Tapes for recovery after CABG; the risks of early menopause; and feeding infants who have diarrhoea

Tapes help recovery after bypass grafting

Audiotapes of discharge information might increase physical functioning after coronary artery bypass grafting (CABG).

In a study of 95 post-CABG patients 46 were provided with tapes which described typical recovery experiences in concrete terms together with coping strategies. The remaining patients received standard information regarding risk modification, diet and medication. One month post-discharge, those who had used the tape scored significantly better on body care/movement and total sickness impact profile. These effects were maintained when other variables were controlled for.


Cardiovascular risk of early menopause

Early menopause might be an independent risk factor for cardiovascular disease.

Researchers studied the protective effect of endogenous oestrogen, postulating that an early menopause might carry a higher risk. A total of 12,115 postmenopausal women were followed up for a median of 16 years. Cardiovascular causes were responsible for 824 deaths. For each year's delay in menopause the cardiovascular mortality risk decreased by 2 per cent. The extra risk of early menopause seemed to decrease with biological age; at age 60 the reduction of the annual hazard was 3 per cent, but at age 80 there was no reduction.


Gastroenteritis and feeding

Giving infants a modified diet during a bout of gastroenteritis is safe and effective.

Researchers studied 32 infants given the traditional treatment of oral rehydration therapy (ORT) and starvation and 27 given ORT and a modified diet. Parents of infants in the ORT plus diet group were told to avoid giving cows' milk or introducing wheat products. The duration of diarrhoea and the incidence of vomiting or lactose intolerance were no greater in the group receiving modified feeding.


Reported burger queen has abdicated

'My daughter used to be the burger queen of North London – not any more. What are you going to say in five years' time if you are wrong? 'I'm sorry, we were wrong again'?

Carmen Edwards from Walthamstow, North London, Evening Standard March 26, 1996

Blamed government over BSE

The first BSE cases were identified in 1986 and by 1989 the government had assembled a collection of tame scientists who made the extraordinary claim that it couldn't infect people or animals.

The danger facing all of us now is clear – that most of us have eaten infected beef

Said patients liked district hospitals

'The present district general hospitals were of a manageable size – serving between 150,000 and 380,000 – and were acceptable to patients. The pressures on the hospitals were the trends towards sub-specialisation, the destructive effects of competition between them, and the threat of the private finance initiative. This could lead to a proliferation of NHS units providing a day service for specific conditions and the comprehensive nature of the district general hospital would be lost.'

James Johnson, Chair of the Central Consultants and Specialists Committee, British Medical Journal, March 23, 1996

Suggested managers take pay cut

'If, for example, an NHS trust is going through financial stringencies it is appropriate that those at the top exercise equal stringency. Managers could choose not to take pay rises.'

Noel Flannery, acting director of the Institute of Health Services Management, The Health Service Journal March 14, 1996

Demandd pay for professional service

'Nurses are speaking with one, unified, professional voice, and the message is simple: employers have driven us to critically analyse our situation and we have found that we have been taken for granted for years. The day of the cosy, and often condescending attitude to the nurse is over. The professional nurse will continue to provide a professional service, and we demand that she or he is paid for it.'

PJ Madden, General Secretary Irish Nurses Association, The World of Irish Nursing, March/April 1996