

Need to Know

Utilizing Information in Practice

Is this the TRUTH?

Woman's World, December 4, 2007, reported that a study at Boston University suggests that a small daily dose of Vitamin C could cut the odds of developing osteoarthritis (OA) by 50%.

Is this the Truth??

The study was conducted at Boston University in 1996, led by Dr. Timothy McAlindon. The 640 participants were part of the Framingham Osteoarthritis Cohort Study. Periodic knee and dietary assessments were performed over a 10 year period (1983-1993). Some were given antioxidant vitamins, including Vitamin C. Others were given nonantioxidant vitamins. During that time, 81 incidents (new cases) of OA occurred, along with 68 cases of progressive OA.

There were significant associations between antioxidant vitamin intake and a reduction in the progression of OA. However, there was no significant association between use of antioxidants and development of OA.

In September, 2005, Dr. McAlindon and associates published an update of the relationship between nutrition and OA. Citing the increase in interest by the public, the industry and academia for use of nutritional supplements to prevent and treat OA, they reviewed a number of clinical trials of other researchers. This is called a **meta analysis**. They concluded that there is "the considerable potential for a role of nutritional interventions for OA, but emphasize the need for systematic scientific evaluation of claims made for such products."

So are they contradicting their earlier findings? Not at all. The study must be examined collectively with the findings of subsequent studies. Remember that the Framingham cohort was a small collection of people. So findings in that group may not apply—be **generalized**—to other populations that could be in different locations, or of different races and genders.

So is the use of Vitamin C and other antioxidants ineffective in treating OA? The research continues.

References:

McAlindon, T., Jacques, P., Xhang, Y., Hannan, M., Aliabadi, P., Weissman, B., Rush, D., Levy, D., & Felson, D. (1996). Do antioxidant micronutrients protect against the development and progression of knee osteoarthritis? *Arthritis and Rheumatism*, 39(4), 648-656.

McAlindon, T., & Biggee, B. (2005). Nutritional factors and osteoarthritis: Recent developments. *Current Opinion in Rheumatology*, 17(5), 647-52.



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Internet Training for Missouri's
Healthcare Professionals
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Historical Spotlight



John Snow, 1813-1858

A British physician, Snow is considered one of the fathers of epidemiology for his work during the cholera outbreak in England in 1854.

Snow was skeptical of the popular miasma theory of his times. This was the belief that diseases such as cholera were caused by bad air.

Using the epidemiological tools of interview and microscopic/chemical analysis, Snow determined that the cholera outbreaks were occurring due to contaminated water at the Broad Street Pump. The well was only 3 feet from a cesspit that was leaking fecal matter.

Snow's mapping of the relationship between the location of the pump and cases of cholera is a noteworthy project in the history of epidemiology.

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More Details

TEACH IT

You need to give an in-service to you staff. You know they MUST attend, but how do you motivate them to learn?

Motivating adults needs consideration of the following:

- Adults look for learning environments that also meet the need for personal contact and friendships.
- Adults learn to be compliant with the administration.
- Adults want to improve their ability to provide good care to clients and to achieve career goals

So what can you do?

- Allow time for social interaction...refreshments help “break the ice” and provide an open, relaxed atmosphere.
- Show how the training can be used in work.
- Give frequent feedback.

Help your staff to learn through the use of clear objectives and an overview of the program content.

More Details

Searching Tips

Searching for Articles in a Specific Journal

Many of us may belong to a professional organization and so received their monthly journal; or, we may even subscribe to a journal directly. We keep the issues handy on a shelf so that we can go back to those helpful articles that we read. (Those months that we had the time to read the journal.) Trouble is, once we have several months, not to mention years, worth of journals, how do we find that one article that was so helpful?

One option is to go to the journal website. Most have a search option that allows you to search by keywords or authors. Using “Public Health Nursing” as our example, there is a search option on the upper right hand side of the page. Keying in “Smoking” gives us 62 articles. On the right of the screen is an option to refine the search. Keying in “High School” reduces the number to 40 articles.

The pluses of the journal website search are convenience, especially if you have a good idea of the article you’re looking for. The minuses are the limited searching options. If you are hazy on what you’re looking for, you might find that you need to redo your search several times.

This brings us to our second option which is to use PubMed to search for articles in specific journals. You can easily limit your search to articles in one journal by keying in the journal title followed by the characters [ta]. A search for “Public Health Nursing” would look like:

Public Health Nursing[ta]

The [ta] tells PubMed to search for this phrase only in the journal field. (Versus searching in the title, abstract or subject term fields.) All of the articles from this journal that are indexed in PubMed will be retrieved.

You can then combine your other terms with this search. Combing terms was discussed in the September 2007 issue of Need To Know. The pluses of using PubMed to search a specific journal is the ease of changing your search terms. Type the desired terms in the search box or use the “History” tab to easily change the terms you combine with the journal title search.

For more information on searching by journals in PubMed, go to:

<http://www.nlm.nih.gov/bsd/disted/pubmed.html> and view the two tutorials “Searching for a Journal” and “Retrieving Citations from a Journal Issue.”

Alert Notice!

If you are interested in a new or refresher course on finding and using websites and/or using professional databases, e.g. PubMed, be sure to contact us to set these up. We only have one year left on this grant to provide workshops to you. Contact Michelle Custer at custerm@missouri.edu if you are interested in setting something up in the next 12 months.

Announcement!

If you have not completed the NLM surveys, please help us out and give us your feedback. Visit our website at <https://www.phn.missouri.edu/survey.aspx> and click on the workshop you attended: Consumer Websites workshop or Professional Databases workshop, If you attended both workshops, please complete both surveys.

Also, if you were in the HRSA grant program during 2002 – 2004 and you were a mentor or a student, please help us with those surveys as well. Visit our website at <https://www.phn.missouri.edu/survey.aspx> and click on the HRSA mentor or HRSA student survey link. Again, if you were both a mentor and student, please complete both surveys.

This information is very valuable to us. It helps us report back to our funders and helps us lay the groundwork for additional grants.