

As Jade makes a fortune and the University Challenge winner is vilified for being bright...  
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Top neuroscientist's warning to parents  
**SOCIAL WEBSITES 'HARM A CHILD'S BRAIN'**

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**ONE MILLION MAIL REWARDS CLUB POINTS**

**DEMENTIA RISK FROM SLEEPING TABLETS**  
Pensioners on pills taken by 1.5m are 50% more likely to be hit, warns Harvard study

Is Prince Harry's party-loving girl the new Fergie?

Shock finding of report into NHS operations  
**82% MORE CHANCE OF DYING IN SURGERY AT WEEKEND**

HOW YOU CAN LOSE WEIGHT AND SHAPE UP IN JUST 21 DAYS  
**LEO MCKINSTRY** It's right to slash huge benefits bill

**SUPER PILL IS KEY TO LIVING LONGER**  
Tomato-based drug can fight cancer, arthritis, diabetes and heart disease

FLOWERS THINK IT'S SPRING BUT NEW BIG FREEZE IS ON THE WAY  
**INSIDE 16 PAGES OF GREAT HOLIDAY BARGAINS**

**HOW BLOOD PRESSURE DRUG BEATS DEMENTIA**  
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**BROADCHURCH** SO DID YOU GUESS THE KILLER?  
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New operation replaces need for daily drugs

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**40% OFF CHRISTMAS HOTEL BREAKS**

**ASPIRIN WARDS OFF DEMENTIA**  
Millions can benefit from everyday pill

**Secrets of the home where Kate will bring up her baby**

**LONELY DIANA** ACTRESS REVEALS PRINCESS'S AGONY

**IT'S OFFICIAL: WILLS AND KATE'S DAUGHTER WILL BECOME QUEEN**

**NIGELLA** I was not strangling or throttling her, Saatchi tells court

# Which would you buy? Why?






www.insidegamingdaily.com/2013/11/20/playstation-4-the-not-really-a-review/

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Damn, it's pretty. We've seen the physical system for some time now, and it looks great. Sleek with its angled front plates (allegedly to make it easier to press those panels as button to both turn the system on and eject discs...though I don't remember the time I pressed a button on a machine to turn on a console...). It has subtle white and blue lighting cues to inform both readiness and potential problems. But it's a box likely hidden in an entertainment system, and hardly the most important feature.

**The Controller**

Interestingly, the Dualshock 4 has emerged as a fascinating piece of this hardware story. It does feel good, a little weighty, in your hands, with comfortably beveled analog sticks (even for those that prefer the off-set styling). The triggers are tight and curve the right way. The Share and Options button are almost flush to the face of the controller, which means that you can't accidentally hit them, but also makes them a little awkward to select in some situations.


What's going to be most intriguing in the months ahead is how developers use both the track pad and the big, bright light. For

www.insidegamingdaily.com/2013/11/20/playstation-4-the-not-really-a-review/ *Universe Online*) there's no immediate natural fit for using the track pad, but for

www.insidegamingdaily.com/2013/11/30/xbox-one-the-not-really-a-review/

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It's big, bulky, boxy, black, and in no danger of bothering the judges at annual industrial design award shows. And few gamers seem to mind. I mean, it's the box, with no faceplate customization or flashing rings. Just one small white Xbox light to indicate it's on. We suspect the size is in part to accommodate the fans and air flow required to keep the system cool, and hopefully avoid the red ring disaster that plagued the 360's entire life.

This initial launch also comes packaged, like it or not, with the new Kinect. This device is similarly blocky, though a little narrower than the 360 version. It packs in its own processors designed to alleviate some of the power bandwidth from the host system, but how that actually impacts performance will emerge over time.

