A weekly round-up of the latest research and scientific reports from the nursing and medical journals

**Attitudes to high-intensity exercise in RA are negative**

Although there is evidence about the effectiveness and safety of high-intensity exercise programmes for people with rheumatoid arthritis (RA), patients, rheumatologists and physiotherapists have more positive expectations of conventional exercise.

Researchers from the Netherlands analysed questionnaires completed by 662 people with RA, 132 rheumatologists and 467 physiotherapists. The questionnaires contained four statements regarding positive and negative outcomes of high-intensity exercise and four similar statements for conventional exercise.

A total score for both exercise types was calculated, ranging from minus two (very negative) to two (very positive). The mean scores for high intensity exercise were 0.3, 0.68 and minus 0.06 for patients, rheumatologists and physiotherapists respectively. For conventional exercise the scores were 0.99, 1.13 and 1.27 respectively. In all three respondent groups the outcome expectations of high-intensity exercise were significantly less positive than those of conventional exercise.


**Euro coins pose no greater risk when swallowed**

European coins are no more likely than other currencies to cause toxicity unless a massive coin ingestion occurs.

Researchers from Austria investigated whether euro coins corrode when they are exposed to gastric acid and whether the change can be detected radiographically. The eight denominations of euro coins were immersed for seven days in hydrochloric acid corresponding to the level of post-prandial gastric acid. A Swedish crown coin and three different Austrian schilling coins were used as controls.

The coins were weighed and radiographed daily to evaluate visible corrosions and the hydrochloric acid was analysed daily for possible dissolved substances. All coins lost weight within 24 hours after exposure to the acid. The one, two and five euro cent coins developed changes that were visible on radiographs. The weights of all coins decreased by 0.43 to 11.3 per cent during the week. The dissolved substances measured in the acid corresponded to the different metals and alloys in the coins, except for copper which does not dissolve in hydrochloric acid. The highest absolute weight loss was observed in the Swedish crown coin (0.67g) and the highest relative weight loss in the one Austrian schilling (11.3 per cent).


**S. aureus non-carriers more likely to die of bacteraemia**

Carriers and non-carriers of *Staphylococcus aureus* differ significantly in risk and outcome of nosocomial *S. aureus* bacteraemia. *S. aureus* is the second most common cause of nosocomial bacteraemia. Researchers from the Netherlands screened 14,808 non-bacteraemic, non-surgical patients for *S. aureus* carriage and monitored them for development of bacteraemia.

Nosocomial *S. aureus* bacteraemia was three times more frequent in carriers (40 of 3,420, 1.2 per cent) than in non-carriers (41 of 10,588, 0.4 per cent, relative risk 3.0). However, in bacteraemic patients, all-cause mortality was significantly higher in non-carriers (19 of 41, 46 per cent) than in carriers (seven of 40, 18 per cent).

Additionally, *S. aureus* bacteraemia-associated death was significantly higher in non-carriers than carriers (three of 41 versus three of 40, 32 versus 8 per cent).