EBM Focus

This week DynaMed Plus selected the following as the “article most likely to inform clinical practice”:

**Labor Induction versus Expectant Management in Low-Risk Nulliparous Women**

In the ARRIVE multicenter randomized unblinded trial, low risk nulliparous women were randomized at the 38 week visit to either expectant management (3,044 women) or induction of labor (3,062 women) between 39 weeks and 0 days to 39 weeks and 4 days. Induction was with oxytocin as well as cervical ripening if modified Bishop score was < 5.

Induction of labor at 39 weeks in low-risk nulliparous women did not result in a significantly lower frequency of a composite adverse perinatal outcome, but it did result in a significantly lower frequency of cesarean delivery.

Recent Update

**Evaluation of polycystic ovary syndrome (PCOS)**
Updated 16 August 2018

- review of polycystic ovary syndrome [Nat Rev Endocrinol 2018 March]
- Endocrine Society clinical practice guideline on evaluation and treatment of hirsutism in premenopausal women [J Clin Endocrinol Metab 2018 Apr 1]

Go to [DynaMed Plus](#) for more Recent Updates!
linked to in the Staff Publications page where possible:

The latest Staff Publications include a Meta-analysis!
Go to: AA - WNHS / Most Recent Staff Publications / KEMH

on our Staff Publications page!

We have completed staff publication records for 2017, 2016 and most of 2015 and will continue to work backwards as well as adding new research in 2018 when it appears! If we have missed your publication or need to change your details please Let Us Know!

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Featured Library Resource

ACORN Antisepsis Video!

The Library has subscribed to the new ACORN antisepsis scrubbing and gowning video
Access is via the Standards tab on the Clinical Guidelines page:

Also via the Standards tab on the Statistics & Standards page

and as a DVD from the Library!
New Books

New Ebooks!
Access these books online from the links provide (or the Library catalogue)

Brody's human pharmacology: Mechanism-based therapeutics (6th ed)

Mim's medical microbiology and immunology (6th ed)

Medical biochemistry (5th ed)

Infectious diseases (4th ed)

New Print Books!
A complete list of new books in the medical library is available on the website (see ‘Announcements’)
Pamphlet service

There is plenty of good information about how women can improve their chance of falling pregnant and having a healthy baby. But what about fathers to be? Research shows that the father’s age and his health at the time of conception also affect the chance of his partner falling pregnant and the future health of the baby. Here is what you need to know about how to get ready to be a dad and give your baby the best start in life.

Jean Hailes

The latest Jean Hailes national Magazine is available now, featuring a range of health articles relevant to Australian women at every life stage.

This information aims to provide practical advice on how to introduce solid foods to your baby and is based on currently available evidence for food allergy prevention. This advice is relevant for all babies, particularly those with severe eczema, or existing food allergy or a family member (parent or sibling) with allergies.

Health Events happening in August - Sept

20-26 August - Be Medicinewise week - Nationwide
3-7 September - Women’s Health Week 2018 – Nationwide

New books from the WNHL

25 ways to awaken your birth power

Big little lies (fiction) Donated

The conscious parent: transforming ourselves empowering our children
The prenatal bombshell: help and hope when continuing or ending a precious pregnancy after an abnormal diagnosis

Super power baby project

Your baby skin to skin

Articles of Interest

Clinics reviews & themed journal issues:

Perinatal Mental Health (Obstetrics and Gynecology Clinics of North America)

Patent ductus arteriosus (Seminars in Fetal and Neonatal Medicine)

The impact and pathogenesis of endometriosis (Best Practice & Research: Clinical Obstetrics & Gynaecology)

Managing Menopause (Clinical Obstetrics & Gynecology)

Recent advances in pediatric endocrinology and diabetes (Best Practice & Research: Clinical Endocrinology & Metabolism)

New and updated Cochrane reviews:

Discontinuation of intravenous oxytocin in the active phase of induced labour (new & highlighted)
Discontinuing IV oxytocin stimulation after the active phase of labour has been established may reduce caesarean delivery but the evidence for this was low certainty.
Treatments for women with gestational diabetes mellitus: an overview of Cochrane systematic reviews (new & highlighted)
Currently there is insufficient high-quality evidence about the effects on health outcomes of relevance for women with GDM and their babies for many of the comparisons in this overview comparing treatment interventions for women with GDM.

