



US insurance coverage falls, p 883



Humanising US care, p 888



Austin Gresham has died, p 920



Up: stairlifts and quad canes, p 922

EDITORIALS

- 871 Obesity and depression or anxiety**
Clinicians should be aware that the association can occur in both directions, say Evan Atlantis and colleagues
» *Research*, p 902
- 872 Should HPV vaccine be given to men?**
The best investment is to vaccinate preadolescent females, not males, say Philip E Castle and Isabel Scarinci
» *Research*, p 909
- 873 Risk factors for SIDS**
We already know enough; the challenge is how to change behaviour, says Edwin A Mitchell
» *Research*, p 911
- 874 Disclosure of competing interests**
There's now a new standardised format that all journals can use, say ICMJE
- 875 Economic sanctions towards North Korea**
A violation of the right to health and a call to action, say Sanghyuk S Shin and colleagues

LETTERS

- 877 GMC guidance on confidentiality; Surgery for obesity; Clinical audits; End to GP catchment areas**
- 878 From sick notes to fit notes; Intracranial pathology; Circulation's correction**

NEWS

- 879 Half of English trusts face challenges to make new registration**
Group sets out how to boost career prospects of women
- 880 Two health centres are finalists in top UK architecture prize**
Mind censures trial that pays patients to take their drugs
Reporting of safety events is improving in NHS, agency says
- 881 Gastroenterologist is accused of faking study results**
Recognising informative and striking images
- 882 Access to legal abortion is needed to help cut 70 000 deaths a year**
Police find unlicensed drugs after trawling bins of Tour de France cyclists
- 883 Rates of insurance coverage fall in US as recession bites**
Germany sees rise in post-marketing studies
- 884 Public health experts express anger over McDonald's tutorials**
Radiation overdose in 200 patients undergoing brain scans leads to FDA safety notice
GSK is sued in US over claims that paroxetine caused birth defects
- 885 Global initiative is launched to limit the destruction of hospitals when disasters occur**

SHORT CUTS

- 886 What's new in the other general journals**

FEATURES

- 888 Margaret Allen: A force in humanising the US healthcare system**
Zosia Kmietowicz

OBSERVATIONS

OUT OF HOURS

- 890 Don't give up the ghost**
Christopher Martyn

ETHICS MAN

- 891 The unpalatable truth about ethics committees**
Daniel K Sokol

ANALYSIS

- 892 Meeting the challenge of population ageing**
Increased longevity poses a challenge to the welfare state, but the problems can be overcome, argue Yvonne Doyle and colleagues

RESEARCH, CLINICAL REVIEW, AND PRACTICE

 See next page

OBITUARIES

- 920 Austin Gresham**

VIEWS AND REVIEWS

PERSONAL VIEW

- 921 Physician, humble thyself** Erica Frank

REVIEW OF THE WEEK

- 922 Up with ageing** Desmond O'Neill

BETWEEN THE LINES

- 923 Jerome K Jerome syndrome** Theodore Dalrymple

MEDICAL CLASSIC

- 923 On the Constitutional and Local Effects of Disease of the Supra-renal Capsules** by Thomas Addison
Harold Ellis

COLUMNISTS

- 924 Who benefits?** Des Spence
The Ribena girls Trisha Greenhalgh

ENDGAMES

- 925 Quiz page for doctors in training**

MINERVA

- 926 "Full metal jackets" and other stories**

FILLERS

- 905 Is a simple "Thank you" too much to ask?**

McDonald's angers health experts, p 884





Exercise and chemotherapy, p 895

CRISTINA PEDRAZZINI/SPL



The dangers of cosleeping, p 911

CECILIA MAGILL/SPL



Egg allergy and flu vaccines, p 912

FOTOLIA

Colitis associated with *C difficile*, p 918

D PHILLIPS/SPL

RESEARCH

895 Effect of a multimodal high intensity exercise intervention in cancer patients undergoing chemotherapy: randomised controlled trial

