



## Current Resources for Evidence-Based Practice, January/February 2010

Published simultaneously in *Journal of Obstetric, Gynecologic & Neonatal Nursing* 2010;39(1).

### COCHRANE COLLABORATION FORMS NEW NURSING CARE NETWORK

The Cochrane Collaboration is an international nonprofit organization dedicated to increasing access to high-quality evidence on the effects of health care treatments. In the spring of 2009, the Cochrane Collaboration created a new international network specific to the field of nursing, bringing the total number of Cochrane networks to 16. Cochrane networks are interest groups that provide support for the development and uptake of systematic reviews relevant to a specific field of health care or clinical area. The Cochrane Nursing Care Network (CNCN) is coordinated by a central team at the Joanna Briggs Institute of the University of Adelaide, Australia. Five “nodes” spread around the globe each take primary responsibility for a different aspect of the Network’s overall mission to improve health outcomes of nursing care, and seven regional spokes translate and carry forward the work of the CNCN in their area of the world.

The CNCN defines nursing care and caregivers broadly. Nursing care comprises all care and services “essential to, or helpful in, the promotion, maintenance, or restoration of health and well-being or in the prevention of disease,” and caregivers include professionals, paraprofessionals, and lay care providers. As such, the focus of this network is also relevant to midwives, whether they are nurses or not. The purpose of the CNCN is to identify priority topics relevant to nursing care, support and carry out new Cochrane systematic reviews, and contribute to their dissemination and uptake within the large population of professionals and lay persons who provide nursing care worldwide. The group hopes to raise awareness within the global nursing care community of the wide range of evidence-based resources available through the Cochrane Collaboration and to be sure that nursing care perspectives and priorities are adequately reflected in the organization’s work.

Specific node activities include: identifying priority topics for new Cochrane reviews (Scottish node); mentoring new review authors (Celtic node); coordinating the activities of the regional network offices and searching the primary literature, especially non-English sources

(US node); identifying nursing care evidence embedded in other reviews (Canadian node); and identifying priority review topics for Spanish, Portuguese, and French speaking countries (Spanish node). In addition to developing Cochrane reviews of relevance to those who provide and receive nursing care, the CNCN produces a newsletter for members, and is pursuing relationships with international nursing journals to disseminate information on evidence-based nursing care.

Membership is free to anyone interested in contributing to the Network’s functions, and is open to consumers of nursing care, nurses, other health professionals, formal and informal caregivers, and researchers involved in nursing care. Network members are encouraged to contact any of the node conveners if they are interested in participating in that node’s activities, even if they reside in another country. Further information and a link to registration information can be accessed on the CNCN Web site.<sup>1</sup>

### REFERENCE

1. The Cochrane Nursing Care Network Web site. The Joanna Briggs Institute. Royal Adelaide Hospital, North Terrace, Adelaide, Australia. Available from: [www.joannabriggs.edu.au/cncn/](http://www.joannabriggs.edu.au/cncn/) [Accessed November 2, 2009].

### FROM COCHRANE DATABASE OF SYSTEMATIC REVIEWS (CDSR), ISSUE 3, 2009

#### New Systematic Reviews

- Advocacy interventions to reduce or eliminate violence and promote the physical and psychosocial well-being of women who experience intimate partner abuse
- Antiviral agents for treatment of herpes simplex virus infection in neonates
- Cervical assessment by ultrasound for preventing preterm delivery
- Chinese herbal medicine for endometriosis
- Combined DTP-HBV-HIB vaccine versus separately administered DTP-HBV and HIB vaccines for primary prevention of diphtheria, tetanus, pertussis, hepatitis B and *Haemophilus influenzae* (HIB)
- Danazol for uterine fibroids
- Interventions for pain with intrauterine device insertion
- Intrapartum antibiotics for known maternal Group B streptococcal colonization

