

## Febrero 2013

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## ACADEMIC MEDICINE

[S23269304](#)

Researchers in medical education have been placing increased emphasis on "outcomes research," or the observable impact of educational interventions on patient care. However, although patient outcomes are obviously important, they should not be the sole focus of attention in medical education research. The purpose of this perspective is both to highlight the limitations of outcomes research in medical education and to offer suggestions to facilitate a proper balance between learner-centered and patient-centered assessments. The authors cite five challenges to research using patient outcomes in medical education, namely (1) dilution (the progressively attenuated impact of education as filtered through other health care providers and systems), (2) inadequate sample size, (3) failure to establish a causal link, (4) potentially biased outcome selection, and (5) teaching to the test. Additionally, nonpatient outcomes continue to hold value, particularly in theory-building research and in the evaluation of program implementation. To educators selecting outcomes and instruments in medical education research, the authors offer suggestions including to clarify the study objective and conceptual framework before selecting outcomes, and to consider the development and use of behavioral and other intermediary outcomes. Deliberately weighing the available options will facilitate informed choices during the design of research that, in turn, informs the art and science of medical education.

[S23269289](#)

Optimizing the effectiveness, efficiency, integration, and satisfaction associated with delivered health care is not only highly principled but also good business practice in an extremely competitive environment. Programs that foster quality improvement and patient safety efforts while also promoting a scholarly focus can generate the incentives and organizational recognition needed to make patient safety and quality improvement bona fide components of the academic mission. The authors describe the development, implementation, and results of a dedicated Section on Quality and Patient Safety (SQPS) within an academic anesthesiology department. Spearheaded by a physician champion and vigorously supported by the departmental chair, this SQPS engaged core leaders from the Department of Anesthesiology. This departmental quality and patient safety management team adopted quality improvement and performance improvement techniques that have been successfully used in other industries. The SQPS has gained support through data-driven results and reiterative promotion. Transparency and accountability have also been powerful motivators for achieving clinician buy-in and changing behavior. Since its inception in 2007, the SQPS has initiated or managed through to completion more than 25 quality and performance improvement projects, including an intraoperative corneal injury reduction program, a wrong-sided regional anesthesia procedure, a drug-eluting coronary stent protocol, and a practice-improvement initiative for resident physicians. The SQPS has not only robustly promoted a departmental culture of quality patient care and safety but also set the standard for other departments and stakeholders within the authors' health system.

[S23269305](#)

The means to share educational materials have grown considerably over the years, especially with the multitude of Internet channels available to educators. This article describes an innovative use of YouTube as a publishing platform for clinical educational materials. The authors posted online a series of short videos for teaching clinical procedures anticipating that they would be widely used. The project Web site attracted little traffic, alternatives were considered, and YouTube was selected for exploration as a publication channel. YouTube's analytics tools were used to assess uptake, and viewer comments were reviewed for specific feedback in support of evaluating and improving the materials posted. The uptake was much increased with 1.75 million views logged in the first 33 months. Viewer feedback, although limited, proved useful. In addition to improving uptake, this approach also relinquishes control over how materials are presented and how the analytics are generated. Open and anonymous access also limits relationships with end users. In summary, YouTube was found to provide many advantages over self-publication, particularly in terms of technical simplification, increased audience, discoverability, and analytics. In contrast to the transitory interest seen in most YouTube content, the channel has seen sustained popularity. YouTube's broadcast model diffused aspects of the relationship between educators and their learners, thereby limiting its use for more focused activities, such as continuing medical education.

## ANNALS OF INTERNAL MEDICINE

[S23381040](#)

Higher midlife fitness levels seem to be associated with lower hazards of developing all-cause dementia later in life. The magnitude and direction of the association were similar with or without previous stroke, suggesting that higher fitness levels earlier in life may lower risk for dementia later in life, independent of cerebrovascular disease.

S23338775

Risk assessment and behavioral interventions in pediatric clinics reduced abuse and neglect outcomes for young children. Early childhood home visitation also reduced abuse and neglect, but results were inconsistent. Additional research on interventions to prevent child abuse and neglect is needed.

S23381039

Compared with standard screening, PSA screening strategies that use higher thresholds for biopsy referral for older men and that screen men with low PSA levels less frequently can reduce harms while preserving lives.

## ATENCION PRIMARIA

S23149119

El VIM se percibe como una herramienta para el control del gasto en medicamentos y como una carga administrativa adicional en AP. El ritmo de implementación del VE difiere entre CCAA así como el acceso a la normativa pertinente.

