

Relay *Cochrane!*



Canadian Cochrane Centre

< Volume 13 - August 2010 >

In the News

Cohrane has an impact

The 2009 impact factor has been calculated for *the Cochrane Database of Systematic Reviews* (CDSR) and according to the numbers, Cochrane's impact is on the rise.

The CDSR scored 5.653, ranking it seventh among the world's top medical information sources. Visit our homepage at ccc.cochrane.org for more information.

Cochrane Canada Live

You can now view our webinars online anytime, at your convenience. Through our partnership with the Pan American Health Organization, the Canadian Cochrane Centre is able to host recorded webinar sessions on our website via YouTube. Webinar topics range from using GRADEpro to PRISMA and much more. Visit our Cochrane Canada Live [archive page](#) to view the videos and stay tuned for our late 2010 webinar lineup.

Free six-month trial and 10% discounted subscription to *The Cochrane Library*

The Canadian Cochrane Centre has made arrangements with Wiley-Blackwell which allows individual Canadians to sign up for a free six-month trial to *The Cochrane Library*. In addition, both individual users and organizations can purchase a year-long subscription to the Library at a 10% discount. These offers are valid through December 2010. Visit this [link](#) to find more information and to sign up. Please be assured that we are still working diligently to establish a permanent national license for *Cochrane Library* users in Canada.

Cochrane News

Browse the latest issue of [Cochrane News](#) and find out what's new in the Cochrane Collaboration internationally.

SYMPOSIUM 2011

Save the date! Cochrane Canada 9th Annual Symposium

16-17 February 2011
Fairmont Pacific Rim
Vancouver, BC
More details to come!

Pass it on! Click [here](#) to
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colleague.

Cochrane for Practice

Autism: Lack of Evidence for Antidepressants

Antidepressants commonly prescribed to people with autistic spectrum disorders cannot be recommended based on current evidence, a new study by Cochrane Researchers concludes. Autism spectrum disorders (ASD) are characterized by problems with social interaction and communication, as well as repetitive behaviours and limited activities and interests. Selective serotonin reuptake inhibitors (SSRIs) are a class of antidepressants which are sometimes given to help anxiety or obsessive compulsive behaviours. There is no evidence to support the use of SSRIs to treat autism in children. There is limited evidence, which is not yet sufficiently robust, to suggest effectiveness of SSRIs in adults with autism.

[Selective serotonin reuptake inhibitors \(SSRIs\) for autism spectrum disorders \(ASD\)](#)

Telemonitoring technology helping heart failure patients

Providing patients who suffer from chronic heart failure with access to remote monitoring (telephone or telemonitoring using wireless technology) reduces deaths and hospitalizations and may provide benefits on health care costs and quality of life. Multi-disciplinary specialist heart failure clinics are available only to a minority of patients and do not have the capacity for frequent patient review. Patients may be unwilling or unable to make frequent trips to the clinic due to financial, transport or disability constraints. Structured telephone support and telemonitoring can provide specialized heart failure care to a large number of patients with limited access to healthcare services. The majority of elderly patients in this review learned to use the technology easily and were satisfied with receiving healthcare in this way.

[Structured telephone support or telemonitoring programmes for patients with chronic heart failure](#)

Cochrane for Policy

Pharmaceutical policies: effects of restrictions on reimbursement

Reimbursement restriction policies can ensure better use of medications with reduced costs and without an increase in the use of other health services where drugs have cheaper, effective alternatives and target symptoms. Large amounts of healthcare money is spent on medications, and these amounts are increasing. Spending more on medications could mean less money for hospitals, doctors and even other public services such as education or infrastructure. Publically funded drug benefit plans look for ways to ensure better use of medications and control costs without limiting health benefits.

