



Newsletter

April 2016

"The hospital will never be healthy for patients if it's not a healthy environment for nurses, where their voices are heard and where they can care for their patients and use the full extent of their knowledge, abilities, and skills. After all, hospitals today have become one big intensive care unit: all patients need intensive caring."

– Tilda Shalof

CNCF Writer in Focus - Professor Rhoda Redulla, DNP, RN-BC



Professor Rhoda Redulla

As part of the CNCF's 'Writer in Focus' series, we are pleased to report on another of the Field's significant contributors, Professor Rhoda Redulla.

Professor Redulla has been an active member of the Field for several years and has prepared numerous Cochrane Review Summaries that have been published in many of our highly regarded collaborating journals, including the International Journal of Nursing Studies, the International Journal of Older People Nursing, the Nursing Times and the International Journal of Evidence Based Healthcare.

Professor Rhoda Redulla is the Director of Education, Memorial Hospital of Salem

County, New Jersey, USA and an Adjunct Nursing Professor at the Drexel University Pennsylvania. With almost twenty years of combined professional nursing experience, Rhoda offers a valuable and practiced perspective to the Cochrane Review Summary.

Rhoda started her career as a Nursing Professor at the University of Northern Philippines and pursued her master's degree right after completion of her baccalaureate nursing program. This sparked the beginning of her love for research as she worked to learn more about the care of low birth weight babies. She also continued to pursue her Doctor of Philosophy in Nursing. Midway through the program, Rhoda's family moved to the United States of America where she relaunched her nursing career. Rhoda's experience working as a clinical nurse at the Gastroenterology and Hepatology Division of the Hospital of the University of Pennsylvania nurtured her interest in chronic liver disease. When Rhoda pursued her Doctor of Nursing Practice degree, a clinical-focused doctorate at the Johns Hopkins University, her project focused on developing and testing a nurse-driven pathway in hepatitis C management. Her

academic program was designed to foster both clinical and scientific inquiry and here she learned to conduct a systematic review. She is also actively involved in her professional nursing organization, Society of Gastroenterology Nurses and Associates (SGNA). In 2012, the organization launched a scholars' program and partnered with the Joanna Briggs Institute (JBI- Texas Christian University Collaborating Centre). This was part of SGNA's strategic plan to train more gastroenterology and endoscopy nurses in evidence-based practice. Rhoda was one of the eight scholars in the inaugural class and obtained certification in JBI Comprehensive Systematic Review. During this time, Rhoda also assumed a new role in her organization as the Magnet Program Director and Director of Nursing Practice, tasked with advancing professional nursing practice through evidence-based practice. She was also the nursing liaison to the Centre of Evidence-Based Practice, University of Pennsylvania Health System. In this role, Rhoda deepened her knowledge in evaluating clinical issues from various areas in the organization, defining scope of key question and outcomes. She values professional advancement and feels grateful to have the opportunity to practice at the highest levels of nursing through leadership and scholarship. She has published in peer-reviewed journals and is an expert reviewer for several professional nursing journals.

Rhoda's commitment to advancing the knowledge and skills of nurses in evidence-based practice prompted her to become involved with CNCF as an evidence summary writer. Rhoda writes, "At the patient's bedside, nurses are constantly confronted with clinical issues and expected to think and act quickly, yet effectively and most efficiently. For example, the use of CHG vs soap and water and the effect to surgical site

infection, strategies in educating patients to improve medication adherence, nurse bedside shift report and hospital-acquired complications – these questions arise in daily practice. Empowering nurses to learn how to access the most current and best evidence can lead to measurable improvements in healthcare quality and patient safety. After conducting that first systematic review several years ago, my mindset on how I view research and evidence was completely transformed.

The CNCF plays a vital role in the dissemination of best practice evidence related directly to frontline care, and provides critical information that nursing staff can access and absorb quickly and easily."

Issues in Mental Health Nursing Journal to continue publishing CNCF Review Summaries



The CNCF is pleased to announce that the *Issues in Mental Health Nursing* Journal has requested to extend its publication agreement with our Field and has sought a further eight Cochrane Review Summaries to feature in their monthly 'Cochrane Corner'. This periodical is a refereed journal designed to expand psychiatric and mental health nursing knowledge. It deals with new, innovative approaches to client care, in-depth analysis of current issues, and empirical research.

