Evidence-Based Medicine



Contents

Purpose and procedure

101

Editorial

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
- Available evidence points to low effectiveness of influenza vaccines for older people
- 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
- 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

- **117** The 23-valent polysaccharide vaccine prevents

- 120
- August 2010 Vol 15 No 4

 The 23-valent polysaccharide vaccine prevents pneumococcal pneumonia and reduces associated mortality in nursing home residents in Japan

 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

 Dutasteride reduces incident prostate cancer in men after negative prostate biopsy

 No evidence for switching antidepressants in treatment-resistant depressed patients

 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)

 valence

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

 gnosis

 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

 Pains even wight in adults aged 70. 75 in associated

Prevalence

123 Errors detected in 19% of paediatric medication

Prognosis

- **125** BMI, waist circumference and fat composition are 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

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Management of benign paroxysmal positional



