EDITORIALS

373 Urinary tract infection in primary care
How doctors deliver care is as influential as
the treatment itself, says Dee Mangin
>>> Research, pp 405, 406, 407, 408

374 The prognosis for research Improve research through training, and begin with editors, say Henrik Toft Sørensen and Kenneth J Rothman

» Research Methods and Reporting, p 410

375 Registration of observational studies
The next step towards research transparency,
say Elizabeth Loder and colleagues
>>> Editorial. p 374

» Research Methods and Reporting, p 410

377 Withdrawal of sibutramine in Europe Another sign that there is no magic bullet to treat obesity, says Gareth Williams

378 Osteonecrosis of the jaw and bisphosphonates Low doses for osteoporosis seem to be safe, says Aliya Khan

LETTERS

- 379 Vitamin D deficiency
- 380 Venous thromboembolism
- 381 Depression in adolescents; Industry influence
- 382 Drug firm conflicting interests; Fever as nature's engine

NEWS

383 Heroin contaminated with anthrax has killed 11 people

Social care funding debate leads to "nasty party style" politics

384 Scientists protest against proposals on advisory group membership How posters promote public health behaviour Safety incidents are under-reported in general practice

385 Doctor could face financial ruin even if he wins libel case against device maker BMA campaign urging public to help exclude private companies from NHS is criticised

386 Survey finds 85% of labels on alcoholic drinks are inadequate

Scottish MPs urged to put health first in debate on minimum pricing of alcohol

387 Michelle Obama starts project to combat childhood obesity

FDA tells patients to record their exposure to medical radiation

388 Visionary GPs extend scope of general practice

389 Liberal Democrats will abolish £1.2bn NHS health quangos Officials look into possible misuse of medical aid in Haiti

SHORT CUTS

390 What's new in the other general journals

OBSERVATIONS

392 ETHICS MAN

When doctors deceive each other Daniel K Sokol

393 Blogs and postings from bmj.com and doc2doc

HEAD TO HEAD

394 Has guideline development gone astray?

The move to evidence based medicine has led to a proliferation of guidelines. R Grol is concerned that many are of poor quality, but Raymond Gibbons and colleagues argue that

guidelines are important for improving health

FEATURES

396 No quick fix for long term care

The UK prime minister wants free personal care for those with "critical" needs, but the proposed legislation is deeply flawed and hopelessly under-costed, finds Sam Lister

398 Doctors on the front line

Images of dead soldiers returning from Afghanistan are frequently in the media, but there would be many more if it were not for the expert medical treatment casualties receive. Helen Macdonald reports

ANALYSIS

401 Evaluating complex interventions: one size does not fit all

Although planning of new health policy could be improved to enable more robust evaluation, Mhairi Mackenzie and colleagues argue that randomised controlled trials are not always suitable or practical

RESEARCH

404 Research highlights: the pick of *BMJ* research papers this week

405 Effectiveness of five different approaches in management of urinary tract infection: randomised controlled trial
P Little, M V Moore, S Turner, K Rumsby, G Warner, J A Lowes, H Smith, C Hawke, G Leydon, A Arscott, D Turner, M Mullee
» Editorial, p 373 » Research, pp 406, 407, 408

406 Cost effectiveness of management strategies for urinary tract infections: results from randomised controlled trial
David Turner, Paul Little, James Raftery, Sheila Turner, Helen Smith, Kate Rumsby, Mark

Mullee, on behalf of the UTIS team >>> Editorial, p 373 >>> Research, pp 405, 407, 408

407 Women's views about management and cause of urinary tract infection: qualitative interview study

> G M Leydon, S Turner, H Smith, P Little, on behalf of the UTIS team >>> Editorial, p 373 >>> Research, pp 405, 406, 408



Editorial, p 373
Research, pp 405, 406, 407, 408
A dipstick test for urinary tract infection



