

April 2015 Newsletter

A randomised experiment of whether readers can understand the key messages from summaries of Cochrane Reviews without reading the full review

Cochrane has conducted a study in to whether readers can understand key messages without having to read the full review, and if there are differences in understanding between various types of summaries. A randomised experiment was conducted by Cochrane of a review summary which compared understanding of key outcomes.

The Cochrane Review chosen examined the health impacts of the use of electric fans during heat waves. Participants were asked their expectation of the effect these would have on mortality. They were then randomly assigned a summary of the review (i.e. abstract, plain language summary, podcast or podcast transcription) and asked to spend a short time reading/listening to the summary. After this they were again asked about the effects of electric fans on mortality and to indicate if they would want to read the full Review.

Results: Just over half (53%) of the participants identified its key message on mortality after engaging with the summary. The figures were 33% for the abstract group, 50% for both the plain language and transcript groups and 78% for the podcast group.

Conclusions The differences between the groups were not statistically significant, but suggest that the audio summary might improve knowledge transfer compared to written summaries. These findings will be explored further using a larger sample size and many other review summaries. The CNCF will continue to monitor and report on the outcome of this relevant research.

Cochrane Colloquium October 2015 to be held in Vienna!

The Colloquium is Cochrane's annual leading event, bringing together Cochrane contributors and stakeholders from around the world. This year the occasion will be focusing on "filtering the information overload for better decisions". As always, organisers will be providing a wide and varied program of plenaries, special sessions, research, and workshops.

Vienna is particularly beautiful in autumn, when the chestnut

leaves turn gold and the weather is ideal for visiting the vast array of historic landmarks, museums, galleries, and parks. On the evening of 3 October, the Cochrane Colloquium 2015 will be launched with a welcome reception in one of the city's most exclusive and splendid buildings - the Kursalon. Colloquium attendees can mingle and catch up on the terrace of the ballroom overlooking the magnificent gardens of the Stadtpark (City Park) while enjoying a glass of Grüner Veltliner or Riesling from the Wachau Valley wine region, home of the Austrian Cochrane Branch (Danube University Krems). To end the Colloquium, there will be a Gala dinner in the opulently decorated main ballroom of the Gothic-styled Vienna Town Hall. Abstracts for oral presentations and posters are invited in all areas relevant to the work of Cochrane, evidence-based health care and systematic reviews. For more information, refer to <https://colloquium.cochrane.org/call-abstracts>

2 more Journals to join the CNCF's Evidence Transfer Program

The Cochrane Nursing Care Field continues to produce quality Cochrane Review summaries for our 17 collaborating journals, and is now in the process of negotiating a further two publication agreements with The

Journal of Health Science and the Journal of Midwifery.

The Journal of Health Science is an international peer reviewed, multiple disciplined scientific journal that promotes the development of knowledge directly relevant to all domains of allied health. It is an online journal with either Chinese or English writings.

With more than 300 subscribers, the Journal of Midwifery is part of the Taiwan Midwives Association and makes strong contributions to midwifery and maternal child nursing development in academic and clinical areas.

The combined journals have a large number of subscribers that might not otherwise see our "Cochrane Corners". Engaging with their subscribers will generate considerable more awareness about the CNCF and the work we do in association with Cochrane. The opportunity to establish collaborations with these 2 journals was initiated by Professor Pei-Fan Mu, Director of Taiwan Joanna Briggs Collaborating Centre, National Yang-Ming University, Taipei, Taiwan. In January 2015 the CNCF commenced a new publication agreement with the Veteran General Hospital Nursing Journal initiated by Professor Pei-Fan Mu, which has progressed extremely well and was the catalyst to negotiating publication agreements with these 2 journals. The Veteran General Hospital Nursing Journal

has a singular focus on clinical nursing areas, while the Journal of Health Science and the Journal of Midwifery have a different marketing strategy and also represent allied health and midwifery disciplines.

