Towards evidence based medicine for paediatricians

Edited by Bob Phillips

In order to give the best care to patients and families, paediatricians need to integrate the highest quality scientific evidence with clinical expertise and the opinions of the family. Archimedes seeks to assist practising clinicians by providing “evidence based” answers to common questions which are not at the forefront of research but are at the core of practice. In doing this, we are adapting a format which has been successfully developed by Kevin Macaw-Jones and the group at the Emergency Medicine Journal—“BestBets”.

A word of warning. The topic summaries are not systematic reviews, through they are as exhaustive as a practising clinician can produce. They make no attempt to statistically aggregate the data, nor search the grey, unpublished literature. What Archimedes offers are practical, best evidence based answers to practical, clinical questions.

The format of Archimedes may be familiar. A description of the clinical setting is followed by a structured clinical question. (These aid in focussing the mind, assisting searching, and gaining answers.) A brief report of the search used follows—this has been performed in a hierarchical way; to search for the best quality evidence to answer the question. A table provides a summary of the evidence and key points of the critical appraisal. For further information on critical appraisal, and the measures of effect (such as number needed to treat, NNT) books by Sackett and Moyer may help. To pull the information together, a commentary is provided. But to make it all much more accessible, a box provides the clinical bottom lines.

The electronic edition of this journal contains extra information to each of the published Archimedes topics. The papers summarised in tables are linked, by an interactive table, to more detailed appraisals of the studies. Updates to previously published topics will be available soon from the same site, with links to the original article.

Readers wishing to submit their own questions—with best evidence answers—are encouraged to review those already proposed at www.bestbets.org. If your question still hasn’t been answered, feel free to submit your summary according to the Instructions for Authors at www.archdischild.com. Three topics are covered in this issue of the journal.

• Should we glue lip lacerations in children?
• Is nebulised tolazoline an effective treatment for persistent pulmonary hypertension of the newborn?
• How good is clinical examination at detecting a significant patent ductus arteriosus in the preterm neonate?

REFERENCES
4 http://www.cebm.net/docs.levels.htm [accessed October 2002].

Additional information on each of the topics is available on the ADC website (www.archdischild.com)
Should we glue lip lacerations in children?

Report by Jason Smith, Specialist Registrar in Emergency Medicine, Defence Medical Services
Ian Maconochie, Consultant in Paediatric Emergency Medicine, St Mary’s Hospital, London, UK

A 7 year old boy presents to the emergency department having fallen in the playground, sustaining a laceration to his bottom lip which crosses the vermilion border. You know that the potential uses of tissue adhesive in the paediatric population are increasing, and wonder if it may be used in these circumstances instead of the traditional method of formal suturing.

Structured clinical question
In children who have sustained a lip laceration extending through the vermilion border [patient], is tissue adhesive [intervention] better than sutures [comparison] at reducing procedural discomfort and improving cosmetic outcome [outcomes]?

Search strategy and outcome
Medline 1966 to August 2002 using the Ovid interface (exp lacerations or exp wounds, nonpenetrating or exp facial injuries or laceration$.mp or exp wounds and injuries or wound$.mp) and (exp lip or lip$.mp or vermilion$.mp) and (exp fibrin tissue adhesive or exp tissue adhesives or tissue adhesive$.mp or $cyanoacrylate$.mp or exp cyanoacrylates or wound glue$.mp or histoacryl.mp or exp wound healing or exp suture techniques) limit to human and English.

Altogether 292 papers were found, of which only one described the proposed intervention. Three other papers were found comparing tissue adhesive to sutures in paediatric patients with facial lacerations, and these have also been included in table 1.

Commentary
Traditional teaching has been that in lacerations involving the lip, the vermilion border must be accurately approximated with a suture to ensure that healing occurs without a step. A recent systematic review has outlined the benefits of using tissue adhesive as an alternative method of wound closure to sutures, and three studies have specifically looked at a comparison between tissue adhesive and sutures in paediatric facial lacerations. These all compared tissue adhesive to sutures, and gave comparable cosmetic results with less time taken for the procedure and less pain for the child with tissue adhesive. However, lacerations of the lip were excluded from these trials. Although it is tempting to extrapolate these findings to other specific areas of wound management such as closure of lip lacerations, problems associated with this location could be anticipated, such as the child biting or licking off the glue. It should be borne in mind that there is a small but statistically significant increased rate of dehiscence with tissue adhesives compared to sutures.

