



CAT O'NEIL

- NEWS, p 2
- ANALYSIS, p 20

## NEWS

- 1 Repeal "intensely damaging" health act, says BMA  
GMC should have power to appeal decisions on fitness to practise, MPs say
- 2 Prosecution for female genital mutilation raises concerns among doctors  
Trainee GP who posted photos of patients online is censured  
Failing to act on climate change will "cause great suffering," doctors warn
- 3 Smoking bans are linked to reduction in preterm births and childhood asthma  
Hard choices lie ahead over how to pay for care, says commission
- 4 Polio virus spreads from Syria to Iraq  
China to investigate widespread drugging of kindergarten children
- 5 Warwickshire hospital drops partnership plans as care improves  
Action is needed over "alarming" levels of obesity, says CMO



Smoke-free legislation taking effect, p 3

## RESEARCH

### RESEARCH PAPERS

- 11 Vitamin D and risk of cause specific death: systematic review and meta-analysis of observational cohort and randomised intervention studies  
Rajiv Chowdhury et al  
● EDITORIAL, p 7
- 12 Vitamin D and multiple health outcomes: umbrella review of systematic reviews and meta-analyses of observational studies and randomised trials  
Evropi Theodoratou et al  
● EDITORIAL, p 7
- 13 Selective digestive or oropharyngeal decontamination and topical oropharyngeal chlorhexidine for prevention of death in general intensive care: systematic review and network meta-analysis  
Richard Price et al
- 14 Treating infant colic with the probiotic *Lactobacillus reuteri*: double blind, placebo controlled randomised trial  
Valerie Sung et al  
● EDITORIAL, p 8

## COMMENT

### BMJ CONFIDENTIAL

- 6 Trish Greenhalgh  
Professor of primary health care and the dean for research impact at Barts and the London School of Medicine and Dentistry, and a GP in north London replies to the *BMJ's* questions about work, life, and less serious matters



### EDITORIALS

- 7 Vitamin D and chronic disease prevention  
Paul Welsh and Naveed Sattar  
● RESEARCH, pp 11, 12
- 8 Probiotics and infant colic William E Bennett  
● RESEARCH, p 14
- 9 Introducing a new group B meningococcus vaccine  
David Isaacs and Jodie McVernon
- 10 Arthroscopy for degenerate meniscal tears of the knee Andrew Price and David Beard

### FEATURES

- 16 Does it work to pay people to live healthier lives?  
With chronic diseases placing an ever growing burden on health services, governments are increasingly offering financial incentives to encourage healthier lifestyles. Sarah Strickland looks at the trends and the evidence



From fat to fit, p 16

- 18 *BMJ Awards 2014: Patient safety team award*  
Five teams have been shortlisted for the award for improving patient safety

### ANALYSIS

- 20 Why doctors and their organisations must help tackle climate change  
Doctors are ideally placed to provide people with compelling, concrete examples of the medical consequences of climate change, argues Eric Chivian. Not only do they have the ability to turn around the potentially destructive changes to the environment caused by human behaviour, but they also have the responsibility to do so

Articles appearing in this print journal have already been published on [bmj.com](http://bmj.com), and the version in print may have been shortened. [bmj.com](http://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](http://bmj.com).

Please cite all articles by year, volume, and locator (rather than page number), eg *BMJ* 2013; 346:f286.

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.



When you have finished with this magazine please recycle it.  
The *BMJ* is printed on 100% recycled paper (except the cover)



Els Borst-Eilers, p 25

## COMMENT

## LETTERS

- 22 "Patientgate" and digital recordings  
 23 National clinical audit database; Investigating incidental lymphopenia; Screening for colorectal cancer

## OBSERVATIONS

## YANKEE DOODLING

- 15 The poisonous "juice" in e-cigarettes  
 Douglas Kamerow

## PERSONAL VIEW

- 24 It's time to change the catheter  
 John Havard



## OBITUARIES

- 25 Els Borst-Eilers  
 Patient centred doctor and politician whose work led to the Netherlands' progressive euthanasia legislation
- 26 Lesley Alison Margaret Evans; John Exley; David Garrod; Charles Christopher Hunter; Cyril Sheridan; Reginald Arthur Shooter

## LAST WORDS

- 37 The *Sun*'s breast campaign may actually harm women Margaret McCartney  
*BMJ* blog of the week: Standing up against the fragmentation of the English NHS David Wrigley

