



*“To do what nobody else will do, a way that nobody else can do, in spite of all we go through: that is to be a nurse”*

*– Rawsy Williams, J.D., B.S.N., R.N., CQRMS-LTC, Ph.D. (Nursing Advocate)*

## The American Journal of Nursing to continue with CNCF in 2016

The CNCF is pleased to announce the American Journal of Nursing (AJN) has agreed to continue publishing our Cochrane Review Summaries ‘Cochrane Corners’ in 2016. With an impact factor of 1.389, the AJN is one of the oldest and most honoured broad-based nursing journals in the world. We look forward to our continued collaboration with this journal in 2016.

## CNCF Summary Writer in Focus – Professor LISA WHITEHEAD

A recent addition to the CNCF writing group, Professor Lisa Whitehead has quickly become a valued contributor to our evidence dissemination mission.

Lisa is Professor of Nursing Research, School of Nursing and Midwifery, Edith Cowan University – Western Australia, and brings over 20 years of nursing practice, education and research experience to the field, with a particular interest in chronic condition management. Lisa has operated mainly in the primary health care setting and has worked consistently at fostering collaborations across disciplines and clinical partners at a national and international level, which has also been a key feature of her research activity. She is passionate about

developing research capacity and capability, with a focus on nursing in health care research.

Lisa writes: “I believe that access to quality evidence is fundamental to improving health outcomes through best practice. The CNCF plays an important role in working to disseminate quality evidence to nurses and other health professionals around the world and I am proud to support this important work.”



Professor Lisa Whitehead PhD, MA, BSc (hons), RN – CNCF Summary Writer

Gaps in the profession: “As a profession, nurses still have a way to go in seizing the opportunity to play a strong role in system

driven person-centred care. Understanding system performance is every nurse's business and a vital first step in working out where the key issues lie. As the largest profession in health care, nurses have an enormous potential to drive and effect change."

The CNCF is fortunate to have an experienced nursing professional like Lisa contributing to the work of the Field, applying her many years of knowledge accumulation to improving best practices in frontline nursing care. We take this opportunity to thank Lisa for her commitment to the dissemination mission of the CNCF.

### **International Journal of Nursing Practice joins CNCF collaboration**

The International Journal of Nursing Practice (IJNP) has agreed to join the CNCF dissemination collaboration and publish 'Cochrane Corners' in 2016. The IJNP is a fully refereed journal publishing original scholarly work that advances the international understanding and development of nursing, both as a profession and as an academic discipline. The journal focuses on research and professional discussion papers that have a sound scientific, theoretical or philosophical base.

The terms for a publication agreement between the CNCF and the IJNP have now been put in place, with the assistance of the journal's Editor in Chief, Professor Lin Perry – Faculty of Health, University of Technology, Sydney.

### **A very HANDI resource: putting evidence into practice**

"It's important that Cochrane works with fellow health organisations to ensure our research reaches a broad audience,

translates into improved clinical care and results in better health outcomes for patients," says Sally Green, Co-Director of the Australasian Cochrane Centre. "Our contribution to The Royal Australian College of General Practitioners' (RACGP) excellent online resource for GPs is a great example of the practical benefits of working together to put evidence into action."

The RACGP's Handbook of Non-Drug interventions, or HANDI for short, was launched in 2013 with the aim of making 'prescribing' a non-drug therapy almost as easy as writing a prescription. Based on the idea of modern pharmacopoeias, the web-based formulary features non-drug interventions for a broad range of ailments and afflictions commonly seen in everyday practice. While the conditions covered vary in terms of symptoms and severity, their commonality lies in the availability of evidence-based non-pharmacological treatment options. A third of all HANDI entries are underpinned by Cochrane reviews, which cover conditions as diverse as osteoarthritis, depression and vertigo.

Professor of Evidence-Based Medicine at Bond University, Paul Glasziou, is the chief architect behind HANDI and chairs the project team of notable clinical experts that develop four additional interventions each quarter. "Almost half of the thousands of clinical trials conducted each year are for non-drug treatments," explains Paul. "But in reality, effective non-drug interventions are less well-known, less well-promoted and less well-used than their pharmaceutical cousins. HANDI aims to address this imbalance in a practical and accessible way. It enables GPs to offer a greater choice of credible treatment options to patients – many of whom would like to avoid drug treatment regimes if it's possible to do so."

Each HANDI entry is subject to a rigorous review and drafting process and must be supported by at least two trials or one trial and supportive evidence. Additional resources and tools such as videos, websites, illustrations and instructions are also included where possible, and have proved particularly popular with GPs and patients alike.

Brisbane-based GP and academic, Jenny Doust, says: "I find I'm consulting HANDI more and more for guidance on treatment and for access to excellent consumer resources that aren't readily accessible anywhere else. The additional tools add a dimension you don't get from the evidence alone. I recently used a HANDI behavioural therapy intervention for a patient suffering from chronic insomnia, and recommended he use the sleep diary resource featured on the HANDI website. We monitored his sleep patterns as recorded in the diary, and could then identify and address some of the recurring issues behind his condition. This was an effective approach that I wouldn't have necessarily taken had I not consulted HANDI. The Mediterranean Diet and the Cochrane review-based exercises for musculoskeletal conditions and mood disorders would be the other interventions I most frequently prescribe with excellent results."