Table 1

<table>
<thead>
<tr>
<th>Citation</th>
<th>Study group</th>
<th>Study type (level of evidence)</th>
<th>Outcome</th>
<th>Key results</th>
<th>Weaknesses</th>
</tr>
</thead>
<tbody>
<tr>
<td>de Blanco (1994)</td>
<td>A 10 year old boy and a 46 year old woman, both with lip lacerations</td>
<td>Case report (level 4)</td>
<td>Cosmesis at 18 days and 1 year</td>
<td>Wound closed with only slight scar</td>
<td>Simple case report, no comparison with standard, one of the patients adult</td>
</tr>
<tr>
<td>Quinn et al (1993)</td>
<td>81 paediatric patients with clean facial lacerations, randomised to glue or sutures</td>
<td>PRCT (level 1b)</td>
<td>Cosmetic score at 3 months, procedural pain, time taken for procedure</td>
<td>No difference in cosmesis, glue faster and less painful than sutures</td>
<td>Lip lacerations excluded</td>
</tr>
<tr>
<td>Bruns et al (1996)</td>
<td>61 paediatric patients with facial and scalp lacerations, randomised to glue or sutures</td>
<td>PRCT (level 1b)</td>
<td>Cosmetic score at 2 months, procedural pain (perceived by parents), time taken for procedure</td>
<td>No difference in cosmetic outcome, glue faster and less painful than sutures. Parents more likely to recommend glue to others</td>
<td>Lip lacerations excluded</td>
</tr>
<tr>
<td>Barnett et al (1998)</td>
<td>163 paediatric patients with non-ragged lacerations, randomised to glue or sutures</td>
<td>PRCT (level 1b)</td>
<td>Cosmetic score at 3 and 12 months, procedural pain (perceived by parents, doctors, nurses, and children), time taken for procedure</td>
<td>Glue faster and less painful than sutures (scored by all except the child). No difference in cosmesis at 3 or 12 months</td>
<td>Lacerations to all body parts included except eyes and mucous membranes</td>
</tr>
</tbody>
</table>
published case report supporting tissue adhesive as a method of closure in these lacerations.

CLINICAL BOTTOM LINE
• Pending further studies looking specifically at this problem, local advice should be followed.

REFERENCES

Is nebulised tolazoline an effective treatment for persistent pulmonary hypertension of the newborn?

Report by
Deirdra Hartigan, Neonatal Pharmacist, Leeds General Infirmary, UK

You are working as a pharmacist supporting a tertiary neonatal unit. A 36/40 gestation infant is transferred from another hospital. The infant had been born by normal vaginal delivery and collapsed on the postnatal ward at 3 hours of age. The child is hypoxic despite high pressures and 100% oxygen. The diagnosis of persistent pulmonary hypertension (PPH) is suggested; intravenous tolazoline had been tried without significant improvement. Nebulised tolazoline is mentioned, and you are asked to find out more.

Structured clinical question
In severe PPH of the newborn [patient], is nebulised tolazoline [intervention] an option when intravenous tolazoline [comparator] has failed to produce an improvement in oxygenation [outcome]?

Search strategy and outcome
Secondary sources
Medicines for children: information on intravenous tolazoline but not on nebulised.
Guy’s formulary: no information
Northern neonatal network formulary: intratracheal instillation experimental, when formulary written.

Primary source
Medline: “tolazoline” and “nebulised/nebuliser/vapourisers/aerosols/inhalation” (two relevant studies). See table 2.

Commentary
There is no good quality study addressing the use of nebulised tolazoline in PPH, and none addressing the use after intravenous tolazoline has failed. The only study that has been conducted to date was a case series of only 12 infants. It is difficult to attach significance to a treatment group so small. The study concluded that the endotracheal route is preferred because it is devoid of significant side effects (for example, hypotension and flushing), but it is worth noting that tolazoline is acid in solution and may cause some alveolar injury. The case report concluded that in their case the endotracheal use of tolazoline was life saving and warrants further clinical trials.

CLINICAL BOTTOM LINE
• Nebulised tolazoline may be effective, but no data reliably compare it to the intravenous route or other drugs.

REFERENCES

Table 2 Nebulised tolazoline in persistent pulmonary hypertension of the newborn

<table>
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</tr>
</thead>
<tbody>
<tr>
<td>Welch et al (1995)</td>
<td>One infant</td>
<td>Retrospective case report (level 4)</td>
<td>Increased oxygen saturation and concomitant rise in systemic BP. Resolution of metabolic acidosis</td>
<td>Tolazoline is acid in solution with pH of 4. Direct administration of an acid solution to the lungs may cause some alveolar injury</td>
<td></td>
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<tr>
<td>Parida et al (1997)</td>
<td>12 neonates</td>
<td>Case series (level 3b)</td>
<td>Improved oxygenation, particularly sick preterm infants</td>
<td>Significant increase (p&lt;0.005) in the mean levels of oxygen saturation and the arterial oxygen tension</td>
<td>Endotracheal route is preferred because it is devoid of significant side effects (e.g. hypotension and flushing)</td>
</tr>
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<td>Meadow et al (1998)</td>
<td>23 piglets</td>
<td>Bench research (level 5)</td>
<td>Did not reduce pulmonary artery pressure significantly but did lower systemic arterial pressure</td>
<td></td>
<td>Cautious extrapolation of these findings to selected clinical conditions in human infants may be warranted</td>
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How good is clinical examination at detecting a significant patent ductus arteriosus in the preterm neonate?

Report by
D S Urquhart, Specialist Registrar in Paediatrics, Northwick Park Hospital, Watford Road, Harrow, Middlesex, UK

R M Nicholl, Consultant Neonatologist, Northwick Park Hospital, Watford Road, Harrow, Middlesex, UK

A 25 week gestation infant aged 30 days has a continuous murmur and easily palpable pulses. He has already received a course of indomethacin for a "clinically diagnosed" patent ductus arteriosus (PDA). The baby is ventilator dependent. How good (or bad) is clinical examination at diagnosing a clinically important PDA?

