



PREMIO A LA PUBLICACIÓN CIENTÍFICA DEL MES EN LA FACULTAD DE ENFERMERÍA, FISIOTERAPIA Y PODOLOGÍA. CONVOCATORIA 2020.

PREMIOS A LOS 4 MEJORES TRABAJOS DEL AÑO 2020

PRIMER PREMIO. de Diego-Cordero R, Rivilla-García E, Díaz-Jiménez D, Lucchetti G, Badanta B. **The role of cultural beliefs on eating patterns and food practices among pregnant women: a systematic review.** *Nutr Rev.* 2020 Oct 29;nuaa119. doi: 10.1093/nutrit/nuaa119.

Resumen.

Context: Despite the importance of cultural beliefs in clinical practice, few systematic reviews have investigated how these beliefs influence food practices in pregnant women. *Objective:* To explore the role of cultural beliefs in eating patterns and food practices among pregnant women, highlighting food recommendations, food taboos and restrictions, and their association with health. *Data sources:* A systematic review was conducted using the following electronic databases: PubMed, Scopus, CINAHL, PsycINFO, and Web of Science from May 2014 to May 2019. *Data extraction:* Articles were included if the studies included pregnant women, analyzed how cultural beliefs may influence eating patterns, were peer-reviewed articles with original data, published in the last 5 years, and in English or Spanish language. Quality assessment was also performed. *Data analysis:* A total of 544 articles were identified in the search and 24 were included in the final analysis (17 using qualitative design, 6 using quantitative design, and 1 with a mixed-design). These studies were predominantly from the African continent (n = 15). Our findings showed that culture is a key factor related to "taboos" and food restrictions, which are transmitted by the family or members of community, having a strong religious or spiritual influence. All these restrictions are related to the fear of unfavorable pregnancy outcomes such as the risk of abortion, dystocia, and congenital macrosomia, or are used to avoid child problems such as cutaneous and respiratory disorders. *Conclusions:* Findings from this study indicate cultural beliefs are strongly associated with food patterns and eating habits in pregnant women. Administrators and health professionals should be aware of these beliefs to minimize problems in the perinatal period.

Keywords: cultural beliefs and practices; eating habits; food practices; nutrition; pregnancy.



SEGUNDO PREMIO (2 estudios)

Perez-Cabezas V, Ruiz-Molinero C, Jimenez-Rejano JJ, Gonzalez-Medina G, Galan-Mercant A, Martin-Valero R. Continuous Positive Airway Pressure Treatment in Patients with Alzheimer's Disease: A Systematic Review. J Clin Med. 2020 Jan 9;9(1):181. doi: 10.3390/jcm9010181.

Resumen: *Background:* Epidemiological studies have suggested a pathophysiological relationship between obstructive sleep apnea syndrome (OSAS) and Alzheimer's disease (AD). The aim of this study is to evaluate the treatment of obstructive sleep apnea with continuous positive airway pressure (CPAP) in AD and its relationship with neurocognitive function improvement. *Methods:* Systematic review conducted following PRISMA's statements. Relevant studies were searched in MEDLINE, PEDro, SCOPUS, PsycINFO, Web of Science, CINAHL and SportDiscus. Original studies in which CPAP treatment was developed in AD patients have been included. *Results:* 5 studies, 3 RCTs (Randomized controlled trials) and 2 pilot studies. In all RCTs the CPAP intervention was six weeks; 3 weeks of therapeutic CPAP vs. 3 weeks placebo CPAP (pCPAP) followed by 3 weeks tCPAP in patients with AD and OSA. The two pilot studies conducted a follow-up in which the impact on cognitive impairment was measured. *Conclusions:* CPAP treatment in AD patients decreases excessive daytime sleepiness and improves sleep quality. There are indications that cognitive deterioration function measured with the Mini Mental Scale decreases or evolves to a lesser extent in Alzheimer's patients treated with CPAP. Caregivers observe stabilization in disease progression with integration of CPAP. More research is needed on the topic presented.