S22409838

El tabaco es el principal factor de riesgo cardiovascular, presentando, además, una relación dosis–respuesta. Se ha comprobado que una política agresiva, no solo contra el consumo, consigue una disminución significativa en la mortalidad cardiovascular. Debemos, por lo tanto, facilitar y realizar acciones dirigidas a impedir o disminuir la incidencia del tabaquismo (prevención primaria), a la detección precoz del fumador y a reducir la prevalencia (prevención secundaria) y, por último, a actuar sobre los efectos del humo del tabaco evitando complicaciones y recaídas (prevención terciaria). Por ello, desde todos los niveles asistenciales de nuestro sistema de salud se debe intervenir para que los fumadores no desarrollen enfermedades, así como para que los pacientes con enfermedades cardiovasculares dejen de fumar, tanto desde la atención primaria como desde la especializada.

S23159792

Las entradas sobre principios activos farmacológicos en la edición española de la Wikipedia son aún escasas y la adecuación de su información sigue siendo inconsistente.

## BRITISH MEDICAL JOURNAL

S23360717

Both sexes face increased risk of all-cause mortality, cardiovascular mortality, and end stage renal disease with lower estimated glomerular filtration rates and higher albuminuria. These findings were robust across a large global consortium.

S23325883

The benefits of  $\beta$  blockers in patients with heart failure with reduced ejection fraction seem to be mainly due to a class effect, as no statistical evidence from current trials supports the superiority of any single agent over the others.

S23358488

Although dual blockade of the renin-angiotensin system may have seemingly beneficial effects on certain surrogate endpoints, it failed to reduce mortality and was associated with an excessive risk of adverse events such as hyperkalaemia, hypotension, and renal failure compared with monotherapy. The risk to benefit ratio argues against the use of dual therapy.

S23335472

There is no evidence to support the use of vitamin and antioxidant supplements for prevention of cardiovascular diseases.

S23403980

High intakes of calcium in women are associated with higher death rates from all causes and cardiovascular disease but not from stroke.

S23444414

On the basis of combined data from the two screening programmes, this study indicated that overdiagnosis most likely amounted to 2.3% (95% confidence interval -3% to 8%) in targeted women. Among participants, it was most likely 1-5%. At least eight years after the end of screening were needed to compensate for the excess incidence during screening.

S23360890

This study confirmed a modest prolongation of QT interval with citalopram, and identified additional antidepressants with similar observed risk. Pharmacovigilance studies using electronic health record data may be a useful method of identifying potential risk associated with treatments.

S23386268

Advice to substitute polyunsaturated fats for saturated fats is a key component of worldwide dietary guidelines for coronary heart disease risk reduction. However, clinical benefits of the most abundant polyunsaturated fatty acid, omega 6 linoleic acid, have not been established. In this cohort, substituting dietary linoleic acid in place of saturated fats increased the rates of death from all causes, coronary heart disease, and cardiovascular disease. An updated meta-analysis of linoleic acid intervention trials showed no evidence of cardiovascular benefit. These findings could have important implications for worldwide dietary advice to substitute omega 6 linoleic acid, or polyunsaturated fats in general, for saturated fats.

S23393080

These findings suggest that work related stress, measured and defined as job strain, at baseline is unlikely to be an important risk factor for colorectal, lung, breast, or prostate cancers.

## BRITISH JOURNAL OF PSYCHIATRY

S23377208

Psychiatric patients experience a high prevalence of domestic violence but there is limited information on family (non-partner) domestic violence, the prevalence of emotional abuse and the extent of risk compared with non-psychiatric controls.

S23060622

The burden of co-occurring psychopathology among mothers with recurrent depression indexes increased risk of future onset of psychiatric disorder for offspring. This knowledge can be used in targeting preventive measures in children at high risk of psychiatric disorder.

S23377209

Our analyses are consistent with the hypothesis that low vitamin D concentration is associated with depression, and highlight the need for randomised controlled trials of vitamin D for the prevention and treatment of depression to determine whether this association is causal.

## CANADIAN MEDICAL ASSOCIATION JOURNAL

S23184840

In this large cohort of older patients with atrial fibrillation, we found that rates of hemorrhage are highest within the first 30 days of warfarin therapy. These rates are considerably higher than the rates of 1%-3% reported in randomized controlled trials of warfarin therapy. Our study provides timely estimates of warfarin-related adverse events that may be useful to clinicians, patients and policy-makers as new options for treatment become available.

S23209115

We found a 2-fold increased risk of venous thromboembolism among women with PCOS who were taking combined oral contraceptives and a 1.5-fold increased risk among women with PCOS not taking oral contraceptives. Physicians should consider the increased risk of venous thromboembolism when prescribing contraceptive therapy to women with PCOS.

