

In brief

Patient-activated ECG system shows high diagnostic accuracy for AF and other arrhythmias

A recent German study has shown the high diagnostic accuracy for a patient-activated, single-lead Omron Heart Scan (HCG-801-E).

In the study carried out in four university hospitals in Germany, 508 consecutively enrolled patients with a clinical indication for an ECG, were asked to record a short-term ECG directly after their standard 12-lead procedure.

The ECGs were analysed by a single, double-blinded observer for rhythm, intervals, amplitudes and conduction disturbances. The patient-activated system was able to detect over 90% of abnormalities in the 12-lead ECG, including ST-T wave changes and bundle branch block. Patients found the system easy to use and it had a high diagnostic accuracy for the detection of atrial fibrillation (AF) and other arrhythmias. It is hoped the system will also help to improve rapid and accurate diagnosis of transient ECG changes.

New national guideline on emergency oxygen use in adults

The first national guideline for the emergency use of oxygen in adults has been published, with the aim of simplifying oxygen delivery and better protecting acutely ill patients. Developed by a working party and led by the British Thoracic Society, the guideline is published in *Thorax* (Thorax 2008;63[Suppl VI]:vi1-vi68), and supported by 22 professional societies and institutions.

The guideline recommends that oxygen is administered to patients whose oxygen saturation falls below the target saturation

This book hopes that international football players will help encourage obese children to see that a healthy lifestyle is also based on healthy food. Produced by the Union of European Football Associations (UEFA) and the World Heart Federation, with the support of the European Commission, *Eat for Goals!* gives step-by-step instructions for preparing 13 healthy dishes plus plenty of food tips. Contact www.falkemedia-shop.de for more information



ranges (94-98% for most acutely ill patients and 88-92% for those at risk of type 2 respiratory failure with raised carbon dioxide level in the blood), and that those who administer oxygen therapy should monitor the patient and keep within those specified target saturation ranges.

New study on HRT and risk of MI

It's not what you take but the way that you take it that can produce different results in women who take hormone replacement therapy (HRT), according to new research published online in the *European Heart Journal* (doi:10.1093/eurheartj/ehn408).

The observational study of 698,098 healthy Danish women, aged 51-69, found that overall there was no increased risk of myocardial infarction (MI) in current users of HRT compared to women who had never taken it.

However, it did find that in younger women (aged 51-54) who were taking HRT during the period of the study, their risk of MI was about a quarter (24%) more than in women who had never taken HRT. In addition, in younger women there was an increasing risk with longer duration of HRT, which was not seen in the older age groups.

The study also found that the type of HRT

and the way that the women took it made a difference to the risk of MI. Continuous HRT carried a 35% increased risk of MI compared with women who had never used HRT. But if HRT was taken on a cyclical basis, there was a tendency for these women to have a reduced risk of MI compared to women who had never used HRT, and this was also seen if a synthetic hormone, tibolone, was used. If the method of taking the oestrogen was via a patch or gel on the skin or in the vagina, the risk of MI was reduced by more than a third.

Kellogg's team up with H·E·A·R·T UK

Kellogg's Optivita and H·E·A·R·T UK, the cholesterol charity, have teamed up to work together on a programme of joint actions. This will include educational initiatives to support healthcare professionals, particularly practice nurses and dietitians who see people everyday at risk of heart disease due to factors such as high cholesterol, and the provision of practical advice for consumers to help them lower their cholesterol.

Optivita has been specifically developed with oat beta-glucan, which has been shown in many studies to help to lower cholesterol.