Possible misuse of aid in Haiti, p 389



Are guidelines good enough? p 394



Treating soldiers in Afghanistan, p 398

- 408 Presentation, pattern, and natural course of severe symptoms, and role of antibiotics and antibiotic resistance among patients presenting with suspected uncomplicated urinary tract infection in primary care: observational study P Little, R Merriman, S Turner, K Rumsby, G Warner, J A Lowes, H Smith, C Hawke, G Leydon, M Mullee, M V Moore >>> Editorial, p 373 >>> Research, pp 405, 406, 407
- 409 Neurological outcomes at 18 months of age after moderate hypothermia for perinatal hypoxic ischaemic encephalopathy: synthesis and meta-analysis of trial data
 A David Edwards, Peter Brocklehurst, Alistair J Gunn, Henry Halliday, Edmund Juszczak, Malcolm Levene, Brenda Strohm, Marianne Thoresen, Andrew Whitelaw. Denis Azzopardi

RESEARCH METHODS & REPORTING

410 Ten steps to improve prognosis research Harry Hemingway, Richard D Riley, Douglas G Altman

PRACTICE

- 415 RATIONAL IMAGING
 - Investigating suspected bone infection in the diabetic foot
 - James Teh, Tony Berendt, Benjamin A Lipsky
- 418 A PATIENT'S JOURNEY
 - Behçet's syndrome Michael Hart, Robert J Moots
- 420 LESSON OF THE WEEK

Reduced level of consciousness from baclofen in people with low kidney function W Su, C Yegappan, E J F Carlisle, C M Clase

421 10-MINUTE CONSULTATION

Pollen food syndrome in a teenage student Elizabeth Angier, Aziz Sheikh

OBITUARIES

423 Malcolm O Perry

Surgeon who fought to save John F Kennedy and Lee Harvey Oswald

424 Hedley Rex Board; John Ramsey Horler; Chetna Jain; Atholl MacLaren; Krishan Kumar Mahajan; Margaret Mary Robinson; Ursula Schmitz

VIEWS AND REVIEWS

PERSONAL VIEW

- **425 Should pregnant doctors work in termination of pregnancy clinics?** Megan Millward
 - REVIEW OF THE WEEK
- 426 The unknown patients Brodie Ramin

BETWEEN THE LINES

427 Ill feelings Theodore Dalrymple

MEDICAL CLASSICS

427 Every Good Boy Deserves FavourA play by Tom Stoppard
Richard Hurley

COLUMNISTS

428 A friend in need Des Spence
Positive discrimination is still elitist
Kinesh Patel

ENDGAMES

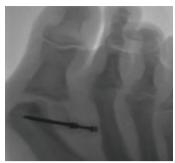
429 Quiz page for doctors in training

MINERVA

430 Anthrax contaminated heroin, and other stories

FILLERS

422 The F word



Imaging infection in diabetic foot, p 415



A musical medical classic, p 427



Pregnant doctors and terminations, p 425

Time for a break? Refresh yourself.

BM Masterclasses

masterclasses.bmj.com



BMJ

20 February 2010 Vol 340

The Editor, BMJ BMA House, Tavistock Square, London WC1H 9JR

Email: editor@bmj.com Tel: +44 (0)20 7387 4410 Fax: +44 (0)20 7383 6418

BMA MEMBERS' INQUIRIES Email: membership@bma.org.uk Tel: +44 (0)20 7383 6642

BMJ CAREERS ADVERTISING Email: sales@bmjcareers.com

Email: sales@bmjcareers.co Tel: +44 (0)20 7383 6531

DISPLAY ADVERTISINGEmail: sales@bmjgroup.com

Email: sales@bmjgroup.con Tel: +44 (0)20 7383 6386 REPRINTS

UK/Rest of world

Email: ngurneyrandall@bmjgroup.com Tel: +44 (0)20 8445 5825

Email: mfogler@medicalreprints.com Tel: +1 (856) 489 4446

SUBSCRIPTIONS BMA Members

Email: membership@bma.org.uk Tel: +44 (0)20 7383 6642

Non-BMA Members Email: support@bmjgroup.com Tel: +44 (0)20 7383 6270

OTHER RESOURCES

For all other contacts: resources.bmj.com/bmj/contact-us For advice to authors: resources.bmj.com/bmj/authors To submit an article: submit.bmj.com

$\mathrm{BMI}^{\mathsf{Group}}$

The BMJ is published by BMJ Publishing Group Ltd, a wholly owned subsidiary of the British Medical Association.