S23296581

The delisting of routine eye examinations for healthy adults in Ontario had the unintended consequence of reducing publicly funded retinopathy screening for people with diabetes. More research is needed to understand whether patients are being charged for an insured service or to what degree misunderstanding has prevented patients from seeking care.

S23228999

Participants with depressive symptoms were at higher risk of hospital admission for nonpsychiatric conditions and were more likely to have longer hospital stays and worse hospital outcomes, compared with nondepressed participants. These results highlight the potential to target this high-risk group to reduce the burden of health care costs in an aging population.

## CIRCULATION

S23230313

The findings provide strong support for long-term mortality benefit of dispatcher CPR instruction strategy consisting of chest compression alone rather than chest compression plus rescue breathing among adult patients with cardiac arrest requiring dispatcher assistance.

S23401113

Elevated blood pressure during pregnancy, regardless of type and even without known risk factors, signals high risk of later cardiovascular disease, chronic kidney disease, and diabetes mellitus. Clinical monitoring, risk factor evaluation, and early intervention could benefit women with hypertension in pregnancy.

## DIABETES CARE

S22966092

Despite the modality, the GLB intervention was effective at decreasing weight and improving CVD risk factor control. SS and FF participants experienced greater improvements in outcomes compared with other groups, establishing the importance of patient-centered decision making and a support network for successful behavior change.

S23193207

In the HEALTHY study cohort, hrA1C and IFG define different groups of youth with differentially increased diabetes risk markers. IFG is approximately fivefold more common, but hrA1C is more persistent over time. Optimal screening strategies for diabetes in youth remain unresolved.

S23033239

In individuals with prediabetes and hypovitaminosis D, doses of vitamin D supplementation designed to raise serum 25-OHD levels into the upper-normal range for 1 year had no effect on insulin secretion, insulin sensitivity, or the development of diabetes compared with placebo administration.

**S22961578**

The combination of SAD and BMI measurements yields a new predictor of diabetes incidence.

**S23349151**

More PA was associated with a larger reduction in future ACM and CVD risk in patients with diabetes. Nevertheless, any amount of habitual PA was better than inactivity.

**S22966094**

Failure to adequately control BP within 1 year of HT onset significantly increased the likelihood of major cardiovascular events within 3 years. Prompt control of new-onset HT in patients with diabetes may provide important short-term clinical benefits.

**S22966093**

We conclude that baseline IAF and accumulation of fat in this area over time are independent predictors of the development of type 2 diabetes in Japanese Americans

## EUROPEAN HEART JOURNAL

**S22942340**

N-terminal pro-B-type natriuretic peptide predicts CVD events in men without clinical evidence of CHD, angina, or history of stroke, and appears related more strongly to the risk for fatal events. N-terminal pro-B-type natriuretic peptide also provides moderate risk discrimination, in excess of that provided by the measurement of C-reactive protein. Clinical trial registration WOSCOPS was carried out and completed prior to the requirement for clinical trial registration.

**S23076781**

Overweight and obese patients with stroke or TIA have better survival and better combined outcomes of survival and non-fatal functional status than patients with the BMI <25 kg/m(2).

**S22947612**

(i) Higher fitness should be considered a characteristic of metabolically healthy but obese phenotype. (ii) Once fitness is accounted for, the metabolically healthy but obese phenotype is a benign condition, with a better prognosis for mortality and morbidity than metabolically abnormal obese individuals.

## FAMILY MEDICINE

**S23378078**

Patients likely to benefit from a discussion of substance use, those with current use, are the least likely to report comfort discussing that use. Interventions that increase patient activation or self-efficacy may also increase their comfort. This research guides future interventions to increase the prevalence of discussions on substance use.

**S23378074**

Patients scheduled for screening colonoscopy have limited knowledge of its risks and alternatives; subjects with lower education levels and lower income have even less understanding. For patients who do not receive additional information until they have begun the preparation for the test, the quality of informed consent may be low.

**S23378076**

Our results suggest that job satisfaction depends on different aspects of working conditions and individual characteristics. Therefore, strategies to improve job satisfaction should target improving working conditions and activating physicians' health resources.

## FAMILY PRACTICE

**S22915794**

Prior diagnosis of anxiety was strongly associated with dementia diagnosis after adjustment for other risk factors. The independent effect of depression was weaker compared to anxiety. Given the higher prevalence of anxiety primary care physicians should consider anxiety as well as depression as premorbid risk factors of dementia to improve early recognition and facilitate greater access to services.

**S22904014**

Mistakes by polymedicated patients with multiple comorbidities represent a real risk that should be addressed by the professionals. A review should be made of the routine control questions that the physician asks the patient to identify what other drugs the patient may be taking that have been indicated by another physician.

