some of the key documents and reviews on clinical effectiveness that have been published in the previous month.

Where possible, links to the full text documents are included. Staff from SSOTP, North Staffs Combined Healthcare, UHNM, Stoke on Trent Public Health and CCG and practice staff in North Staffordshire can have help in finding full text from our Outreach Service.

Just get in touch via the contact details below.
Sources for Clinical Effectiveness Bulletin

Please suggest further sites that should be monitored in the production of this bulletin

Websites

Cochrane Library  http://www.thecochranelibrary.com/
Health Technology Assessment (HTA) Database  http://www.journalslibrary.nihr.ac.uk/hta
https://discover.dc.nihr.ac.uk/portal/home
Department of Health  http://www.gov.uk/dh
King’s Fund  http://www.kingsfund.org.uk/
Nice Guidance  https://www.nice.org.uk/guidance
Social Care Institute for Excellence  http://www.scie.org.uk/
NICE  http://www.nice.org.uk/
SIGN  http://www.sign.ac.uk/new.html
Primary Care Commissioning  www.pcc-cic.org.uk
Chartered Society of Physiotherapy  www.csp.org.uk
Health Social Care Information Centre  http://digital.nhs.uk/
Queen’s Nursing Institute:  http://www.qni.org.uk/
NMC  www.nmc.org.uk
RCN  https://www.rcn.org.uk/
Campbell Collaboration  http://www.campbellcollaboration.org/
http://www.gponline.com/news
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News from the Health Library

Important information if you use HDAS for research

NICE
The healthcare databases (HDAS) are being redeveloped by NICE. This will mean changes in the way they work, as well as meaning that you might have to transfer your saved searches from the old database. For more information see: http://labs.nice.org.uk/hdas-redevelopment. The new HDAS will go live on 17th October 2016. Only searches saved before 10th October, in this system, will migrate to the new one.

Commissioning, Health Service Organisation and Administration

Admission avoidance hospital at home
Cochrane Reviews
The review found that services such as ‘Hospital at Home’, can be effective in avoiding admission for a select group of elderly patients. The evidence is limited by the size of the trials that have been completed.

‘Who knows best?’ Older people’s contribution to understanding and preventing avoidable hospital admissions
University of Birmingham
This research attempts to look at hospital admissions from the patient perspective, researchers talked to older people about why they were admitted and what could have helped prevent this.

Making Patient Groups Part of the Team
PCC
This piece discusses how patient groups can lack focus and therefore be less effective. Providing more guidance for them may be a way to make more of this resource.

Annual childhood immunisation statistics published
NHS Digital (formerly HSCIC)
New data on numbers of children being immunised against key communicable diseases.

Public Health and Lifestyle Services

Population-level interventions in government jurisdictions for dietary sodium reduction
Cochrane Reviews
The evidence retrieved by this review shows that national government initiatives can accomplish population-wide reductions in salt intake. The more effective approaches included more than one strategy and also included structural activities such as food product reformulation.

Electronic cigarettes for smoking cessation
Cochrane Reviews
There is evidence from two trials that electronic cigarettes can help smokers to stop smoking in the long term, when compared with a placebo. The evidence in this area is of low quality, and does not give information about long term usage. The reviewers found that there were a number of ongoing trials which could be eligible for inclusion in a future review on this topic.

**The economics of housing and health**

**King’s Fund**

Poor housing or housing insecurity is associated with poor health outcomes. This report looks at why and how housing providers should work more closely with the healthcare sector.

**General Practice**

**Exercise for women receiving adjuvant therapy for breast cancer**

**Cochrane Reviews**

This systematic review appeared to show that exercise during cancer treatment can help to improve physical fitness as well as lessening fatigue. It is less clear whether exercise impacts upon quality of life and depression.

**Vitamin D for the management of asthma**

**Cochrane Reviews**

This review found evidence to suggest a likely link between Vitamin D and asthma attack prevention.

**British guideline on the management of asthma**

**Scottish Intercollegiate Guidelines Network**

SIGN have updated their asthma management guideline. This is in conjunction with the British Thoracic Society.

**Making Patient Groups Part of the Team**

**PCC**

This piece discusses how patient groups can lose focus and therefore have less impact. Providing more guidance for them may be a way to make more of this resource.

**Physiotherapy**

**Back Pain Myth Busters**

**CSP**

These patient information leaflets are produced by the Chartered Society of Physiotherapy and are designed to help patients understand back pain more fully. They aim to dispel myths about pain, twisting and resting muscles.
**Health Visiting and Nursing**

**Baby-led compared with scheduled (or mixed) breastfeeding for successful breastfeeding**

Cochrane Reviews
This review did not find any evidence to support altering current practice guidelines. Future exploratory research is needed on baby-led breastfeeding that takes the mother's perspective into consideration.

**Out of the spotlight: what we don’t know about district nursing services**

King’s Fund
Anna Charles’ blog highlights the lack of information about district nursing services. Unlike hospital care, she argues, data on district nursing services is sparse. With demand for community care increasing, Charles argues that more data needs to be collected about the service to inform future developments.

**Understanding quality in district nursing services**

King’s Fund
This report sets out what good district nursing care is; according to patients, carers and nursing staff.

**Understanding Safe Caseloads in the District Nursing Service**

QNI
The QNI has produced this report into safe caseload for district nurses. They address the issues of defining and maintaining safe caseloads at a time of increased demand for community based care.

**Project to improve men’s health**

QNI
This sees the announcement of a project to help improve men’s health outcomes in a number of areas such as heart disease, obesity, cancer, suicide, diabetes and other lifestyle related factors.

**Mental Health**

**Survey shows one in three adults with common mental disorders report using treatment services**

NHS Digital (formerly HSCIC)
This report is based on data from the Adult Psychiatric Morbidity Survey. It shows prevalence of mental illness as well as treatment access rates.

**Older Adults**

**A Systematic Review of Predictions of Survival in Palliative Care: How Accurate Are Clinicians and Who Are the Experts?**
PLOS one
This paper attempts to broaden the research in his field by reviewing end of life estimates in a range of palliative care settings. Previous studies have focused more exclusively on cancer patients.