



Moderate to severe malnourishment in the first year of life but with good rehabilitation thereafter leaves a legacy of lower social status in adulthood and a widening income gap relative to healthy controls (*Pediatrics* 2012;130:e1-7, doi:10.1542/peds.2012-0073). The differences, say the researchers, are partly attributable to cognitive impairment in those who were malnourished.

In a controlled laboratory study, a surgeon tied 90 knots using FiberWire through an arthroscopic cannula. Half the knots had a static “surgeon’s base” and half a Tennessee slider base. Three shortcut techniques were compared: rethreading, and two types of knot “flipping.” Compared with Tennessee knots, surgeon’s knots had a lower incidence of slippage and catastrophic failure. Shortcut techniques did not affect the properties of the surgeon’s knots but led to increased problems with the Tennessee knots (*American Journal of Sports Medicine* 2012;40:1572-7, doi:10.1177/0363546512446676).

Nurses, as well as doctors, are living up to the current banner of “keep calm and carry on,” with resilience being the name of the game (*British Journal of Nursing* 2012;21:763). As the nurse director of the NHS Lothian health board writes, she has learnt what it means to be resilient—what with waiting list targets, a fire that gutted a hospital ward, reports about management culture, and the recent *Legionella* outbreak in Edinburgh. And resilience cannot be taught, she says, it is created by experience.

Vitamin D supplementation does not improve depression scores in patients with low levels of serum vitamin D (*British Journal of Psychiatry* 2012, doi:10.1192/bjp.bp.111.104349). The study randomised participants with low levels to either placebo or 40 000 IU vitamin D₃ per week for six months, using participants with high levels of serum vitamin D as controls. Although those with low vitamin D levels at baseline were more depressed than those with high levels, high dose supplements of vitamin D had no effect on depression, compared with those taking placebo.

The 2012 edition of guidelines from the European Association of Science Editors (EASE) is now available in 20 languages and includes

A 72 year old woman with a history of reflux oesophagitis and globus symptoms was referred for a barium swallow examination. There was no history of dysphagia or recurrent pneumonia. Barium swallow showed a large, smooth, wide necked, benign oesophageal diverticulum and oesophageal dysmotility.



Contrast filled the diverticulum causing compression on the adjacent oesophagus, and intraoesophageal reflux occurred from the diverticulum back into the oesophagus.

Susan Thomas (susan.thomas@porthosp.nhs.uk), radiology specialist registrar, Queen Alexandra Hospital, Portsmouth PO6 3LY, UK
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new material, such as practical tips for junior researchers. EASE supports the global initiative Healthcare Information For All by 2015 (www.HIFA2015.org), by advising authors to make abstracts of their papers highly informative, reliable, and easily understandable. Adherence to the guidelines, says EASE, should improve the chances of submitted manuscripts being accepted (www.ease.org.uk/publications/author-guidelines).

Contrary to the view of parents, parenthood confers protection against the common cold compared with the weaker host resistance of non-parents (*Psychosomatic Medicine* 2012;74:567-73, doi:10.1097/PSY.0b013e31825941ff). Healthy volunteers aged 18-55 years (n=795) participated in one of three viral challenge studies, and were monitored for the development of a clinical cold up to day six after exposure. Parents aged 24-55 years were less likely to develop colds than those who had not had children—irrespective of whether the children were currently living at home or away.

Does continuous use of meropenem work better than intermittent doses for critically ill patients? A Czech study of 240 patients admitted to a single intensive care unit with severe infection reports that “clinical cure” at the end of treatment was similar in both groups, but microbiological cure was higher in the infusion than the bolus group (90.6% v 78.4%, P=0.02). The infusion group also enjoyed shorter intensive care stays, needed shorter duration of treatment, and lower total doses of the antibiotic (*Critical Care* 2012;16:R113, doi:10.1186/cc11405).

The introduction of staff education and practice audits significantly reduced the rate of caesarean sections in a tertiary referral hospital in southwest China, without more admissions to the neonatal intensive care unit. Although complicated pregnancies increased after 2004, when the educational process was implemented, the primary caesarean section rate fell by 20% each year from 2005 to 2011. The rate of caesarean section correlated positively with the admission rate to the neonatal intensive care unit (*Bulletin of the World Health Organization* 2012;90:488-94, doi:10.2471/BLT.11.093369).

Computer therapy has been shown to be effective for longstanding aphasia after stroke, compared with usual care. A pilot, randomised controlled trial of 34 participants found that self managed computer therapy with volunteer support is feasible, cost effective, and brought about a 20% improvement in naming ability from baseline, at five months. However, the intervention did not benefit those with severe aphasia (*Stroke* 2012; 43:1904-11, doi:10.1161/strokeaha.112.650671).

A daily, low dose “polycap” capsule of three blood pressure lowering drugs, 20 mg simvastatin, and 100 mg aspirin, is well tolerated and successfully reduces blood pressure and low density lipoprotein (LDL) cholesterol. The full dose polycap—two polycap capsules (100 mg atenolol, 10 mg ramipril, and 25 mg hydrochlorothiazide) plus potassium supplementation—reduces blood pressure and LDL cholesterol to a greater extent and enjoys similar tolerability. The investigators say that the full dose polycap should lead to increased benefits (*Circ Cardiovasc Qual Outcomes* 2012, doi:10.1161/circoutcomes.111.963637).

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