- Maternity waiting facilities for improving maternal and neonatal outcome in low-resource countries
- Pharmacologic interventions for pregnant women enrolled in alcohol treatment
- Safety of topical corticosteroids in pregnancy
- The effects of antimicrobial therapy on bacterial vaginosis in non-pregnant women

### Updated Systematic Reviews

- Caesarean section for non-medical reasons at term
- Fetal electrocardiogram (ECG) for fetal monitoring during labor
- Ibuprofen for the prevention of patent ductus arteriosus in preterm and/or low birth weight infants
- Interventions for promoting smoking cessation during pregnancy
- Interventions for treating placental abruption
- Levonorgestrel-releasing intrauterine device (LNG-IUD) for symptomatic endometriosis following surgery
- Mifepristone for induction of labour
- Non-steroidal anti-inflammatory drugs for heavy bleeding or pain associated with intrauterine device use
- Prophylactic antibiotics for manual removal of retained placenta in vaginal birth
- Support during pregnancy for women at increased risk of low birth weight babies
- Testosterone for peri and postmenopausal women
- Tocolysis for preventing fetal distress in second stage of labour

Cochrane Reviews are available by subscription to *The Cochrane Library*, and review abstracts are available without charge. See [www.thecochranelibrary.com](http://www.thecochranelibrary.com)

### FROM DATABASE OF ABSTRACTS OF REVIEWS OF EFFECTS (DARE)

#### Recent Abstract Entries Assessing Quality of Systematic Reviews

- Antenatal screening for postnatal depression: A systematic review
- Caesarean delivery and risk of atopy and allergic disease: Meta-analyses
- Caesarean section is associated with an increased risk of childhood-onset type 1 diabetes mellitus: A meta-analysis of observational studies
- Caesarean section and postpartum depression: A review of the evidence examining the link
- Effectiveness of acupuncture-type interventions versus expectant management to correct breech presentation: A systematic review
- Inhaled corticosteroids during pregnancy: A review of methodologic issues

- Interventions in primary care to promote breastfeeding: An evidence review for the U.S. preventive services task force
- Psychological treatment of postpartum depression: A meta-analysis
- Risk of hypospadias of offspring of women using lorazepam during pregnancy: A systematic review and meta-analysis
- Soy isoflavone intake inhibits bone resorption and stimulates bone formation in menopausal women: Meta-analysis of randomized controlled trials
- The impact of programs to increase contraceptive use among adult women: A review of experimental and quasi-experimental studies
- The influence of medical abortion compared with surgical abortion on subsequent pregnancy outcome

DARE abstracts are available without charge at [www.crd.york.ac.uk/crdweb/](http://www.crd.york.ac.uk/crdweb/)

### EVIDENCE-BASED REVIEWS FROM OTHER SOURCES

*Featured reviews: (1) Bar-Oz B, Moretti ME, Boskovic R, O'Brien L, Koren G. The safety of quinolones—A meta-analysis of pregnancy outcomes. Eur J Obstet Gynecol Reprod Biol 2009;143:75–8. (2) Gill SK, O'Brien L, Einarson TR, Koren G. The safety of proton pump inhibitors (PPIs) in pregnancy: A meta-analysis. Am J Gastroenterol 2009;104:1541–5.*

Recent meta-analyses evaluated the safety of two common drug classes with specific relevance in pregnancy: quinolones and proton pump inhibitors. Both are classified by the US Food and Drug Administration as Category C drugs for use in pregnancy, indicating potential risk to fetuses in animal studies and lack of human study data, but benefits that may warrant use in pregnancy for some women. Quinolones are antibiotics that are commonly used to treat urinary tract infections. Because more than half of all pregnancies are unplanned, many women may take them inadvertently in the first trimester, and the authors report that women calling teratogen hotlines after exposure to quinolones were more likely to terminate those pregnancies because of the fear of malformations than other callers. A meta-analysis of 984 first-trimester exposures and 212,075 controls from five studies showed no significant increase in the odds of major malformation, stillbirth, preterm birth or low birth weight. Furthermore, the summary incidence of major malformations across all studies was within the expected background rate for the general population. Proton pump inhibitors are available over the counter to treat acid-related gastrointestinal disorders and infections, which affect an estimated 40% to 85% of pregnant women and exacerbate nausea and vomiting, another common pregnancy discomfort. Pooled analysis of pregnancy outcomes in 1530 exposures compared to 133,410 controls from seven studies showed no

significant increase in major malformations, spontaneous abortions, or preterm births.

