1. NICE Guidance

There were no new NICE guidelines published this issue.

2. New and Updated Cochrane Systematic Reviews

1) **Aromatherapy for dementia**

Authors’ conclusions: The benefits of aromatherapy for people with dementia are equivocal from the seven trials included in this review. It is important to note there were several methodological difficulties with the included studies. More well-designed, large-scale randomised controlled trials are needed before clear conclusions can be drawn regarding the effectiveness of aromatherapy for dementia. Additionally, several issues need to be addressed, such as whether different aromatherapy interventions are comparable and the possibility that outcomes may vary for different types of dementia.

2) **Light therapy for improving cognition, activities of daily living, sleep, challenging behaviour, and psychiatric disturbances in dementia**

Authors’ conclusions: There is insufficient evidence to justify the use of bright light therapy in dementia. Further research should concentrate on replicating the suggested effect on ADLs, and establishing the biological mechanism for how light therapy improves these important outcomes.

3) **Interventions for preventing delirium in older people in institutional long-term care**
Authors’ conclusions: Our review identified very limited evidence on interventions for preventing delirium in older people in LTC. Introduction of a software-based intervention to identify medications that could contribute to delirium risk so that a pharmacist-led medication review and monitoring plan can be initiated may reduce incidence of delirium for older people in institutional LTC. This is based on one large RCT in the United States and may not be practical in other countries which do not have comparable information technology services available in care homes. Our review identified only one ongoing pilot trial of a multicomponent delirium prevention intervention and no trials of pharmacological agents. Future trials of computerised medication management systems and multicomponent non-pharmacological and pharmacological delirium prevention interventions for older people in LTC are needed to help inform the provision of evidence-based care for this vulnerable group.

4) Psychological treatments for depression and anxiety in dementia and mild cognitive impairment

Authors’ conclusions: We found evidence that psychological interventions added to usual care can reduce symptoms of depression and clinician-rated anxiety for people with dementia. We conclude that psychological interventions have the potential to improve patient well-being. Further high quality studies are needed to investigate which treatments are most effective and to evaluate the effect of psychological interventions in people with MCI.

5) Respite care for people with dementia and their carers

Authors’ conclusions: Current evidence does not demonstrate any benefits or adverse effects from the use of respite care for people with dementia or their caregivers. These results should be treated with caution, however, as they may reflect the lack of high quality research in this area rather than an actual lack of benefit. Given the frequency with which respite care is advocated and provided, well-designed trials are needed in this area.

3. Practice changing research, sourced from Dynamed

6) Diabetes mellitus type 2

Updated 2014 Mar 17 05:36:00 AM: obesity associated with increased mortality compared to normal weight in patients with type 2 diabetes (N Engl J Med 2014 Jan 16) view update

7) Long term management of stroke

Updated 2014 Mar 17 05:31:00 AM: antiepileptic drugs for primary or secondary prevention of seizures after stroke have limited evidence to guide use (Cochrane Database Syst Rev 2014 Jan 24) view update

8) Heart failure structured management and education

Updated 2014 Mar 17 05:30:00 AM: home telemonitoring during office hours may reduce mortality and all-cause hospitalizations in patients with recent heart failure (Health Technol Assess 2013 Aug) view update
9) Mild cognitive impairment (MCI)

Updated 2014 Mar 17 05:27:00 AM: long-term multivitamin supplementation not associated with cognitive benefits in male physicians ≥ 65 years old (Ann Intern Med 2013 Dec 17) view update

10) Alzheimer disease

Updated 2014 Mar 17 05:25:00 AM: addition of citalopram to psychosocial intervention appears to slightly reduce agitation but slightly worsen cognitive function in patients with probable Alzheimer disease (JAMA 2014 Feb 19) view update

11) Osteoporosis causes and risk factors

Updated 2014 Mar 17 05:13:00 AM: fracture prediction based only on age may be as accurate as FRAX model and North American Menopause Society 2006 and 2010 algorithms (Obstet Gynecol 2013 Nov) view update

12) Degenerative joint disease of the knee

Updated 2014 Mar 17 05:09:00 AM: electromagnetic field treatment may improve pain in adults with knee osteoarthritis (Cochrane Database Syst Rev 2013 Dec 14) view update

13) Cardiovascular disease and obstructive sleep apnea

Updated 2014 Mar 17 05:07:00 AM: addition of CPAP to medical treatment may reduce daytime blood pressure in patients with treatment-resistant hypertension and OSA (Chest 2013 Nov 1) view update

14) Pelvic organ prolapse

Updated 2014 Mar 18 02:16:00 PM: perioperative pelvic floor muscle training does not appear to improve urinary or prolapse symptoms compared to usual care following surgery for apical vaginal prolapse and stress urinary incontinence (JAMA 2014 Mar 12) view update

15) Acute myeloid leukemia (AML)

Updated 2014 Mar 03 01:14:00 PM: subsequent prospective cohort study favored busulfan-based regimen over total body irradiation-based regimen for survival in hematopoietic cell transplantation (Blood 2013 Dec 5) view update