As part of its new series of 'Cochrane Corners', the *Issues in Mental Health Nursing Journal* will publish summaries on the following Cochrane titles:

1. Psychoeducation for siblings of people with severe mental illness
2. Crisis intervention for people with severe mental illnesses
3. Supportive therapy for schizophrenia
4. Cannabis and schizophrenia
5. First rank symptoms for schizophrenia
6. Transcranial magnetic stimulation (TMS) for schizophrenia
7. Antidepressants for people with epilepsy and depression
8. Ketamine and other glutamate receptor modulators for depression in bipolar disorder in adults

TIME MAGAZINE examines the ongoing debate about whether standing desks in workplaces are effective, focusing on the recent Cochrane Review presenting the current evidence.

It is well known that sitting too much shortens life expectancy and increases risk of problems like heart failure and diabetes. But according to a new study published this week it seems treadmill desks, standing desks, and the like may not be the solution many hoped.

"What we actually found is that most of it is, very much, just fashionable and not proven good for your health," health researcher Dr. Jos. Verbeek told NPR. Verbeek and his co-authors published their findings in the Cochrane Database of Systematic Reviews, after looking at 20 of the best studies on the matter. What they found is that the studies tended to be either too small or poorly designed, leading them to conclude that there is no solid evidence demonstrating that standing is better than sitting.

"The idea you should be standing four hours a day? There's no real evidence for that," he said. "I would say that there's evidence that standing can be bad for your health,"

in fact, pointing to a 2005 study linking prolonged standing with enlarged veins. The extra calories burned off by standing versus sitting are minimal, he said—perhaps the equivalent of a couple of banana chips daily.

Behavioral medicine professor Lucas Carr, who was not involved in the study, pushes back against the authors' conclusions, insisting that moderation and balance are key.

"The health benefits of standing are not well-known," Carr tells NPR. "But you're going to burn more calories standing than sitting. I know it's not a tremendous amount," he says, but "those calories every day over many years will add up."

One thing the two sides do agree on is that, in Carr's words, "the state of the science is definitely early." More rigorous studies will need to be conducted before more real evidence emerges to support your co-workers constant humble brags about the benefits of their standing desks. The full Cochrane Review can be located here - <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD010912.pub3/abstract>

Cochrane contributors named among top science influencers of 2015

A number of Cochrane contributors have been named to Thomson Reuters' recently published "World's Most Influential Scientific Minds 2015" list. The list comprises 3,000 highly cited researchers, considered to be among the 'most influential scientific minds of our time'. Most of the listed Cochrane contributors appear in the section entitled 'Social Sciences, General'.

We congratulate all of our Cochrane colleagues included in this publication, and offer them best wishes for their continued success.



"World's Most Influential Scientific Minds 2015" list can be located here - http://images.info.science.thomsonreuters.biz/Web/ThomsonReutersScience/%7B37a987a9-e378-4888-8baa-d4ba20efdbfd%7D_tr_scientific_minds_online_final.pdf

Cochrane announces new partnership with the Joanna Briggs Institute

Cochrane and the Joanna Briggs Institute (JBI), a research and development centre within the Faculty of Health Sciences at the University of Adelaide, South Australia, are delighted to announce their official partnership aimed at improving the knowledge base for making decisions in health care and global health policy.

The two international not-for-profit organisations have signed a Memorandum of Understanding to develop a close working partnership which brings together their clear synergy of visions, missions, goals, values, principles, and products. Both organisations believe that systematic and rigorous approaches to research synthesis improve the knowledge base for making decisions in health care, and that this leads to better-informed choices by policymakers, practitioners, and members of the public.

Building on the strengths of each organisation, the partnership will explore how Cochrane and JBI can work together effectively to avoid duplication of effort, and maximize their impact in delivering better global health decision-making.