# SYSTEM COMPARISON

	 XBOX ONE	 PS4™
PRICE	\$499.99	\$399.99
CPU	8-CORE 64-BIT X86 JAGUAR AMD CPU [1.6GHZ]	8-CORE 64-BIT X86 JAGUAR AMD CPU [1.6GHZ]
GPU	1.24 TF AMD @ 800MHZ, 12CUS, 16 ROPS	1.84 TF AMD @ 800MHZ, 18CUS, 32 ROPS
RAM	8GB DDR3 @68GB/s + ESRAM @102GB/s	8GB GDDR5 @ 176GB/s
HDD	500GB [NON UPGRADEABLE]	500GB [UPGRADEABLE]
OPTICAL DRIVE	BLURAY @ 6xCAV	BLURAY @ 6xCAV
USB	USB 3.0 - 3 PORTS	USB 3.0 - 2 PORTS
NETWORK	GIGABIT ETHERNET, IEEE 802.11 B/G/N WIFI DIRECT	GIGABIT ETHERNET, IEEE 802.11 B/G/N
BLUETOOTH	NO	2.1 (EDR)
A/V OUT	HDMI OUT (4K SUPPORT), OPTICAL OUTPUT, IR PORT	HDMI OUT (4K SUPPORT), OPTICAL OUTPUT, AUX PORT
A/V IN	HDMI IN	NO
REGION LOCK	NONE	NONE
EXTERNAL STORAGE	USB	TBA
CLOUD STORAGE	YES	YES



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**WHY IS IT CLEVER TO BE DUMB?**  
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Top neuroscientist's warning to parents  
**SOCIAL WEBSITES 'HARM A CHILD'S BRAIN'**  
SOCIAL NETWORKING WORKING AS A DOUBLE-EDGED SWORD, according to a leading neuroscientist, as he warns that the time spent on sites like Facebook and Twitter could be harming a child's brain.  
The expert, who is a leading authority on the subject, says that the time spent on social media sites could be harming a child's brain, as it could be interfering with the development of the brain's neural pathways.  
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**5p DAILY EXPRESS**  
THE WORLD'S GREATEST NEWSPAPER  
WEATHER: CLOUDY  
MONDAY, JANUARY 1, 2012  
**HOW YOU CAN LOSE WEIGHT AND SHAPE UP IN JUST 21 DAYS**  
Part one of our diet and fitness guide inside today's Express... see two pages 31-34  
**LEO MCKINSTRY**  
It's right to slash huge benefits bill  
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**SUPER PILL IS KEY TO LIVING LONGER**  
Tomato-based drug can fight cancer, arthritis, diabetes and heart disease  
A SUPER PILL made out of tomatoes could hold the key to living longer, according to a leading scientist.  
The pill, which is made from a tomato-based extract, is said to be able to fight cancer, arthritis, diabetes and heart disease.  
The scientist, who is a leading authority on the subject, says that the pill could be a game-changer in the fight against these diseases.  
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**Why a girl for Kate would make Carole Britain's most powerful granny**  
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Major Oxbridge-backed study says more than a rash of bacon a day is harmful  
**PROCESSED MEAT 'IS TO BLAME FOR ONE IN 30 DEATHS'**  
MEALS containing too much processed meat such as bacon and sausages could add years to an early grave, a large-scale study has found.  
The study, which was carried out by a team of scientists from the University of Oxford, found that eating just one portion of processed meat a day could increase the risk of dying from heart disease by 10 per cent.  
The study also found that eating just one portion of processed meat a day could increase the risk of dying from cancer by 10 per cent.  
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**5p DAILY EXPRESS**  
THE WORLD'S GREATEST NEWSPAPER  
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**FLOWERS THINK IT'S SPRING BUT NEW BIG FREEZE IS ON THE WAY**  
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**HOW BLOOD PRESSURE DRUG BEATS DEMENTIA**  
Beta-blockers can fight brain disease  
A BLOOD PRESSURE drug could be the key to fighting dementia, according to a leading scientist.  
The drug, which is a beta-blocker, is said to be able to fight dementia by reducing the risk of heart disease.  
The scientist, who is a leading authority on the subject, says that the drug could be a game-changer in the fight against dementia.  
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**DON'T MISS TOMORROW'S MAIL FOR A CHANCE TO WIN ONE MILLION MAIL REWARDS CLUB POINTS**  
£25 VOUCHER  
£10 VOUCHER  
£15 TESCO VOUCHER  
£25 WATSON VOUCHER