**S22850249**

Overall male and female patients of different ages are supportive of the use of their general practice records in health research and of general practitioners as data protectors.

## JAMA

**S23385271**

Among patients with intermittent claudication, 24-week treatment with ramipril resulted in significant increases in pain-free and maximum treadmill walking times compared with placebo. This was associated with a significant increase in the physical functioning component of the SF-36 score.

**S23403681**

Use of prenatal folic acid supplements around the time of conception was associated with a lower risk of autistic disorder in the MoBa cohort. Although these findings cannot establish causality, they do support prenatal folic acid supplementation.

## **JAMA INTERNAL MEDICINE**

**S23229890**

The addition of a personal digital assistant and telephone coaching can enhance short-term weight loss in combination with an existing system of care. Mobile connective technology holds promise as a scalable mechanism for augmenting the effect of physician-directed weight loss treatment

**S23229846**

Proven effective in a primary care setting, the 2 DPP-based lifestyle interventions are readily scalable and exportable with potential for substantial clinical and public health impact

## **JAMA PSYCHIATRY**

**S23277351**

The macroeconomic environment during infancy can have serious long-term effects on substance use and delinquent behavior. These potential long-term effects can play an important role in policy making for adolescent mental health care.

## **MEDICINA CLINICA**

**S23199829**

Hemos apreciado una asociación entre obesidad y control del asma, por lo que la reducción ponderal podría tener implicaciones clínicas.

**S23122607**

El hallazgo de una troponina positiva en Urgencias en pacientes con ICA se asocia de forma independiente a una mayor mortalidad intrahospitalaria y a 30 días, pero no a una mayor reconsulta a Urgencias durante los 30 días siguientes. Dada su disponibilidad en todos los Servicios de Urgencias, se recomienda determinarla en todos los pacientes con ICA en aras a establecer de forma precoz un pronóstico a corto plazo.

**S23199837**

Los anticoagulantes son infrautilizados en los pacientes pluripatológicos con fibrilación auricular a pesar de asociarse a mayor supervivencia.

**S22401729**

Disponemos de una primera estimación del número de fracturas osteoporóticas en los próximos 10 años y de su coste. El conocimiento de estos datos podría ser útil a la hora de elaborar los programas de actuación estratégicos sobre osteoporosis.

## **REVISTA ESPAÑOLA DE CARDIOLOGIA**

**S23218421**

La incidencia de PA elevada (= p90) en el conjunto de la muestra fue del 3,17% de los niños y el 3,05% de las niñas. Los valores medios de PAS y PAD se incrementan en función del IMC, el %GC y el ICT. El sobrepeso y la obesidad predisponen a la PA elevada, pero el nivel de riesgo depende en particular del exceso de tejido adiposo y su distribución. El %GC y el ICT como indicador de adiposidad abdominal son especialmente sensibles para identificar a los escolares con PA elevada. Se confirma la importancia de la composición corporal como elemento diagnóstico de prevención cardiovascular en niños y niñas de 6 a 16 años.

## **THE LANCET**

**S23219570**

Before this study, no evidence from large-scale randomised controlled trials was available for the effectiveness of augmentation of antidepressant medication with CBT as a next-step for patients whose depression has not responded to pharmacotherapy. Our study has provided robust evidence that CBT as an adjunct to usual care that includes antidepressants is an effective treatment, reducing depressive symptoms in this population.

**S23219284**

Hypertension in normal weight and obese patients might be mediated by different mechanisms. Thiazide-based treatment gives less cardiovascular protection in normal weight than obese patients, but amlodipine-based therapy is equally effective across BMI subgroups and thus offers superior cardiovascular protection in non-obese hypertension.

## THE NEW ENGLAND JOURNAL OF MEDICINE

S23425163

Dabigatran was effective in the extended treatment of venous thromboembolism and carried a lower risk of major or clinically relevant bleeding than warfarin but a higher risk than placebo.

S23363498

False and scientifically unsupported beliefs about obesity are pervasive in both scientific literature and the popular press. (Funded by the National Institutes of Health).

S23425165

The use of the PLCO (M2012) model was more sensitive than the NLST criteria for lung-cancer detection.

S23216615

Extended anticoagulation with apixaban at either a treatment dose (5 mg) or a thromboprophylactic dose (2.5 mg) reduced the risk of recurrent venous thromboembolism without increasing the rate of major bleeding. (Funded by Bristol-Myers Squibb and Pfizer; AMPLIFY-EXT ClinicalTrials.gov number, NCT00633893.).

## THORAX

S23220867

Benzodiazepines were associated with an increased risk of, and mortality from, CAP. These hypothesis generating data suggest further research is required into the immune safety profile of benzodiazepines.