Effect of partograph use on outcomes for women in spontaneous labour at term and their babies (conclusions changed)
On the basis of the findings of this review, there is no certainty of the effects of routine use of the partograph as part of standard labour management and care, or which design, if any, are most effective.

Progestogen for treating threatened miscarriage (updated)
With the addition of the data from the new included trials, analysis suggested that progestogens are still probably effective in the treatment of threatened miscarriage but may have little or no effect in the rate of preterm birth. The evidence on congenital abnormalities is uncertain.

Mechanical dilatation of the cervix during elective caesarean section before the onset of labour for reducing postoperative morbidity (updated)
At this time, the evidence does not support or refute the use of mechanical dilatation of the cervix during elective caesarean section for reducing postoperative morbidity. Based on the new included studies, cervical dilation appeared to improve healing ratio, and reduce endometrial cavity thickness, retained products of conception, and distortion of uterine incision.

Corticosteroids for preventing neonatal respiratory morbidity after elective caesarean section at term (updated)
The results from the four trials are promising, but more high-quality studies with larger sample sizes that are adequately powered to detect the effect of prophylactic antenatal corticosteroids on outcomes of respiratory morbidity are needed, given the potential of the current studies for bias.

Xenon as an adjuvant to therapeutic hypothermia in near-term and term newborns with hypoxic-ischaemic encephalopathy (new)
Current evidence from one small randomised controlled pilot trial is inadequate to show whether cooling plus xenon is safe or effective in near-term and term newborns with HIE.

Carbohydrate supplementation of human milk to promote growth in preterm infants (conclusion changed)
The only trial included in this review presented very low-quality evidence. The evidence may be limited in its applicability because researchers included a small sample of preterm infants from a single centre. However, the outcomes assessed are common to all preterm infants, and this trial demonstrates the feasibility of prebiotic carbohydrate supplementation in upper-middle-income countries.

Acupuncture and acupressure for premenstrual syndrome (new)
The limited evidence available suggests that acupuncture and acupressure may improve both physical and psychological symptoms of PMS when compared to a sham control.
Assisted reproductive technology: an overview of Cochrane Reviews (conclusions changed)
This overview provides the most up-to-date evidence on ART cycles from systematic reviews of randomised controlled trials. Evidence from this overview could be used to develop clinical practice guidelines and protocols that can be applied in daily clinical practice to improve live birth rates and reduce rates of multiple pregnancy, cycle cancellation, and ovarian hyperstimulation syndrome.

Evidently Cochrane:

**Shared Decision Making: essential but hard to measure**
From an updated Cochrane Review:
“Shared decision making is said to be desirable because patient involvement is accepted as a right and patients in general want more information about their health condition and prefer to take an active role in decisions about their health.”

**Muddled by Mu-Opioid Antagonists for Opioid-Induced Constipation? Me too…**
Anna Sutherland, palliative medicine doctor, looks at Cochrane evidence on the effectiveness and safety of mu-opioid antagonists for managing opioid-induced constipation in people with cancer and people receiving palliative care for whom laxatives have failed.

Other items of interest:

**Clinical Practice Guideline for the Care of Women with Decreased Fetal Movements**
Updated 10 August 2017 by Perinatal Society of Australia & New Zealand (PSANZ) and Centre of Research Excellence in Stillbirth.

**Clinical Practice Guideline for Care Around Stillbirth and Neonatal Death (overview)**

**Obstetric emergencies as antecedents to neonatal hypoxic ischemic encephalopathy, does parity matter? (AOGS)**
Obstetric emergencies are common among cases of moderate to severe HIE. The strong association with shoulder dystocia in nullipara, and with uterine rupture in women with previous cesarean deliveries, implies an opportunity for reducing the incidence of HIE.