Keywords: Alzheimer disease; continuous positive airway pressure; neurocognitive function.

García-Muñoz C, Cortés-Vega MD, Heredia-Rizo AM, Martín-Valero R, García-Bernal MI, Casuso-Holgado MJ. Effectiveness of Vestibular Training for Balance and Dizziness Rehabilitation in People with Multiple Sclerosis: A Systematic Review and Meta-Analysis. J Clin Med. 2020 Feb 21;9(2):590. doi: 10.3390/jcm9020590.

Resumen: Postural instability and dizziness are commonly observed in people with multiple sclerosis (PwMS). The aim of this systematic review was to evaluate the evidence for the use of vestibular rehabilitation, in comparison with other exercise interventions or no intervention, to treat balance impairments and dizziness in PwMS. An electronic search was conducted by two independent reviewers in the following databases: MEDLINE (Pubmed), Scopus, the Physiotherapy Evidence Database (PEDro), Web of Science (WOS), Lilacs, CINAHL and the Cochrane Database of Systematic Reviews (CDSR). A quality assessment was performed using the PEDro scale and the Cochrane Risk of Bias Tool. When possible, the data were pooled in a meta-analysis (95%CI). This systematic review followed the PRISMA guideline statement and was registered in the PROSPERO database (CRD42019134230). Seven studies were included, with a total of 321 participants analysed. Compared with no intervention, vestibular



rehabilitation was more effective for balance development (SMD = 2.12; 95% CI = 0.49, 3.75; p = 0.01; I2 = 89%) and dizziness symptoms improvement (SMD = -17.43; 95% CI = -29.99, -4.87; p= 0.007; I2= 66%). Compared with other exercise interventions, improvements in favour of the experimental group were observed, but statistical significance for the differences between groups was not reached.

Keywords: dizziness; fatigue; multiple sclerosis; physical therapy modalities; postural balance; vestibular diseases.



ACCESIT. Muriel-Sánchez JM, Becerro-de-Bengoa-Vallejo R, Montaña-Jiménez P, Coheña-Jiménez M. The Treatment of Ingrown Nail: Chemical Matricectomy With Phenol Versus Aesthetic Reconstruction. A Single Blinded Randomized Clinical Trial. *J Clin Med.* 2020 Mar; 9(3): 845.

Resumen: *Background:* In onychocryptosis surgery, incisional and non-incisional matricectomy is indicated according to the stage. The chemical matricectomy with 88% phenol solution is the gold standard and a wedge resection is indicated for more advanced stages. The aesthetic reconstruction has the advantages of the incisional procedure without eponychium incisions and an effectiveness similar to the chemical matricectomy with phenol. *Objective:* To compare the recurrence and the healing time between the chemical matricectomy with phenol and the aesthetic reconstruction. *Methods:* A comparative, prospective, parallel, randomized, and one-blinded clinical trial was registered with the European Clinical Trials Database (EudraCT) with identification number 2019-001294-80. Thirty-four patients (56 feet) with 112 onychocryptosis were randomized in two groups. Thirty-six were treated with chemical matricectomy with phenol and 76 with aesthetic reconstruction. Each patient was blind to the surgical procedure assigned by the investigator. The primary outcome measurements were healing time and recurrence. The secondary outcome measurements were post-surgical bleeding, pain, inflammation, and infection rate. *Results:* The aesthetic reconstruction procedure presents a shorter healing time (8.2 ± 1.4 days vs. 21.3 ± 3.1 days; $p < 0.001$) with a similar recurrence rate ($p = 0.98$). Post-operative bleeding, pain, inflammation, and the infection rate did not show significant differences ($p > 0.05$). *Conclusions:* The aesthetic reconstruction presents a shorter healing time, favoring the patients' recuperation, with a recurrence similar to the chemical matricectomy with 88% phenol solution.

Keywords: Ingrown nail; aesthetic reconstruction; chemical matricectomy; surgery.