

May 2015 Newsletter

“Healthcare delivery relies on communication and relationships to bring about the coordination of care and quality for the patient experience”

Cathy Lalley, MHI, RN

Croatian web portal ‘Evidence in medicine’ answers citizens’ questions about alternative and complementary therapies

Through the dissemination of translated Cochrane plain language summaries, Cochrane Croatia found there was interest among consumers the about effectiveness and safety of complementary and alternative (CAM) therapies. To address this, in 2014 Cochrane established a web portal ‘Evidence in medicine’. The portal has a web form for asking questions, a front page with the six latest answers, an archive with a search field, an educational page about levels of evidence, and a page presenting all contributors to the portal.

This web portal and Cochrane Croatia were featured in all the major media outlets in Croatia, including numerous web portals, national and local newspapers, and television and radio stations.

In Cochrane’s communication with the media, they explained the purpose of the portal and invited citizens to ask questions about CAM therapies. Questions are answered by a team of physicians, researchers and law experts. Several databases were searched, including the Cochrane Database of Systematic Reviews, the Database of Reviews of Effects, the Cochrane Central Register of Controlled Trials, PubMed (using the filter for clinical trials) and, if necessary, other databases. While fully understanding that this is not as comprehensive a search as one would make for a systematic review, they believe this kind of search can also provide a clear picture about the level of evidence available regarding a certain CAM therapy. Cochrane have recently been approved to use a HONcode certificate, indicating the site complies with the HONcode standard for trustworthy health information. Cochrane are often asked why they do such thing for free. The volunteer contributors behind this portal believe that this is a service to society, and a massive positive response confirms that this service is very welcome. The team behind this portal is fully aware that there are people out there for which no scientific arguments will work. However, there are also

people who would like to be informed, and who would like to know whether there is any evidence available about a certain therapy before buying it. This portal is for them, produced with the same goals that are the cornerstone of Cochrane's mission – the best evidence, informed decisions, and better health.

The new look of the CNCF

The Cochrane Nursing Care Field is liaising with the Cochrane Communications Unit in the redesign of our field's logo, templates and website to ensure they meet with the standards of Cochrane's new organisational rebranding currently being rolled out. We are also taking this opportunity to refresh our 'Cochrane Corners' and rethink how review summaries appear in our collaborating journals. Each journal will have the opportunity to review and comment on any of the proposed changes before implementation. It is anticipated this process will be completed in 2015.

CNCF – Finalisation of new publication agreements

The CNCF have settled the terms of 2 new publication agreements with *The Journal of Midwifery* and *The Journal of Health Science*. All content for Cochrane Corners appearing in these journals will be written in Traditional Chinese/Taiwanese for Taiwan Nurses and Midwives, with our 'Cochrane Corners' to reach an

estimated 800 additional readers. The CNCF continues to maintain a strong focus on presenting information in ways that are accessible and relevant to the field of nursing, and to further promote the use of the Cochrane Library.

Influenza vaccines for preventing acute otitis media in infants and children

Middle ear infection or inflammations are broad terms to refer to acute otitis media. It is one of the most common infectious diseases in infants and preschool children, with 86% having an episode by the time they turn one year old. Symptoms of an ear infection include ear pain and fever, but it may cause hearing loss due to ear drum perforation or fluid accumulation in the middle ear. Ear infections are usually bacterial in origin and are commonly triggered by a viral infection. Antibiotics are often used in treatment, but they carry their own side effects and the risk of antibiotic resistance. Influenza vaccines, more commonly referred to as flu shots, are approved for infants after six months. They prevent viral infections, thus may prevent the onset of an ear infection.

A team of Cochrane authors, based in Malaysia and working with the Acute Respiratory Infections Group, set out to study the effect of the flu shot in

preventing middle ear infections in infants and children. Included in their study were 10 randomised controlled trials involving 16,707 children aged six months to six years. Nine out of the 10 studies were funded by vaccine manufacturers. The overall quality of the evidence was high to moderate.

The primary outcomes showed a small reduction in at least one episode of middle ear infection over at least six months of follow up (between 2 and 7%). There was also a reduction in the use of antibiotics in vaccinated children (between 0% and 30%). It remained uncertain whether it reduced visits to the healthcare facilities or hospital admissions. No major adverse events were reported.

"With the flu shot, we saw a small reduction in middle ear infections and a reduction in the use of antibiotics" said Norhayati M Noor, a researcher in Universiti Sains Malaysia, Kelantan, Malaysia, and the lead author of the Cochrane Review. "Given the small reduction and the current practice of avoiding the overuse of antibiotics, promoting the flu shot solely to reduce middle ear infections does not seem justified but the results may be useful to parents when making a decision to vaccinate their children. We recommend that future studies on flu vaccines will include ear infections as an outcome and provide detailed safety data."

Cochrane summaries published since last newsletter:

Author: Dr Janice Christie, Senior Lecturer Nursing - School of Nursing, Midwifery and Social Work Manchester University, United Kingdom - Topic: **'Artificial corneas versus donor corneas for repeat corneal transplants'** Journal of Perioperative Practice.

Authors: Dr Denise Blanchard PhD, MSSRe, AdvDipTT, BA, RN, Dr Sharon Bourgeois PhD, MEd, MA, BA, OTCert, RN - Topic: **'Conservative management following closed reduction of a traumatic anterior dislocation of the shoulder'** - Orthopaedic Nursing Journal

Authors: William H. Anger, Jr., MLIS The Miriam Hospital Providence, RI USA, Anna Sabia, RN, BSN The Stamford Hospital Stamford CT., USA - Topic: **'Workplace Interventions for Reducing sitting at work'** - Online Journal of Issues in Nursing

Author: Marinha Sofia Macedo, RN, BSN, Grad Cert Health Units Management Nursing Research Senior Specialist, Nursing Research Division, King Faisal Specialist Hospital and Research Centre, Riyadh, Saudi Arabia - Topic: **'Pharmacological interventions for sleepiness and sleep disturbances caused by shift work'** - Nursing Times Journal

Authors: Terry-Renette Friebe BN, BNP, MN and Vicky Visvanathan CN CCRN MN, GDip CCN; GCert Research Methodologies, School of Nursing and Midwifery, University of South Australia, Adelaide – Topic: ***'Combination versus Sequential Single agent chemotherapy for metastatic breast cancer'*** - Nursing Network News Breast Cancer Care (NNNBCC)



Author: Daksha Trivedi, Senior Research Fellow, Evidence Based Practice, Centre for Research in Primary and Community Care, University of Hertfordshire, Hatfield, UK – Topic: ***'Barriers and facilitators to the implementation of lay health worker programmes to improve access to maternal and child health: qualitative evidence synthesis'***- the Primary Health Care Research and Development Journal

Make a contribution to the CNCF newsletter

Are we very interested to hear from our readers regarding the content of this monthly newsletter.

We would be grateful to receive any stories, information or news and events information that may be of interest to our readers. All content submissions can be forwarded to the CNCF Coordinator, Alex Mignone – at Alex.Mignone@adelaide.edu.au