4. Good Quality Systematic Reviews

16) Pharmacological treatment of delirium in palliative care patients. A systematic literature review

17) Errorless learning of everyday tasks in people with dementia

18) The best evidence for assisted bathing of older people with dementia: a comprehensive systematic review
19) A systematic review of the effects of physical activity on physical functioning, quality of life and depression in older people with dementia

20) The evidence for treating hypertension in older people with dementia: a systematic review

21) Gender-related association of brain-derived neurotrophic factor gene 196A/G polymorphism with Alzheimer's disease—a meta-analysis including 6854 cases and 6868 controls

22) GAB2 polymorphism rs2373115 confers susceptibility to sporadic Alzheimer's disease

23) Association between interleukin-6 -174G/C polymorphism and the risk of Alzheimer's disease: a meta-analysis

24) Is there evidence for cognitive intervention in Alzheimer disease? A systematic review of efficacy, feasibility, and cost-effectiveness

25) Huperzine a for Alzheimer's disease: a systematic review and meta-analysis of randomized clinical trials

26) Chair-based exercises for frail older people: a systematic review

27) Role of statins in Alzheimer's disease: a retrospective meta-analysis for commonly investigated clinical parameters in RCTs

28) The effect of fall prevention exercise programmes on fall induced injuries in community dwelling older adults: systematic review and meta-analysis of randomised controlled trials

29) Primary care-relevant interventions to prevent falling in older adults: a systematic evidence review for the U.S. preventive services task force

30) Effect of dancing on Parkinson's disease patients

31) Effectiveness and feasibility of early physical rehabilitation programs for geriatric hospitalized patients: a systematic review

32) A meta-analysis of randomised placebo-controlled treatment trials for depression and anxiety in Parkinson's disease

33) Comparative efficacy and acceptability of antidepressants in Parkinson's disease: a network meta-analysis

34) CYP2D6 phenotypes and Parkinson's disease risk: a meta-analysis

35) Virtual reality and motor imagery: promising tools for assessment and therapy in Parkinson's disease

36) The effect of a geriatric evaluation on treatment decisions for older cancer patients—a systematic review

37) An update on a systematic review of the use of geriatric assessment for older adults in oncology
38) Attitudes of nurses towards the use of physical restraints in geriatric care: a systematic review of qualitative and quantitative studies

39) Pharmacist-led interventions to reduce unplanned admissions for older people: a systematic review and meta-analysis of randomised controlled trials

40) A systematic narrative review of consumer-directed care for older people: implications for model development

41) The effects of fall-risk-increasing drugs on postural control: a literature review

42) Exercise for falls and fracture prevention in long term care facilities: a systematic review and meta-analysis

43) The effectiveness of physical therapist-administered group-based exercise on fall prevention: a systematic review of randomized controlled trials

44) Do the elderly have a voice? Advance care planning discussions with frail and older individuals: a systematic literature review and narrative synthesis

45) Radiotherapy plus concurrent or sequential temozolomide for glioblastoma in the elderly: a meta-analysis

46) Effect of propofol and inhalation anesthesia on postoperative cognitive dysfunction in the elderly: a meta-analysis

47) Co-prescription of gastroprotective agents and their efficacy in elderly patients taking non-steroidal anti-inflammatory drugs: a systematic review of observational studies

48) Doublets versus single-agent therapy as first-line therapy for elderly patients with advanced non-small cell lung cancer? A systematic review of randomised controlled trials

49) A meta-analysis of temozolomide versus radiotherapy in elderly glioblastoma patients

50) Interventions to reduce hospital readmissions in the elderly: in-hospital or home care. A systematic review

5. NHS Behind the Headlines

51) NICE drugs policy for the elderly is unchanged

52) Excess deaths rose by a third last winter

53) The return of the 'proper' family doctor?

54) Being bilingual may slow the onset of dementia

55) More gene changes have role in Alzheimer's disease

56) Memory lapses may still be a sign of dementia
5. Latest Journal Table of Contents
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57) Alzheimer’s & dementia : the journal of the Alzheimer’s Association
58) Alzheimer disease and associated disorders
59) Alzheimer’s Research and Therapy
60) American Journal of Geriatric Psychiatry
61) Clinics in Geriatric Medicine
62) Current Alzheimer research
63) Dementia
64) Dementia & Geriatric Cognitive Disorders
65) European Geriatric Medicine
66) Geriatric Nursing
67) GeroPsych: The Journal of Gerontopsychology and Geriatric Psychiatry
68) Healthy Aging & Clinical Care in the Elderly
69) International Journal of Geriatric Psychiatry
70) International journal of older people nursing
71) Journal of Geriatric Oncology
72) Journal of Geriatric Psychiatry and Neurology
73) Old Age Psychiatrist
74) Quality in Ageing and Older Adults
75) Topics in Geriatric Rehabilitation

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