Adding nine hours' exercise training a week to chemotherapy and usual care led to a significant reduction in fatigue that was of small to medium clinical significance

Lis Adamsen, Morten Quist, Christina Andersen, Tom Møller, Jørn Herrstedt, Dorte Kronborg, Marie T Baadsgaard, Kirsten Vistisen, Julie Midtgaard, Birgitte Christiansen, Maria Stage, Morten T Kronborg, Mikael Rørth

899 Effect of "collaborative requesting" on consent rate for organ donation: randomised controlled trial (ACRE trial)

The rate of organ donation was less than 80% where donation had been requested by the patient's clinician in collaboration with a donor transplant coordinator and more than 90% where only the clinician made the request

The ACRE Trial Collaborators

902 Common mental disorder and obesity—insight from four repeat measures over 19 years: prospective Whitehall II cohort study

Common mental disorder predicted subsequent obesity in this cohort of 4000 middle aged British civil servants who were followed up for more than 19 years

Mika Kivimäki, Debbie A Lawlor, Archana Singh-Manoux, G David Batty, Jane E Ferrie, Martin J Shipley, Hermann Nabi, Séverine Sabia, Michael G Marmot, Markus Jokela

» Editorial, p 871

906 Contribution of smoking during pregnancy to inequalities in stillbirth and infant death in Scotland 1994-2003: retrospective population based study using hospital maternity records

Smoking during pregnancy accounted for about a third of the inequality in stillbirths and infant deaths between the most and least deprived groups

Ron Gray, Sandra R Bonellie, James Chalmers, Ian Greer, Stephen Jarvis, Jennifer J Kurinczuk, Claire Williams

909 **pico** Cost effectiveness analysis of including boys in a human papillomavirus vaccination programme in the United States

Under conditions of high vaccine coverage and efficacy in girls, including boys in an HPV vaccination programme generally exceeds conventional thresholds of good value for money

Jane J Kim, Sue J Goldie

» Editorial, p 872

910 **pico** Incidence of pregnancy after expectant, medical, or surgical management of spontaneous first trimester miscarriage: long term follow-up of miscarriage treatment (MIST) randomised controlled trial

Method of miscarriage management does not affect subsequent pregnancy rates with around four in five women giving birth within five years of the index miscarriage

Lindsay FP Smith, Paul D Ewings, Catherine Quinlan

911 **pico** Hazardous cosleeping environments and risk factors amenable to change: case-control study of SIDS in south west England

Parents whose babies died from SIDS were much more likely than controls to have slept with their babies after alcohol or drug use, and cosleeping on a sofa seemed to pose a particularly high risk

Peter S Blair, Peter Sidebotham, Carol Evason-Coombe, Margaret Edmonds, Ellen M A Heckstall-Smith, Peter Fleming

» Editorial, p 873

CLINICAL REVIEW

912 Recommendations for the administration of influenza vaccine in children allergic to egg

M Erlewyn-Lajeunesse, N Brathwaite, J S A Lucas, J O Warner

PRACTICE

916 **A PATIENT'S JOURNEY** Cancer and chemotherapy

Ann V Salvage, Barry Quinn

918 **LESSON OF THE WEEK** A diarrhoeal illness with a difference?

Juliet Elvy, Terry Riordan, Patrick Sarsfield, Tariq Ahmad



Recognising Excellence in Health Care

2010 AWARDS: CALL FOR ENTRIES

Nominations are sought for 11 awards, ranging from Research Paper of the Year and Best Quality Improvement to Excellence in Healthcare Education and Clinical Leadership.