Chewing gum for postoperative recovery of gastrointestinal function

A common consequence of abdominal surgery is that the patient's digestive system stops working for a few days. This is called ileus and it can be both painful and uncomfortable for the patient. Ileus can lead to nausea, vomiting, and abdominal discomfort and is associated with complications, reduced patient satisfaction, and increased length of hospital stay.

Chewing gum is hypothesized to reduce postoperative ileus by stimulating early recovery of gastrointestinal function. Chewing gum tricks the body into thinking it is eating, causing the digestive system to start working again. Given that most people have previous experience of chewing gum, the intervention is generally well tolerated by individuals. Chewing gum as an intervention is also low-cost and easy to implement.

A team of Cochrane authors, based in the UK and Denmark and working with the Cochrane Colorectal Cancer Group, set out to evaluate if chewing gum after surgery hastens the return of gastrointestinal function.

Randomized controlled trials that used chewing gum as an intervention compared to a control group were included. In the review there were 81 studies that recruited 9072 participants. The studies mainly focussed on people having bowel surgery or caesarean section, but there were some studies of other surgery types. Many of the studies were rated at high or unclear risk of bias. There was some evidence that people who chewed gum after an operation were able to pass wind and have bowel movements sooner than people who did not chew gum. There was also some evidence that people who chewed gum had bowel sounds (gurgling sounds heard using a stethoscope) slightly sooner. In some studies, those chewing gum reported reduced nausea and vomiting and other complications. There was a small difference in how long people stayed in hospital between people who did or did not chew gum. There was little difference in mortality, infection risk and readmission rate between the groups.

"Chewing gum is an innovative and low cost intervention. This review identified some evidence that chewing gum after surgery may help the patient's digestive system to recover faster," said Vaneesha Short, a researcher at the NIHR Biomedical Research Unit in Nutrition, Diet and Lifestyle in Bristol, and the lead author of the Cochrane Review. "We know

that there are many factors that affect the onset of ileus. More high quality studies are needed to explore the effects of chewing gum after a variety of different types of surgery."

Cochrane Corner summaries published since last newsletter:

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: **"Inhaled corticosteroids in children with persistent asthma: dose-response effects on growth"** American Journal of Nursing.

Author: Erna Rochmawati SKp, MNsc, M.Ed.Ed Lecturer, School of Nursing, Universitas Muhammadiyah Yogyakarta, Indonesia Topic: **"Minimally invasive surgical techniques versus open myomectomy for uterine fibroids"** - Journal of Perioperative Practice

Author: Dr Janice Christie
Cochrane Nursing Care Field Senior lecturer nursing School of Nursing, Midwifery and Social Work Manchester University M13 9PL United Kingdom Topic: **"What effect do wound dressings have on preventing surgical site infection, in people with surgical wounds healing by primary**

intention?" - Journal: Nursing Time Journal.

Author: William H. Anger, Jr. MLIS
Topic: **"Does the use of electronic health records support smoking cessation?"** Journal: Clinical Journal of Oncology Nursing

Author: Teresa L. Bryan, RN, MSN, FNP-BC Assistant Professor and Program Coordinator of Graduate Programs Alcorn State University, Natchez Mississippi
Topic: **"Haloperidol versus Low-Potency First - Generation Antipsychotic Drugs for Schizophrenia"** - American Journal of Nursing

Chen Xiaojuan, Senior Staff Nurse at the National University Cancer Institute, Singapore, and a member of the Cochrane Nursing Care Field - Topic: **"Daily Sedation Interruption in Critically Ill Patients on Mechanical Ventilation"** - American Journal of Nursing

Christine Moreno Smith, RN, MSN, Clinical Nurse Educator Institute for Nursing Excellence UCSF Medical Center Certified JBI CSR Trainer UCSF JBI Centre for Evidence-Based Patient and Family Care San Francisco, California - Topic: **"Debridement for Surgical Wounds"** - Critical Care Nurses 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