## EDUCATION

## CLINICAL REVIEW

- 27 Modern management of splenic trauma  
 D R Hildebrand et al

## PRACTICE

## EASILY MISSED?

- 32 Bladder cancer in women  
 Brian D Nicholson et al

## 10-MINUTE CONSULTATION

- 34 Tremor  
 Menelaos Pipis et al



X ray of bladder cancer, p 32

## ENDGAMES

- 36 Quiz page for doctors in training

## MINERVA

- 38 "Patientgate," and other stories

**BMJ** Informatica  
 Contract+

*Delivering better healthcare outcomes*

MAKE THE MOST OF THE  
 QOF RULESETS AND  
 ENHANCED SERVICES



**Contract+ makes it easier for your practice to maximise QOF performance and practice income whilst enabling clinicians to deliver best patient care.**

**FIND OUT MORE**

Call 020 7383 6608 or visit [informatica.bmj.com/contract-plus](http://informatica.bmj.com/contract-plus)



5 April 2014 Vol 348

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' ENQUIRIES**  
 Email: membership@bma.org.uk  
 Tel: +44 (0)20 7383 6955

**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 6955  
 Non-BMA Members  
 Email: support@bmjgroup.com  
 Tel: +44 (0)20 7111 1105

**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

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

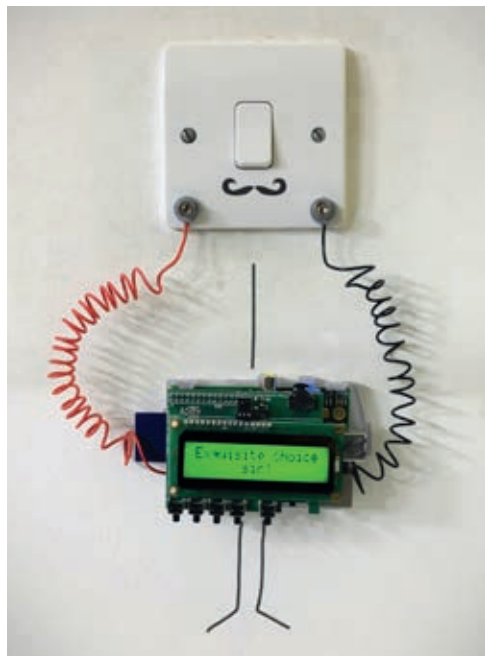
The BMA grants editorial freedom to the Editor of the *BMJ*. The views expressed in the journal are those of the authors and may not necessarily comply with BMA policy. The *BMJ* follows guidelines on editorial independence produced by the World Association of Medical Editors ([www.wame.org/wamestmt.htm#independence](http://www.wame.org/wamestmt.htm#independence)) and the code on good publication practice produced by the Committee on Publication Ethics ([www.publicationethics.org.uk/guidelines/](http://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 2014  
 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 Polestar Limited



## PICTURES OF THE WEEK

Turn it Off (by James Bruges) and Take Public Transport (by Tom Uglov)—from a poster campaign organised jointly by Do The Green Thing and WWF-UK to mark Earth Hour last month. Each day for a month a new poster was released to encourage people to take simple actions to reduce their impact on the planet.

## RESPONSE OF THE WEEK

Being a little over 60 and one of the unfortunate 2500 000 people living in the UK with (probable) onychomycosis, in my case affecting my toenails, am I being stupid in not seeking confirmatory diagnosis and treatment of a condition that has almost no impact on my quality of life? How should I choose between topical treatment with a cure rate, it seems, of about 20% or systemic treatment with perhaps at best a 70% cure rate with drugs that might kill me if my liver is particularly sensitive?

Should an article about this type of “disease” be written by a “specialist” or a general practitioner?  
 Bring back Des Spence.

Peter J Selley, former family doctor, Crediton, UK, in response to “Fungal nail infection: diagnosis and management” (*BMJ* 2014;348:g1800)

## MOST READ

The survival time of chocolates on hospital wards: covert observational study  
 NHS sight tests include unevaluated screening examinations that lead to waste  
 Qualitative research methodologies: ethnography  
 Bad medicine: gabapentin and pregabalin  
 Coeliac disease

## BMJ.COM POLL

Last week's poll asked: “Has cognitive behavioural therapy for psychosis been oversold?”



**51%** voted no (total 846 votes cast)

▶ *BMJ* 2014;348:g2295

This week's poll asks:

“Should medical students be taught alternative medicine?”