Cochrane CEO Mark Wilson said: "We are excited by our new partnership with the Joanna Briggs Institute. We think that our work with JBI will help us extend the reach of Cochrane evidence into policy and practice more effectively around the world, through the materials JBI produces and through developing joint knowledge

translation initiatives. Cochrane's mission to deliver timely, accessible, credible evidence on which health decisions can be taken has never been more important for improving global health outcomes, and we are confident that this new partnership will help us do that."

These sentiments were echoed by JBI Executive Director, Associate Professor Zoe Jordan, who said: "We absolutely recognize that there are several areas of complementarity where collaboration between our two organisations will serve the broader evidence-based community and movement well".

Cochrane and JBI plan to explore opportunities for scientific and methodological research, as well as the sharing of data for the efficiency of evidence synthesis processes, and joint representation at major healthcare events.

The official partnership will run for an initial two years, in which time the two organisations will have the opportunity to assess the feasibility and benefits of a deeper integration.

CNCF Cochrane Review Summaries developed since last newsletter (Some summaries may be pending publication):

Author: Caroline Kovacs, BSc, Centre for Healthcare Modelling and Informatics (CHMI), University of Portsmouth – Topic: '**Outreach and Early Warning Systems (EWS) for the prevention of Intensive Care admission and death of critically ill adult patients on general hospital wards**' – International Journal of Nursing Practice

Authors: I-Wen Chang, R.N., Ph.D., Head Nurse, Taipei Veterans General Hospital, Taipei, TAIWAN and Alex Mignone B.SOC.SCI., DipLaw, Coordinator CNCF – Topic: '**Early versus delayed post-operative bathing or showering to prevent wound**



complications' – International Journal of Nursing Studies

Authors: Professor Lisa Whitehead, PhD, MA, BSc (hons) RN, School of Nursing and Midwifery, Edith Cowan University, Western Australia – Topic: '**Constraint-induced movement therapy for upper extremities in people with stroke'** – American Journal of Nursing

Author: Natalie K Bradford PhD, MPH, BNurs, RN Queensland Youth Cancer Service Lady Cilento Children's Hospital Brisbane, Australia – Topic: '**Palliative interventions for controlling vaginal bleeding in advanced cervical cancer'** – Cancer Nursing Journal

Author: Anne Wareing, MSc, BSc, BA (Hons), RN, Clinical Nurse Specialist – Dept. of Haemostasis, St George's University Hospitals NHS Foundation Trust, London – Topic: '**Rituximab for rheumatoid arthritis'** – American Journal of Nursing

Author: Rhoda Redulla, DNP, RN-BMemorial Hospital of Salem County Salem, NJ Drexel University Philadelphia, PA – Topic: '**Sequencing of chemotherapy and radiotherapy for women following surgery for early breast cancer**' - Breast Cancer Care: Nursing Network News

Author: Lesley Andrews, RN, SPQ (Renal), BSc, PGDip, PGCert. School of Health Sciences, University of Stirling – Topic: '**Music for Insomnia in adults'** - Clinical Nurse Specialist Journal

Author: Marinha Sofia Macedo, RN, BSN, Grad Cert Health Units Management Nursing Research Senior Specialist, Nursing Practice and Research Section, King Faisal Specialist Hospital and Research Centre, Riyadh, Saudi Arabia – Topic: '**Interventions for heartburn in pregnancy'** – American Journal of Nursing

Author: Daksha Trivedi, Senior Research Fellow, Evidence Based Practice, Centre for Research in Primary and Community Care, University of Hertfordshire, Hatfield, UK –

Topic: '**Interventions to facilitate shared decision making to address antibiotic use for acute respiratory infections in primary care'** – Primary Health Care Research & Development Journal

Author: Sarah Brynelson, RN, MS, CNS, Clinical Nurse Specialist, Pain Management Institute for Nursing Excellence, UCSF Medical Centre, San Francisco, CA – Topic: '**Pharmacological interventions for prevention or treatment of postoperative pain in people undergoing laparoscopic cholecystectomy**' - Journal of Perianaesthesia Nursing

Make a contribution to the CNCF newsletter

We are very interested to hear from our readers regarding the content of this monthly newsletter.

We would be grateful to receive any stories, news or 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