The BMA grants editorial freedom to the Editor of the BMJ. The views expressed in the journal are those of the authors and may not necessarily comply with BMA policy. The BMJ follows guidelines on editorial independence produced by the World Association of Medical Editors (www.wame.org/wamestmt. htm#independence) and the code on good publication practice produced by the Committee on Publication Ethics (www.publicationethics.org.uk/guidelines/).

The BMJ is intended for medical professionals and is provided without warranty, express or implied. Statements in the journal are the responsibility of their authors and advertisers and not authors' institutions, the BMJ Publishing Group, or the BMA unless otherwise specified or determined by law. Acceptance of advertising does not imply endorsement.

To the fullest extent permitted by law, the BMJ Publishing Group shall not be liable for any loss, injury, or damage resulting from the use of the BMJ or any information in it whether based on contract, tort, or otherwise. Readers are advised to verify any information they choose to rely on.

©BM) Publishing Group Ltd 2010 All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any other means, electronic, mechanical, photocopying, recording, or otherwise, without prior permission, in writing, of the BM)

Published weekly. US periodicals class postage paid at Rahway, NJ. Postmaster: send address changes to BMJ, c/o Mercury Airfreight International Ltd Inc, 365 Blair Road, Avenel, NJ 07001, USA. \$796. Weekly Printed by Precision Colour Printing Limited



PICTURE OF THE WEEK

A wedding party protests against air pollution in Russia. in a photographic exhibition, Hard Rain, which explores the effects of environmental damage to the planet. Conceived by Mark Edwards, the exhibition is presented as a 60 metre banner. with each picture illustrating a line in Bob Dylan's prophetic song A Hard Rain's A-Gonna Fall. Hard Rain has been shown at more than 50 venues around the world, in east and west Europe. Scandinavia, South Africa, Australia, and America and is now at Imperial College's South Kensington campus, in London, until 12 March. See www. hardrainproject.com.

THE WEEK IN NUMBERS

£10 Cost of avoiding each additional day of symptoms in urinary tract infection (Research, p 406)

25% Proportion of patients with diabetes who develop a foot ulcer (Practice, p 415)

4000 Results of a search for "prognostic" on the US National Institutes of Health website; "diagnostic" returns 132 000, and "trial" 76 000 (Research Methods and Reporting, p 410)

OUOTE OF THE WEEK

"Perhaps the time has come for us to face reality and admit defeat. Like climate change, nuclear waste, and other side effects of our current version of civilisation, we shall just have to learn to live with obesity and its hazards"

Gareth Williams on the Europe-wide withdrawal of sibutramine (Editorials, p 377)

EDITOR'S CHOICE

Interestingly complex stories

Symptoms were less severe and of shorter duration when the doctor took a positive approach to diagnosis and prognosis. "It is not just what is done that matters but how care is provided"

Those who revel in the complexities of primary care should enjoy the four research papers and editorial on managing urinary tract infections in this week's issue. In a series of studies Paul Little and his colleagues examine the clinical (p 405) and cost effectiveness (p 406) of different approaches to managing urinary tract infection; the natural course of the infection (p 407); and women's views about the management and cause of such infections (p 408). The message, according to Dee Mangin in her editorial, is that "empirical prescription, delayed empirical prescription, and empirical prescription based on dipstick results (with back up delayed prescription) are all rational options for different reasons" (p 373). For her the most interesting finding is that symptoms were less severe and of shorter duration when the doctor took a positive approach to diagnosis and prognosis. "It is not just what is done that matters but how care is provided."