▶ *BMJ* 2014;348:g2417

▶ [Vote now on bmj.com](#)

## EDITOR'S CHOICE

## Climate change is a health emergency

**We can make clear the urgent need to stop investing in fossil fuels and to invest instead in alternative energy and more active forms of transport. The health benefits of such a change would be substantial**

► To receive Editor's Choice by email each week, visit [www.bmj.com/newaccount](http://www.bmj.com/newaccount)

## Twitter

► Follow the editor, Fiona Godlee, at [twitter.com/fgodlee](https://twitter.com/fgodlee), and the *BMJ* at [twitter.com/bmj\\_latest](https://twitter.com/bmj_latest)



## Sign up today using your smartphone

—follow these steps:

- Download a free QR reader from your handset's app store
- Hold your smartphone over the QR code
- You will then be forwarded to the email sign up page

It's nearly 30 years since Eric Chivian and three other Harvard faculty members won the Nobel peace prize for their work as founders of International Physicians for the Prevention of Nuclear War. At its height IPPNW had a membership of 250 000 doctors from 80 countries. Its leaders spoke directly to the world's leaders and to the public, helping them to understand the terrible things that happen to people's bodies and lives when nuclear bombs explode. As Chivian says in a *BMJ* essay this week, the aim was to help people grasp what a nuclear war would really be like, so that politicians and the public would do everything in their power to prevent such a war from happening (p 20).

Twenty years or so ago, as nuclear war became a more distant threat, Chivian and others turned their attention to climate change. But here the challenge proved far greater and the international medical community far less effective. This has been, he says, "the greatest and most painful disappointment" of his life.

Many of us share that disappointment as well as sharing responsibility for it. Chivian's explanation for our failure is that climate change is far more complex than nuclear war and harder to grasp. "Our human brains are wired to see what is happening right in front of us right now," he says. "We are not very good at seeing things that are not obvious, that happen incrementally, or that occur over large areas or in other parts of the world." Added to this is the contrast between the absolute certainty of those who deny the existence of climate change and the moderation and constraint of the scientists documenting it.

The report of the Intergovernmental Panel on Climate Change on the impact of climate change, published on 31 March, illustrates the point with its cautious tone. But there is no escaping its conclusions (p 2). It concludes, with more certainty than before, that human activity is driving

climate change, that the effects are already being felt in all parts of the world, and that further global warming will bring increased scarcity of food and fresh water, extreme weather events, rises in the sea level, loss of biodiversity, loss of habitable land, mass human migration, and conflict and violence.

Within that list of terrible things loss of biodiversity may be the one that causes us least concern. But Chivian encourages us to think again. The cone snail depends for its survival on tropical coral reefs that are threatened by ocean warming and acidification. Why should we care? Because cone snails produce a huge array of toxic peptides that could be used to treat chronic pain, resistant epilepsy, nerve injury, and myocardial infarction. Only a tiny proportion of these peptides has so far been studied in any detail.

A letter published last week in the *Times* and signed by over 50 senior UK medical professionals, including me, said, "Never before have we known so much and done so little" (<http://thetim.es/1pHLOAS>). As for what we can do, there is new certainty here too. As summarised in a *BMJ* editorial last week (doi:10.1136/bmj.g2351), we can make clear the urgent need to stop investing in fossil fuels and to invest instead in alternative energy and more active forms of transport. The health benefits of such a change would be substantial.

Responsibility to act rests especially with those of us who profess to care for people's health—and even more with those of us in the world's richest, most powerful nations. As Chivian says, "It is up to us. Who will do it if we do not?"

**Fiona Godlee, editor in chief, *BMJ***  
[fgodlee@bmj.com](mailto:fgodlee@bmj.com)

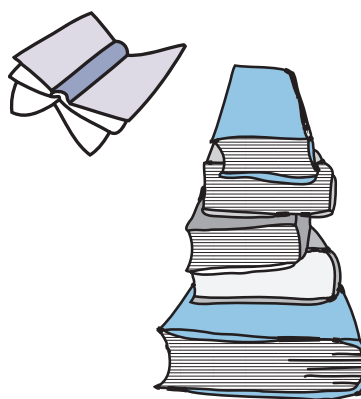
Cite this as: *BMJ* 2014;348:g2546

## The archive

### Dates from 1840

Delve into the complete back archive from the first issue and read *BMJ* articles written by eminent authors such as David Livingstone, Joseph Lister, Arthur Conan Doyle, Florence Nightingale, Richard Doll, and Alice Stewart.

Visit  
[bmj.com/archive](http://bmj.com/archive)



**BMJ**