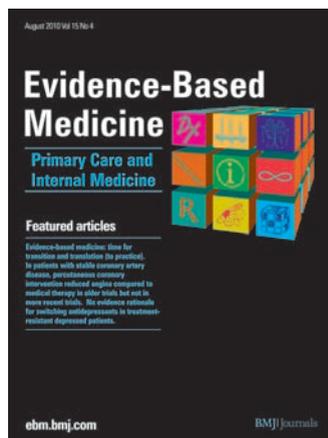


# Evidence-Based Medicine



## Contents

### Purpose and procedure

101

### Editorial

- 103** Evidence-based medicine: time for transition and translation (to practice)



### Therapeutics

- 105** Angina relief with percutaneous coronary intervention versus medical therapy for chronic stable angina
- 106** Aspirin prophylaxis (100 mg daily) does not improve cardiovascular outcomes compared to placebo in asymptomatic individuals with incidental low-ankle brachial index
- 108** Meta-analysis of RCTs finds that increasing consumption of polyunsaturated fat as a replacement for saturated fat reduces the risk of coronary heart disease
- 109** Available evidence points to low effectiveness of influenza vaccines for older people
- 111** Advanced practice nurses achieve results equal to or better than those of GPs in cardiovascular risk management in primary care
- 112** An 'e-Nudge' electronic reminder system that highlights individuals at raised cardiovascular risk encourages GPs to improve the collection of patient cardiovascular risk factor data
- 113** Computer reminders to clinicians during routine activities produce only small improvements in adherence to processes of care: median improvement 4.2%, IQR 0.8–18.8%
- 114** Muscle cramps: quinine derivatives likely to be effective but not recommended for routine use due to toxicity; vitamin B complex, naftidrofuryl and calcium channel blockers possibly effective
- 115** Adding subcutaneous liraglutide to metformin reduces HbA1c more than adding oral sitagliptin in patients whose type 2 diabetes is poorly controlled with metformin alone

August 2010 Vol 15 No 4

- 117** The 23-valent polysaccharide vaccine prevents pneumococcal pneumonia and reduces associated mortality in nursing home residents in Japan
- 118** Cognitive behavioural therapy shown to be an effective and low cost treatment for subacute and chronic low-back pain, improving pain and disability scores in a pragmatic RCT
- 119** Dutasteride reduces incident prostate cancer in men after negative prostate biopsy
- 120** No evidence for switching antidepressants in treatment-resistant depressed patients
- 122** Tamoxifen, raloxifene and tibolone decrease risk of invasive breast cancer in healthy women but increase risk of thromboembolism (tamoxifen, raloxifene), endometrial cancer (tamoxifen) or stroke (tibolone)

### Prevalence

- 123** Errors detected in 19% of paediatric medication preparations and administrations across five hospitals in London

### Prognosis

- 125** BMI, waist circumference and fat composition are not correlated with mortality risk in an older Korean population, but higher lean mass and lean mass index are predictors of reduced mortality risk
- 126** Being overweight in adults aged 70–75 is associated with a reduction in mortality risk compared with normal BMI

### Reprinted from DTB

- 128** Management of benign paroxysmal positional vertigo



This article has been chosen by the Editor to be of special interest or importance and is freely available online.

C O P E COMMITTEE ON PUBLICATION ETHICS

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics

[www.publicationethics.org.uk](http://www.publicationethics.org.uk)

equator network

recycle

When you have finished with this please recycle it