**Predictive Value of Thompson-Score for Long-Term Neurological and Cognitive Outcome in Term Newborns with Perinatal Asphyxia and Hypoxic-Ischemic Encephalopathy Undergoing Controlled Hypothermia Treatment (Neonatology)**
The TS seems to be a prognostic tool for predicting the long-term outcome in asphyxiated term newborns undergoing controlled hypothermia after the third day of life. A higher score appears to be significantly associated with an adverse outcome.

**Vitamin D Supplementation in Pregnancy and Lactation and Infant Growth (NEJM)**
In a population with widespread prenatal vitamin D deficiency and fetal and infant growth restriction, maternal vitamin D supplementation from midpregnancy until birth or until 6 months post partum did
not improve fetal or infant growth.

**Severe vitamin D deficiency in the first trimester is associated with placental inflammation in high-risk singleton pregnancy** *(Clinical Nutrition)*

Severe vitamin D deficiency in the first trimester is a risk factor for placental inflammation in high-risk pregnancy.

**Prophylactic incisional negative pressure wound therapy reduces the risk of surgical site infection after caesarean section in obese women: A pragmatic randomised clinical trial** *(BJOG)*

Prophylactic use of incisional Negative Pressure Wound Therapy reduced the risk of surgical site infection in obese women giving birth by caesarean section.

**Childhood Pulmonary Function, Exercise Capacity, and Exhaled Nitric Oxide Levels: Outcomes following Neonatal Treatment with Inhaled Nitric Oxide to Prevent Bronchopulmonary Dysplasia** *(American Journal of Perinatology)*

Findings indicate no overall differences in pulmonary function or exercise capacity for children who had neonatal iNO treatment compared with placebo.

**Association of Breast and Ovarian Cancers With Predisposition Genes Identified by Large-Scale Sequencing** *(JAMA Oncology)*

In this study assessing whole-exome sequencing results from 11,416 patients with breast cancer, ovarian cancer, or both and 3988 controls, an increased risk of breast cancer was associated with PALB2, ATM, CHEK2, and MSH6 genes, whereas MSH6, RAD51C, TP53, and ATM genes were associated with an increased risk of ovarian cancer.

**Effect of Cell-Free DNA Screening vs Direct Invasive Diagnosis on Miscarriage Rates in Women With Pregnanies at High Risk of Trisomy 21: A Randomized Clinical Trial** *(JAMA)*

In this randomized clinical trial that included 2111 women with pregnancies with a risk of trisomy 21 greater than 1 in 250 following combined first-trimester screening, the miscarriage rate was 0.8% in the cell-free DNA group and 0.8% in the invasive procedures group.

**Contemporary prenatal aneuploidy screening practice in Australia: Frequently asked questions in the cell-free DNA era** *(ANZJOG)*

This article aims to answer common clinical questions in this rapidly evolving field and complements the recently updated Royal Australian and New Zealand College of Obstetricians and Gynaecologists Statement on Prenatal Screening for Fetal Chromosome and Genetic Conditions.

**Decline in prevalence of human papillomavirus infection following vaccination among Australian Indigenous women, a population at higher risk of cervical cancer: The VIP-I study** *(Vaccine)*

Australia’s national HPV vaccination program appears to be successfully protecting a very high proportion of Indigenous women against vaccine targeted HPV types, who have in the past been at elevated risk of cervical cancer.

**Interventions for reducing fear of childbirth: A systematic review and meta-analysis of clinical trials** *(Women and Birth)*

Both types of interventions were effective in reducing fear of childbirth; however the pooled results revealed that educational interventions may reduce fear with double the effect of hypnosis.
An evaluation of mindfulness-based childbirth and parenting courses for pregnant women and prospective fathers/partners within the UK NHS (MBCP-4-NHS) (Midwifery)

Mindfulness meditation successfully combined with antenatal education in the NHS. Brief (MBCP-4-NHS) antenatal mindfulness course may improve parental mental health.

Caseload midwifery for women with fear of birth is a feasible option (Sexual & Reproductive Healthcare)

Offering a modified caseload midwifery model of care seems to be a feasible option for women with elevated levels of childbirth fear as well as for midwives working in antenatal clinics as it reduces fear of childbirth for most women

Membrane Sweeping (Journal of Midwifery & Women’s Health)

Share with women handout

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