Last day for entries is Sunday, 15 November so visit the awards website to submit your nomination now groupawards.bmj.com

BMJ

17 October 2009 Vol 339

The Editor, BMJ**BMA House, Tavistock Square,
London WC1H 9JR**

Email: editor@bmj.com

Tel: +44 (0)20 7387 4410

Fax: +44 (0)20 7383 6418

BMA MEMBERS' INQUIRIES

Email: membership@bma.org.uk

Tel: +44 (0)20 7383 6642

BMJ CAREERS ADVERTISING

Email: sales@bmjcareers.com

Tel: +44 (0)20 7383 6531

DISPLAY ADVERTISING

Email: sales@bmjgroup.com

Tel: +44 (0)20 7383 6386

REPRINTS

UK/Rest of world

Email: ngurneyrandall@bmjgroup.com

Tel: +44 (0)20 8445 5825

USA

Email: mfogler@medicalreprints.com

Tel: +1 (856) 489 4446

SUBSCRIPTIONS

BMA Members

Email: membership@bma.org.uk

Tel: +44 (0)20 7383 6642

Non-BMA Members

Email: subscriptions@bmjgroup.com

Tel: +44 (0)20 7383 6270

OTHER RESOURCES

For all other contacts:

resources.bmj.com/bmj/contact-us

For advice to authors:

resources.bmj.com/bmj/authors

To submit an article:

submit.bmj.com

BMJ Group

The BMJ is published by BMJ Publishing Group Ltd, a wholly owned subsidiary of the British Medical Association.

The BMA grants editorial freedom to the Editor of the BMJ. The views expressed in the journal are those of the authors and may not necessarily comply with BMA policy. The BMJ follows guidelines on editorial independence produced by the World Association of Medical Editors (www.wame.org/wamestmt.htm#independence) and the code on good publication practice produced by the Committee on Publication Ethics (www.publicationethics.org.uk/guidelines/).

The BMJ is intended for medical professionals and is provided without warranty, express or implied. Statements in the journal are the responsibility of their authors and advertisers and not authors' institutions, the BMJ Publishing Group, or the BMA unless otherwise specified or determined by law. Acceptance of advertising does not imply endorsement.

To the fullest extent permitted by law, the BMJ Publishing Group shall not be liable for any loss, injury, or damage resulting from the use of the BMJ or any information in it whether based on contract, tort, or otherwise. Readers are advised to verify any information they choose to rely on.

©BMJ Publishing Group Ltd 2009
All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any other means, electronic, mechanical, photocopying, recording, or otherwise, without prior permission, in writing, of the BMJ

Published weekly. US periodicals class postage paid at Rahway, NJ. Postmaster: send address changes to BMJ, c/o Mercury Airfreight International Ltd Inc, 365 Blair Road, Avenel, NJ 07001, USA. \$796. Weekly
Printed by Precision Colour Printing Limited

RANKIN/SIGHTSAVERS/MAKE-UP MICHELLE CAMPBELL



PICTURE OF THE WEEK

The photographer Rankin has produced six striking portraits for the charity Sightsavers. He aims to raise awareness about the more than 20 million women in the developing world who are needlessly blind as a result of being last in line for medical care. This design, by Michelle Campbell, tells the story of trachoma, using real flies. See www.sightsavers.org/rankin.

THE WEEK IN NUMBERS

4 in 5 Proportion of women who give birth within five years of a miscarriage, regardless of method of management (Research, p 910)

0.6 µg Maximum egg content per dose of flu vaccine allowed for children allergic to egg (Clinical Review, p 912)

85% Icelandic citizens aged 55-64 who remain in work; less than 45% do so in France and Italy (Analysis, p 892)

12% Rise in reported patient safety incidents in the NHS in England in six months to 31 March (News, p 880)

almost 0 Vitamin C content of Ribena, found by two 14 year old girls (Outside the Box, p 924)

“THE WEEK IN QUOTES

“Collaborative requesting has no effect on the consent rate for organ donation” (Research, p 899)

“The film succeeds brilliantly in that combination of ‘tough but frail’ that increasingly characterises older people in the 21st century” (Review of the Week, p 922)

