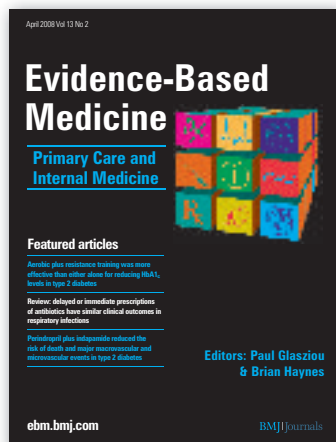


Evidence-Based Medicine



Contents

April 2008 Vol 13 No 2

Purpose and procedure

33


EBM notebook

- 34 Jottings ...
- 34 Epley and the slow boat from research to practice
- 36 Better value—the 21st century priority

Evidently

39

Therapeutics

- 40  Aerobic plus resistance training was more effective than either alone for reducing HbA_{1c} levels in type 2 diabetes
- 41 Review: diet interventions, with or without exercise, promote weight loss more than advice alone
- 42 Review: delayed or immediate prescriptions of antibiotics have similar clinical outcomes in respiratory infections
- 43 Both low-dose and micro-dose 17 β -oestradiol reduced hot flushes
- 44 Early treatment with prednisolone, but not acyclovir, was effective in Bell's palsy
- 45 Systematic or opportunistic screening was more effective than usual care for detecting new cases of atrial fibrillation
- 46 A probiotic drink prevented diarrhoea and *Clostridium difficile* infection in older patients taking antibiotics
- 47 Review: vitamin D supplementation decreases all-cause mortality in adults and older people
- 48 Daily vitamin C prevented development of complex regional pain syndrome in adults with wrist fractures
- 49 Perindopril plus indapamide reduced death and major macrovascular and microvascular events in type 2 diabetes
- 50 Review: β -blockers for hypertension increase risk of new onset diabetes

- 51 Treatment review by case conferences led to more medication changes than written feedback in older people on polypharmacy
- 52 Combined HRT increased CV events more than placebo but did not differ from oestrogen HRT after menopause
- 53 Review: calcium supplementation, with or without vitamin D, prevents osteoporotic fractures in older people
- 54 A 16-week tai chi programme prevented falls in healthy older adults
- 55 Pharmacogenetic-guided and standard dosing did not differ for out-of-range INRs in patients initiating warfarin therapy
- 56 Review: long-acting inhaled therapies and pulmonary rehabilitation are effective in stable COPD
- 57 Review: corticosteroids plus long-acting β -agonists reduce exacerbations more than long-acting β -agonists alone in COPD

Diagnosis

- 58 Accuracy of ECG interpretation in primary care was limited for detecting atrial fibrillation

Quality improvement

- 59 A composite management intervention plus financial incentives reduced mortality from malaria in children <5 years of age

Resource reviews

60

Additional articles abstracted in ACP Journal Club


62

Other articles noted

63

Glossary

Inside back cover

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



www.publicationethics.org.uk
This journal is a member of and subscribes to the principles of the Committee on Publication Ethics