The RACGP HANDI Team are now interested in hearing from Cochrane Review Groups around the world who may be working on or about to publish a review on a non-drug intervention that could be used as the basis for future HANDI interventions. If you would like to find out more or share research that could inform a non-pharmacological intervention, please contact Joanna Ong at the RACGP at [handi@racgp.org.au](mailto:handi@racgp.org.au)

## Cochrane Corner Summaries developed since last newsletter

(Summaries may be pending publication):

Author: Chloe Gaines, PhD, RN, FNP-BC, Associate Professor, Prairie View A&M University – Topic: **'Pharmacological treatment of children with gastro-oesophageal reflux'** - Gastroenterology Nursing Journal

Author: Natalie Bradford, RN MPH PhD, the University of Queensland, Centre for Online Health – Topic: **'Interventions for drug-using offenders with co-occurring mental illness'** - Journal for Issues in Mental Health Nursing

Author: Alyce S. Ashcraft PhD, RN, CNE, ANEF, Professor and Associate Dean for Research Texas Tech University Health Sciences Center – Topic: **'What are the effects (benefits, harms, and costs) of exercise interventions for reducing fear of falling in older people living in the community?'** - Veteran General Hospital Journal

Author: Ginger Billington Jendro, BSN, RN, student in School of Nursing, Doctor of Nursing Practice, Family Nurse Practitioner: Rocky Mountain University of Health Professions – Topic: **'Phytoestrogens for Menopausal Vasomotor Symptoms'** - Breast Cancer Care: Nursing Network News

Author: Dr Janice Christie, Senior lecturer nursing, School of Nursing, Midwifery and Social Work The University of Manchester M13 9PL United Kingdom – Topic: **'Does case management versus usual care forms of community support improve outcomes for people living with dementia at home?'** – Nursing Times Journal

Authors: Liu Weihua MMed, RN, Chief Professor in School of Nursing, Tai Shan Medical University ,2 YingSheng East Rd,

TaiAn City 271000, Shandong Province, P.R. China - Liu Xiaoshuang Nursing Master, Research Student, School of Nursing, TaiShan Medical University, TaiAn City, Shandong Province, P.R. China - Zhu Liya, MMed, Research Student in Dept. of Medical Oncology, Affiliated Hospital of Taishan Medical University, TaiAn City, Shandong Province, P.R. China – Topic: **'Anabolic Steroids for Rehabilitation after Hip Fracture in Older People'** - Orthopaedic Nursing Journal

Author: Teresa González-Gil, Assistant Professor, Nursing Section, Department of Surgery, Faculty of Medicine, Autonomous of Madrid University – Topic: **'Early discharge with home support of gavage feeding for stable preterm infants who have not established full oral feeds'** - International Journal of Evidence-Based Healthcare

Author: Alyce S. Ashcraft PhD, RN, CNE, ANEF, Professor and Associate Dean for Research, Texas Tech University Health Sciences Center – Topic: **'Exercise, reducing fear of falling, older adults, community'** - Veteran General Hospital Journal

Author: William H. Anger, Jr., MLIS The Beck Library The Miriam Hospital Providence RI, USA – Topic: **'Is a continuous perioperative infusion of lidocaine useful for control of postoperative pain and recovery?'** - Journal of Perioperative Practice

Author: Daksha Trivedi, Senior Research Fellow, Evidence Based Practice, Centre for Research in Primary and Community Care, University of Hertfordshire, Hatfield, UK – Topic – **'Influenza vaccines for preventing acute otitis media in infants and children'** - Primary Health Care Research & Development Journal

Author: Dr, Ann Dewey, RGN, BSc (Hons) PgCert Health R & D, MSc (Health Psychology) PhD, School of Health Sciences & Social Work, University of Portsmouth – Topic: **'The role of psychological treatments for depression and anxiety in dementia'** - International Journal of Older People Nursing

Author: Christina Lemanski, RN-BC, MSN, CPAN Clinical Nurse Educator Institute for Nursing Excellence Certified JBI CSR Trainer, UCSF JBI Centre for Evidence-Based Patient and Family Care UCSF Medical Center San Francisco, California – Topic: **'Pulse Oximetry for Perioperative Monitoring'** - Journal of Perianaesthesia Nursing

1<sup>st</sup> Author: Zhu Liya, BMed, Research Student in Dept. of Medical Oncology, TaiShan Medical University, TaiAn City, Shandong Province, P.R. China, 2<sup>nd</sup> Author: Guo Qing Nursing Master, Research Student, School of Nursing, Tai Shan Medical University, TaiAn City, Shandong Province, P.R. China, 2<sup>nd</sup> Author: Liu Weihua MMed, RN. Chief Professor in School of Nursing, Tai Shan Medical University, 2 YingSheng East Rd, TaiAn City 271000, Shandong Province, P.R. China – Topic: **'Conservative interventions for preventing clinically detectable upper-limb lymphoedema in patients who are at risk of developing lymphoedema after breast cancer therapy'** - Cancer Nursing Journal

Author: Dr Suzannah Helps, BSc (Hons), MSc (Research Methods in Psychology), PhD, Senior Research Fellow, School of Health Sciences and Social Work, University of Portsmouth – Topic: **'Surfactant therapy for bronchiolitis in critically ill infants'** - Clinical Nurse Specialist (CNS) Newsletter

Author: Adam S. Cooper, RN-BC, MSN Manager, Institute for Nursing Excellence

Deputy Director, UCSF JBI Centre for Synthesis & Implementation, UCSF Medical Center and Benioff Children's Hospital, San Francisco, California – Title: **'Pulmonary Artery Catheters for Adult Patients in Intensive Care'** – Critical Care Nurses Journal

## 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, information or news and 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](mailto:Alex.Mignone@adelaide.edu.au)