*Comment:* Risk aversion and underfunding contribute to a dearth of research data on safety and effectiveness of treatments during pregnancy, leaving clinicians and childbearing women without evidence upon which to base clinical decisions. These meta-analyses suggest no increased risk of adverse outcomes associated with first trimester exposure to either quinolones or proton pump inhibitors.

*Featured review: O'Connor NR, Tanabe KO, Siadaty MS, Hauck FR. Pacifiers and breastfeeding: A systematic review. Arch Pediatr Adolesc Med 2009;163:378–82.*

Based on observational studies, the avoidance of pacifiers has long been recommended to increase breastfeeding success. Recently, a pooled analysis of observational data has suggested that pacifier use when putting newborns to sleep may significantly reduce the risk of sudden infant death syndrome (SIDS). O'Connor et al. carried out a systematic review to clarify the effect of pacifier use on breastfeeding outcomes. Because of significant study heterogeneity, meta-analysis was impossible. Included studies were assigned a quality score based on an index developed by the authors that has not been validated. The authors report that most observational studies found a negative association between pacifier use and duration of breastfeeding; however, many studies did not control adequately for confounding variables. Study details, summary statistics, and tests of significance were not reported. The results of four randomized controlled trials (RCTs) assessing various definitions of pacifier use on several breastfeeding outcomes were reported; none found a significant difference in breastfeeding outcomes associated with pacifier use. However, significant differential misclassification was present in the two RCTs that tracked actual pacifier use across study groups; they reported that 31% to 61% of infants in the control groups were exposed to pacifiers. This contamination of the control decreases the difference between the two groups and would attenuate any effect on breastfeeding associated with avoiding pacifiers.

*Comment:* Existing RCTs do not support a deleterious effect of pacifier use on breastfeeding outcomes, but these results must be interpreted with caution given the problems with study quality. Further high-quality research is needed to confirm these results and to clarify the association between pacifier use and the decreased incidence of SIDS.

*Featured review: Kaunitz AM, Meredith S, Inki P, Kubba A, Sanchez-Ramos L. Levonorgestrel-releasing intrauterine system and endometrial ablation in heavy menstrual bleeding: A systematic review and meta-analysis. Obstet Gynecol 2009;113:1104–16.*

A meta-analysis compared the effectiveness of the levonorgestrel-releasing intrauterine device (LNG-IUS) to

that of endometrial ablation for the treatment of heavy menstrual bleeding in six RCTs that reported blood loss scores from pictorial assessment charts as the measure of outcome. The authors compared blood loss at 6, 12, and 24 months, as well as rates of treatment failure and quality of life scores between the two methods. The meta-analysis found no significant difference in any of these outcome variables between the two methods, concluding that the LNG-IUS is an effective alternative to endometrial ablation in women with heavy menstrual bleeding, and the treatment of choice for women who wish to preserve their fertility.

*Comment:* Approximately 10% of all women report heavy menstrual bleeding at some time in their lives, and menorrhagia is a frequent reason for seeking care during the perimenopausal period. While showing equal effectiveness in reducing bleeding, the LNG-IUS is associated with significantly lower complication rates than endometrial ablation and avoids exposure to anesthesia-related risks. Moreover, some data suggest that the LNG-IUS may provide a level of protection from endometrial hyperplasia, while a risk of endometrial ablation is the retention of residual functional endometrial tissue that can develop into endometrial carcinoma.

## RECENT EVIDENCE-BASED REVIEWS

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