“Not having health care for all people is a looming disaster for America” (Feature, p 888)

“There is the risk of following other professions, where rising numbers of women have led to devaluation of salary levels” (News, p 879)

“He disliked being described as the grandfather of Britart” (Obituary, p 920)

Last week's poll asked:**Do gyms have responsibilities for people with eating disorders?****You voted: No: 296 Yes: 186**

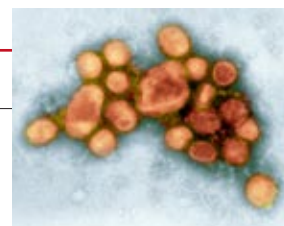
GETTY IMAGES

This week's poll asks:
Are women doctors still discriminated against?**Go to bmj.com to vote****WHAT'S NEW ON BMJ.COM****PANDEMIC FLU LATEST****Is the threat of swine flu on the wane or is it the calm before the storm?**

Tom Jefferson asks whether the virus is as widespread and virulent as portrayed in the media in an editorial for BMJ Clinical Evidence.

You can listen to an expert panel answer questions on swine flu vaccination sent in by doctors, nurses and pharmacists in a 30 minute podcast from BMJ Learning. On the panel are Lyndsey Davies, national director for pandemic flu preparedness, Jane Zuckerman, director WHO Collaborating Centre for Travel Medicine, and Vivienne Nathanson, director of professional activities at the BMA.

This week's pandemic flu podcast will feature David Salisbury (Director of Immunisation at the Department of Health) and Peter Holden (the BMA's lead GP on pandemic flu).

To find out more, visit pandemicflu.bmj.com**LATEST RESEARCH****Rate of undesirable events at beginning of academic year:** This study found that the rate of undesirable events was greater among trainees at the beginning of the year, regardless of their level of clinical experience. Editorialists Paul Barach and Julie K Johnson write that trainees need practice and mentorship, and graduated clinical responsibilities. **Read this and other research at bmj.com/research.dtl**According to a story in *The Guardian*, as few as 10% of health workers will reportedly get the swine flu jab. Do you feel a duty to get one, feel it's a waste of time, or even a danger? Also, how often do you hear: "I called my GP and they couldn't see me until next week so I came to hospital." Who is best suited to being a doctor's life partner? Can non-doctor partners empathise with the workload stress, or should doctors only pair off with other doctors? Join these discussions and others at doc2doc.bmj.com, BMJ Group's professional networking site for doctors worldwide.**LATEST BLOGS**

Some of the most important advances in medicine have come out of lines of enquiry that seemed to have little practical value at the time, says student blogger Oliver Ellis (left). But academics should not be given carte blanche to do more or less as they please.

In the latest of her regular blogs from Guatemala, junior doctor Louise Kenny describes how she delivered her first baby without supervision by either an obstetrician or midwife. The result? A perfect little 2.4 kg story.

Richard Smith is in celebratory mood following a six month struggle to gain online access to his medical records, but he is disappointed to discover that his records actually say very little about him. Finally, the health benefits of a low carbon society are huge, says Tony Waterston in a blog to mark the launch of *The Health Practitioner's Guide to Climate Change*.**To read or comment on these and other blogs, go to blogs.bmj.com/bmj/****LATEST PODCAST**More than half of sudden unexplained infant deaths occur while the infant is sharing a bed or a sofa with a parent, according to a four year study published this week. Lead author Peter Fleming talks about this paper in this week's BMJ podcast. You can subscribe via iTunes or listen at podcasts.bmj.com/bmj/

CECILIA MAGILL/SPL

Ask our experts.**BMJ Masterclasses****masterclasses.bmj.com**

EDITOR'S CHOICE

When things go wrong



Editorial, p 872
Research, p 909

The claim that “4% of human activity is error” may be one of those statistics made up on the spur of the moment, but it seems about right to me. Systems can be engineered to minimise the consequences of these errors—think aviation—but not to do away with them completely. The question for us is how best to handle the inevitable cock-ups that occur in the delivery of health care.