Structured clinical question
In a ventilator dependent neonate of very low birth weight (<1000 g) [patient], how good is clinical examination [intervention] at detecting patent ductus arteriosus [outcome]?

Search strategy and outcome
A search string of [patent arterial duct] AND [diagnostic test] was used.

Search results
PubMed—three papers.
Cochrane database—nil.
SUMSearch—nil other than PubMed articles.
Search done independently by DU and RN retrieved same three articles. See table 3.

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</tr>
</thead>
<tbody>
<tr>
<td>Davis et al (1995)</td>
<td>100 babies &lt;1750g studied between day 3 and day 7 of life</td>
<td>Level 1b</td>
<td>Detection of PDA by clinical examination versus echocardiography</td>
<td>Murmur LR+ 3.23 (CI 1.2, 10) LR− 0.67 (CI 0.53, 0.93)</td>
<td>Clinical signs poor predictors of PDA</td>
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<td></td>
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<td></td>
<td>Bounding pulses</td>
<td>LR+ 1.65 (CI 0.79, 3.53) LR− 0.77 (CI 0.48, 1.16)</td>
<td></td>
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<tr>
<td>Skelton et al (1994)</td>
<td>55 babies &lt;1500g studied in the first 7 days of life</td>
<td>Level 1b</td>
<td>Detection of PDA by clinical examination versus echocardiography</td>
<td>Murmur LR+ ranges from 3 to 14 in first 7 days (CI 0.8–5, 9.1–22) LR− ranges from 0 to 0.8 in first 5 days (CI 0.1–0.5, 0.8–1.2)</td>
<td>Clinical signs poor at detecting PDA in first 4 days of life Echocardiography is required for reliable early diagnosis of PDA</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Bounding pulses</td>
<td>LR+ ranges from 0.3 to 6 in first 7 days (CI 0–3, 2–12) LR− ranges from 0 to 1.3 in first 5 days (CI 0.1–1.0, 1–1.7)</td>
<td></td>
</tr>
<tr>
<td>Kupferschmid et al (1988)</td>
<td>47 babies 1. Cases: 29 with PDA 2. Controls: 29 without PDA of whom 11 were drawn from group 1 following duct ligation</td>
<td>Level 4</td>
<td>Detection of PDA by clinical examination, echo and Doppler. No gold standard</td>
<td>Murmur 80% sensitivity (95% CI 60, 92) Bounding pulses 90% sensitivity (CI 73, 98)</td>
<td>Concerns re blinding in view of how controls were obtained. Clinical signs are poor predictor of PDA</td>
</tr>
</tbody>
</table>

Table 3 Detection of patent ductus arteriosus in the preterm neonate

Commentary
PDA is common in preterm babies. The EPICure study documented the prevalence as 65% in babies born at less than 26 weeks who survive to discharge. However, the methods for diagnosing a PDA in this study were not specified. Therefore, the pretest probability of a ventilated preterm infant having a PDA is high.

In the study by Davis and colleagues, a high percentage of patients with a PDA had no murmur. Bounding pulses were also a poor independent predictor for the presence of a PDA. We can also calculate post-test probability for patent ductus arteriosus using the likelihood ratios (LRs) from this study. For presence of a murmur alone, if we assume a pretest probability of 65%, and positive LR of 3.23, then our post-test probability is increased to 86%. However, if no murmur is present and negative LR is 0.67, post-test probability falls only to 55%.

For an increased pulse volume, with a pretest probability of 65%, post-test probability is increased to 75% when there are bounding pulses but falls only to 59% when bounding pulses are absent. Therefore echocardiography is required to confirm or refute a diagnosis of PDA.

The paper by Skelton and colleagues evaluated signs over a period of several days. The presence of a murmur was highly specific, but poorly sensitive in diagnosing patent ductus arteriosus. Hence, a murmur heard in a preterm infant is likely to be due to patent ductus arteriosus; however absence of a murmur does not exclude a PDA. Therefore to be confident of the diagnosis, echocardiography is essential.

The results of the Kupferschmid et al paper were less valid, as they compared a group of 29 PDA patients with a control group, of whom 11 were patients from the original group that had subsequently undergone PDA ligation. The presence of a thoracotomy scar would preclude blinding. Twenty per cent of patients with a PDA had normal heart sounds and 10% had normal pulses on assessment. No gold standard was applied, with definitive diagnosis of PDA made from either operative, postmortem, or aortography findings.
Post-test probability suggests that clinical evaluation of PDA either by auscultation or by palpation of pulses is of limited value. Echocardiography is the method of choice for diagnosing a patent arterial duct.

**REFERENCES**


**CLINICAL BOTTOM LINE**

- Clinical evaluation of PDA, either by auscultation or by palpation of pulses, is of limited value (with likelihood ratios between 0.3 and 6).
- In the extremely low birthweight neonate, Doppler flow echocardiography is required to confidently rule in or rule out the diagnosis of PDA.