

Diabetic Peripheral Neuropathy, Influenza Vaccine, Delirium, Peanut Ball in Labor, Pancreatic Cancer, Gallstone Disease

What are first-line options for the treatment of painful diabetic peripheral neuropathy?

Duloxetine (Cymbalta) and pregabalin (Lyrica) are first-line agents for the treatment of painful diabetic peripheral neuropathy; amitriptyline and gabapentin are considered alternative first-line agents because they have more adverse effects.

Read more: Diabetic Peripheral Neuropathy: Prevention and Treatment; March 2024

Is a high-dose recombinant influenza vaccine (FluBlok) more effective than a standard-dose, egg-based vaccine in adults 50 to 64 years of age?

A U.S.-based cluster randomized controlled trial of 1.6 million participants found that high-dose, egg-free recombinant vaccines offer a very small absolute reduction in the risk of influenza but have no effect on hospitalization. The recombinant vaccines may be less likely to have a mismatch due to antigenic drift from year to year, but this has not been proven because the match for these vaccines was relatively poor during the study years.

Read more: High-Dose Recombinant Influenza Vaccine: NNT = 3,000 to Prevent One More Infection, No Impact on Hospitalization [POEMs]; April 2024

Does melatonin prevent hospital-acquired delirium?

According to a systematic review and meta-analysis of 14 randomized controlled trials with more than 1,700 hospitalized adults, melatonin should not be used to prevent hospital-acquired delirium because it does not reduce the incidence, duration, or complications of delirium, including increased length of stay or mortality.

Read more: Does Melatonin Prevent Hospital-Acquired Delirium? [FPIN's Clinical Inquiries]; March 2024

Does using a peanut ball with pregnant patients with an epidural improve labor outcomes?

A meta-analysis of randomized controlled trials found that using a peanut ball with epidural anesthesia and regular position changes decreases the duration of first-stage labor by 87 minutes compared with usual care.

Read more: Does Use of a Peanut Ball Improve Labor Outcomes in Patients With an Epidural? [POEMs]; April 2024

What imaging should be ordered for patients with suspected pancreatic cancer?

Pancreas-protocol, contrast-enhanced abdominal computed tomography should be performed to evaluate for suspected pancreatic cancer.

Read more: Pancreatic Cancer: Rapid Evidence Review; March 2024

Is it safe to wait-and-watch patients with symptomatic, uncomplicated gallstone disease?

According to a randomized controlled trial of more than 400 patients, uncomplicated gallstones can be managed over time with analgesia and monitoring, although approximately 25% of patients will undergo cholecystectomy within 18 months. It appears there is no need to rush to surgery without evidence of common bile duct blockage or acute pancreatitis.

Read more: Wait-and-Watch Is an Option for Patients With Symptomatic but Uncomplicated Gallstones [POEMs]; April 2024

Tip for Using AFP at the Point of Care

Looking for more information about diabetes? Check out the related content collection in AFP by Topic at <https://www.aafp.org/afp/diabetes>. More than 70 topic collections are available at <https://www.aafp.org/afp/topics>.

A collection of AFP Clinical Answers is available at <https://www.aafp.org/afp/answers>.