Meanwhile conspiracy theorists should read William L Aldis's letter about the influence of "Big Pharma" in a New York Times article calling into question the safety and effectiveness of generic medicines (p 381). "By introducing the subject as a problem of generic v brand products the author plays into the hands of the pharmaceutical industry...The problem is of course one of bioavailability, not generic drugs per se." Given that the Department of Health has recently opened a consultation on generic substitution (BMJ 2010;340:c135, 8 January 2010), I predict that we will see more articles revisiting the safety and effectiveness of generic drugs—with manufacturers, branded and generic, weighing in on both sides, of course.

Malcolm O Perry, whose obituary we publish this week, had a bit part in one of the 20th century's biggest conspiracy theories (p 423). He was the Dallas surgeon on duty the day President Kennedy was shot in 1963. His comment to the press that the gunshot wound just below the president's Adam's apple could have been an entrance wound helped fan the belief that the assassination was not the act of a lone gunman. Perry

later distanced himself from the comments and rarely spoke about the assassination.

The story behind the withdrawal of the anti-obesity drug sibutramine seems to be more of a cock up than a conspiracy. The European Medicines Agency decided to withdraw the drug after an interim analysis of the SCOUT (sibutramine cardiovascular outcome trial) study found that it increased morbidity from cardiovascular disease. Yet, says Gareth Williams in his editorial, "the odds were always stacked against sibutramine because cardiovascular risk is embedded in its mechanism of action" (p 377). "As well as testing sibutramine to destruction the trial has left behind a mess of uninterpretable data" (though apparently no adverse effect on the company's share price). Williams suggests that sibutramine is no great loss: its fate "reminds us how little anti-obesity drugs have to offer."

The clinically curious will enjoy two other things this week: the continuing correspondence about fever as protection against infection—Gavin Barlow and colleagues show that hypothermia on admission to hospital was significantly associated with 30 day mortality in patients with community acquired pneumonia (p 383)—and this week's Minerva picture (p 430). The patient is one of several affected by a drug related outbreak of anthrax caused by contaminated heroin; the European Centre for Disease Prevention and Control expects more cases (p 385).

And, finally, those who enjoy websites that allow personalisation should visit the BMJ Publishing Group's new portal for junior doctors. This brings together relevant content from across the group's activities and allows you to customise the site by dragging widgets around. Do try it and tell us what you think: http://juniordoctor.bmj.com.

Jane Smith, deputy editor, BMJ jsmith@bmj.com

Cite this as: BMJ 2010;340:c842 To receive Editor's Choice by email each week, visit bmj.com/cgi/customalert

○ Twitter Follow the editor. Fiona Godlee, at twitter.com/ fgodlee and the BMJ's latest at twitter.com/bmj_latest



Career Focus, jobs, and courses appear after p 428

Articles appearing in this print journal have already been published on bmj.com, and the version in print may have been shortened. bmj.com also contains material that is supplementary to articles: this will be indicated in the text (references are given as w1, w2, etc) and be labelled as extra on bmj.com.

Please cite all articles by year, volume, and elocator (rather than page number), eg BMJ 2009;338:b145.

A note on how to cite each article appears at the end of each article, and this is the form the reference will take in PubMed and other indexes.

100% recycled The BMJ is printed on 100% recycled paper (except the cover)

BMJ.COM: MOST COMMENTED ON

Chronic fatigue syndrome India decides to train non-medical rural healthcare providers The double face of discrimination Bad medicine: osteoporosis Why did the Lancet take so long?

BMJ.COM: MOST READ

Selective serotonin reuptake inhibitors and breast cancer mortality in women receiving tamoxifen MMR and other controversies MMR vaccine and autism

Chronic fatigue syndrome Why did the Lancet take so long?