It goes almost without saying that the first step should be a comprehensive explanation of what went wrong, followed by an apology if warranted. And yet patients or their aggrieved relatives often complain to us that healthcare providers stick with misinformation and denial for as long as they can.

The most promising new development on this front in Britain is the increasing reporting of safety incidents to the National Patient Safety Agency (p 880). On the face of it, nearly half a million incidents reported over a six month period, contributing to 2000 deaths and 3700 cases of serious harm, hardly seems like cause for celebration. But it's what's being done with these data that deserves recognition. They are being synthesised into concrete recommendations and fed back to healthcare staff. Later this year, we'll begin publishing some of them as “safety alerts” in the Practice section of the journal.

For some patients and their relatives, explanation, apology, and the knowledge that attempts are being made to protect others from similar errors are not enough. They throw themselves into the willing arms of the media. This brings a new set of problems, at least for doctors. Patients can say what they like about their treatment; doctors' duty of confidentiality denies them the opportunity to set the record straight unless they have patients' express consent.

The General Medical Council recently reiterated its tough stance on this issue. As reported by Clare Dyer, its latest guidance on the topic says that doctors must not discuss an individual patient's case without consent, no matter how “frustrating or distressing” it may be to have inaccurate or misleading details of a doctor's diagnosis, treatment, or behaviour published (*BMJ* 2009;339:b4055).

Jack Gilliat strongly disagrees: “If a patient has discussed a part of his or her medical condition in the public domain and in so doing denigrated a doctor without justification, surely the patient has surrendered medical confidentiality for this part, and the doctor has a moral, if not a human, right to set the record straight as a matter of public record if the patient refuses to recant flagrant untruths” (p 877).

I incline more to Dr Gilliat's opinion than to the GMC's guidance: you can't have one party breaching the confidentiality of a relationship while denying the other party the same right.

This journal gets things wrong, too. A fortnight ago we published an Endgames question that blithely mentioned the results of a lumbar puncture performed in the presence of a supratentorial space occupying lesion (*BMJ* 2009;339:b3940). Very bad (possibly lethal) practice—as almost every reader of this journal will know—and a point that was clearly made in the answer to the question. Dean Jenkins, director of BMJ OnExamination, from where the question came, explains the thinking behind its inclusion (p 878). And I can apologise to anyone who was misled. We're sorry.

Tony Delamothe, deputy editor, *BMJ*
tdelamothe@bmj.com

Cite this as: *BMJ* 2009;339:b4226

100% recycled

The *BMJ* is printed on 100% recycled paper (except the cover)

Articles appearing in this print journal have already been published on bmj.com, and the version in print may have been shortened.

bmj.com also contains material that is supplementary to articles: this will be indicated in the text (references are given as w1, w2, etc) and be labelled as extra on bmj.com

Please cite all articles by year, volume, and elocator (rather than page number), eg *BMJ* 2009;338:b145. A note on how to cite each article appears at the end of each article, and this is the form the reference will take in PubMed and other indexes.

WHAT'S NEW AT THE BMJ GROUP

Best Practice—NEW from the BMJ Evidence Centre

Best Practice is a new decision-support tool that combines the latest research evidence with expert opinion and guidelines.

Sign up for your free trial today bestpractice.bmj.com

***H pylori* infection, non-genital warts and prevention of hepatitis B**

These latest updated reviews, and more, from *Clinical Evidence* can be found on the website

clinicalevidence.bmj.com

Sexually Transmitted Infections

Access the online archive right back to 1925, volume 1, issue 1
sti.bmj.com

BMJ Masterclass for GP: General Update, Manchester

Thursday 22 & Friday 23 October 2009. Last chance to register!

Book now at masterclasses.bmj.com/GPs



PLUS

Career Focus, jobs, and courses appear after p 924