

Evidence-Based Medicine



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Purpose and procedure

EBM Round-up

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Therapeutics

- 137 B-type natriuretic peptide-guided therapy for chronic heart failure reduces all-cause mortality compared with usual care but does not affect all-cause hospitalisation or survival free of hospitalisation
- 138 Antibiotics provide no additional short-term benefit to surgical management of paediatric skin abscesses
- 139 People with lumbar disc herniation and associated radiculopathy benefit more from microdiscectomy than advice in the short term, although there is no difference in the long term
- 141 Early therapeutic exercise in the first week after grade 1 or 2 ankle sprain improves subjective ankle function compared to standard RICE treatment
- 142 Intensive lowering of systolic blood pressure to a target of less than 120 mm Hg has no effect on the rate of fatal and non-fatal major cardiovascular events in high-risk patients with type 2 diabetes
- 143 In hypertensive people treated with an antihypertensive, concomitant statin administration has no additional effect on blood pressure
- 144 In older patients with hip fracture, extended physiotherapy reduces falls compared with standard physiotherapy, and high dose cholecalciferol reduces hospital readmissions compared with lower dose
- 145 Primary percutaneous coronary intervention in ST-segment elevation myocardial infarction is more effective than fibrinolysis at reducing the composite outcome of death or reinfarction after 8 years
- 147 In permanent atrial fibrillation, lenient rate control is not inferior to strict rate control for preventing cardiovascular morbidity and mortality

- 148 Benzodiazepines provide no additional benefit over physiotherapy and analgesia in acute lumbar disc prolapse
- 149 A single botulinum toxin injection at a precise anatomic point on the forearm reduces pain at rest, compared to placebo injection in patients with chronic refractory lateral epicondylitis

Aetiology

- 151 In a civil service population, the association between relative socioeconomic position and all-cause mortality is substantially attenuated by adjustment for health behaviours
- 152 Higher BMI in pregnant women associated with a greater likelihood of pre-eclampsia, caesarian delivery and higher offspring birth weight and body fat
- 153 *H pylori* infection associated with unspecified abdominal pain in referred children but not with (UAP) in primary care or with recurrent abdominal pain

Diagnostics


- 155 Once-only flexible sigmoidoscopy screening for adults aged 55–64 years old reduces the incidence of colorectal cancer and colorectal cancer deaths
- 156 Using cardiovascular risk stratification to identify those at high risk may be cost effective compared to the government strategy of national screening for all adults aged 40–74

Causation

- 158 Risk of other autoimmune diseases increased in people with Graves' disease or Hashimoto's thyroiditis relative to the general UK population
- 159 No increase in demand for euthanasia following implementation of the Euthanasia Act in The Netherlands; pain as a reason for euthanasia request was increasing before implementation but declined subsequently

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- 161 Self-monitoring for patients on warfarin?

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