[Pharmaceutical policies: effects of restrictions on reimbursement](#)

Cochrane Library Spotlight - Issues 6-8, 2010

Asthma

Allergy treatment for chronic asthma

Injecting allergens under the skin (allergen specific immunotherapy) can reduce asthma and use of medication and improve the sensitivity of the lungs, but with a risk of severe reactions. Asthma attacks can be caused by allergies, pollens, cigarette smoke or air pollution and can be fatal. The review of trials found that immunotherapy can reduce asthma symptoms, the need for medications and the risk of severe asthma attacks after future exposure to the allergen. It is possibly as effective as inhaled steroids.

[Injection allergen immunotherapy for asthma](#)

Cancer

Exercise interventions for upper-limb dysfunction due to breast cancer

Upper-limb exercise (e.g. shoulder ROM [the range through which a joint can be moved] and stretching) is helpful in recovering upper-limb movement following surgery for breast cancer. Starting exercise early after surgery (day one to three) may result in better shoulder movement in the short term; however, it may also result in more wound drainage and require the drains to be in place longer than if exercise is delayed by about one week. More structured exercise programs, such as physical therapy, delivered in the early weeks following surgery are beneficial to regain movement and use of the shoulder and arm for daily activities such as reaching overhead.

[Exercise interventions for upper-limb dysfunction due to breast cancer treatment](#)

Child health

Does fluoride add to discolouration/mottling of teeth?

There is some evidence that brushing a child's teeth with a toothpaste containing fluoride, before the age of 12 months, may be associated with an increased risk of developing fluorosis. Dental fluorosis can range from, typically, mild white patches on the teeth to severe mottling of the teeth with brown staining. There is stronger evidence that higher levels of fluoride (1000 parts per million or more) in toothpaste are associated with an increased risk of fluorosis when given to children under five to six years of age. However, for some children (those considered to be at high risk of tooth decay by their dentist), the benefit of preventing decay may outweigh the risk of fluorosis.

[Topical fluoride as a cause of dental fluorosis in children](#)

Home-based care

Home-based versus centre-based cardiac rehabilitation

Study findings indicate that both home and hospital-based interventions are similar in their benefits on risk factors, health-related quality of life, death, clinical events and costs. There was some weak evidence to suggest that home-based interventions were associated with a higher level of adherence. Heart disease is one of the most common causes of premature death and ill health.

[Home-based versus centre-based cardiac rehabilitation](#)

Mental health

Medication can help those with Schizophrenia quit smoking

People with schizophrenia are, very often, heavy smokers. Bupropion (an antidepressant medication previously shown to be effective for smoking cessation) helps patients with schizophrenia quit or reduce smoking. Patients who used bupropion in the trials did not experience any major adverse effect and their mental state was stable during the treatment. Smokers with schizophrenia who receive money as a reward for quitting may have a higher rate of stopping smoking while receiving payments.

[Interventions for smoking cessation and reduction in individuals with schizophrenia](#)

Women's health

Continuous or extended cycle vs. cyclic use of birth control

Continuous dosing (for more than 28 days) appears to be a reasonable approach to combined hormonal contraceptive (CHC) use. Traditional CHC (pills, patch, ring) are administered daily for 21 days, followed by a hormone-free week. During the hormone-free week, uterine bleeding occurs. In recent years, other approaches to taking combined hormonal contraceptives have been developed. These include taking the CHCs for longer than 28 consecutive days. Some of the regimens plan occasional breaks in CHC use, while others do not. The continuous and traditional regimens appeared similar, as judged by bleeding, discontinuation rates, and reported satisfaction.

[Continuous or extended cycle vs. cyclic use of combined hormonal contraceptives for contraception](#)

What's Ahead

Cochrane Canada Live – late 2010 series

Stay tuned for the Cochrane Canada Live webinar series dates. Check the Cochrane Canada Live [page](#) for updates as they become available.

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More details to come!

The Canadian Cochrane Centre is one of 14 independent, not-for-profit Cochrane Centres worldwide. Over 2,067 people in Canada contribute to The Cochrane Collaboration and Cochrane systematic reviews.

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Relay Cochrane! is published four times a year – ***pass it on!***
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