

# String of PEARLS

Practical Evidence About Real Life Situations

## Myocardial infarction

**PEARLS** are succinct summaries of Cochrane Systematic Reviews for primary care practitioners—developed by Prof. Brian McAvoy for the Cochrane Primary Care Field ([www.cochraneprimarycare.org](http://www.cochraneprimarycare.org)), New Zealand Branch of the Australasian Cochrane Centre at the Department of General Practice and Primary Health Care, University of Auckland ([www.auckland.ac.nz/uoa](http://www.auckland.ac.nz/uoa)), funded by the New Zealand Guidelines Group ([www.nzgg.org.nz](http://www.nzgg.org.nz)) and published in NZ Doctor ([www.nzdoctor.co.nz](http://www.nzdoctor.co.nz)).

Limited evidence for benefits of health promotion interventions for coronary heart disease

Multiple risk factor interventions for primary prevention of coronary heart disease have limited utility

No evidence for benefit of oxygen in acute myocardial infarction

Music interventions may be beneficial for coronary heart disease

Some evidence that interventions can increase uptake and adherence in cardiac rehabilitation

Heparins reduce the number of heart attacks after acute coronary syndromes

**DISCLAIMER:** PEARLS are for educational use only and are not meant to guide clinical activity, nor are they a clinical guideline.



## Pronation may be more effective than supination in correcting subluxed radial head

**Bruce Arroll** MBChB, PhD, FRNZCGP; Professor of General Practice and Primary Health Care, The University of Auckland, PB 92019, Auckland, New Zealand; Email: [b.arroll@auckland.ac.nz](mailto:b.arroll@auckland.ac.nz)

**THE PROBLEM:** A subluxation of the radial head is a problem that is seen not uncommonly in primary care. There is usually a history of an adult pulling the child and then sudden onset of pain and reluctance to move the arm. Given the lack of major trauma there is no need to x-ray the joint (assuming you are happy with the history) and the x-rays may be unhelpful. There are two ways of reducing the subluxation: In the typical manoeuvre, called supination, the forearm is twisted or rotated outwards (palm of child's hand faces upwards), sometimes followed by bending of the elbow. While this has become standard practice, it is not always successful. Other methods, particularly the use of pronation, where the forearm is twisted or rotated inwards (palm of child's hand faces downwards) have also been used. The manoeuvre is sometimes associated with click and the child is immediately happy to move the arm and the parent(s) is greatly relieved and often impressed at the simplicity of the procedure.

**CLINICAL BOTTOM LINE:** The Cochrane review found that there is limited evidence from three small low-quality trials that the pronation method might be more effective and less painful than the supination method for manipulating radial head subluxation in young children. However, only a small difference in effectiveness was found.

*Pronation may be more effective than supination for radial head subluxation*

	Success	Evidence	Harms
<b>Pronation vs supination</b>	Small advantage for pronation in that less likely to fail	3 small, low quality RCTs <sup>1</sup> Cochrane review <sup>1</sup>	Less pain with pronation. There may be some bruising associated with the condition rather than the treatment

### Reference

1. Krul M, van der Wouden JC, van Suijlekom-Smit LWA, Koes BW. Manipulative interventions for reducing pulled elbow in young children. Cochrane Database of Systematic Reviews 2009, Issue 4. Art. No.: CD007759. DOI: 10.1002/14651858.CD007759.pub2.

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