**DEMENTIA RISK FROM SLEEPING TABLETS**  
Pensioners on pills taken by 1.5m are 50% more likely to be hit, warns Harvard study  
SLEEPING pills taken by more than a million British pensioners could increase the risk of dementia, researchers warn today.  
The study, which was carried out by a team of scientists from Harvard University, found that taking sleeping pills for more than a year could increase the risk of dementia by 50 per cent.  
The study also found that taking sleeping pills for more than a year could increase the risk of dementia by 50 per cent.  
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**DAILY EXPRESS**  
THE WORLD'S GREATEST NEWSPAPER  
WEATHER: SUNNY  
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AND THEN TONY BLITZ  
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**HOW IT IS POSSIBLE TO THINK PAIN AWAY**  
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**BLOOD PRESSURE BREAKTHROUGH**  
New operation replaces need for daily drugs  
A NEW operation could replace the need for daily blood pressure drugs, according to a leading scientist.  
The operation, which is a minimally-invasive procedure, is said to be able to reduce the need for daily blood pressure drugs by 50 per cent.  
The scientist, who is a leading authority on the subject, says that the operation could be a game-changer in the fight against high blood pressure.  
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**Is Prince Harry's party-loving girl the new Fergie?**  
SEE PAGES 22-23

Shock finding of report into NHS operations  
**82% MORE CHANCE OF DYING IN SURGERY AT WEEKEND**  
PATIENTS who undergo operations at the weekend are up to 82 per cent more likely to die, a shocking new report has found.  
The report, which was carried out by a team of scientists from the NHS, found that patients who undergo operations at the weekend are up to 82 per cent more likely to die than those who undergo operations during the week.  
The report also found that patients who undergo operations at the weekend are up to 82 per cent more likely to die than those who undergo operations during the week.  
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**10p DAILY EXPRESS**  
THE WORLD'S GREATEST NEWSPAPER  
WEATHER: SUNNY  
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**40% OFF CHRISTMAS HOTEL BREAKS**  
INCLUDES BREAKFAST, THREE COURSE DINNER & BOTTLE OF WINE WITH PUMA HOTELS  
SEE PAGE 26

**ASPIRIN WARDS OFF DEMENTIA**  
Millions can benefit from everyday pill  
OLDER people can fight dementia and cancer with a daily dose of the humble aspirin, scientists say.  
The study, which was carried out by a team of scientists from the University of Cambridge, found that taking a daily dose of aspirin could reduce the risk of dementia by 50 per cent.  
The study also found that taking a daily dose of aspirin could reduce the risk of cancer by 50 per cent.  
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**LONELY DIANA ACTRESS REVEALS PRINCESS'S AGONY**  
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**IT'S OFFICIAL: WILLS AND KATE'S DAUGHTER WILL BECOME QUEEN**  
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# What is evidence based medicine?

“Evidence-based medicine (EBM) is the process of systematically reviewing, appraising and using clinical research findings to aid the delivery of optimum clinical care to patients.”

Rosenberg & Donald, BMJ, 1995

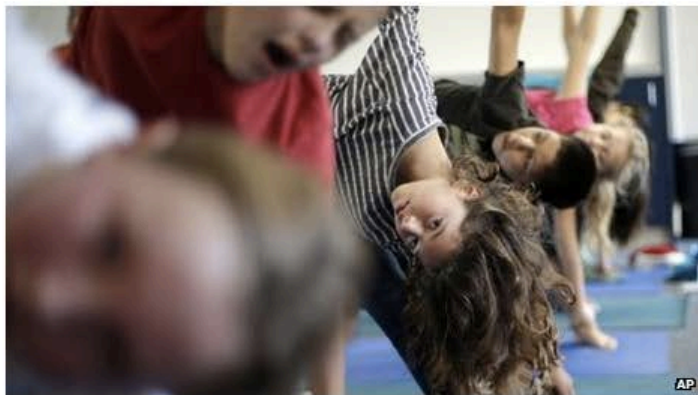




22 October 2013 Last updated at 00:59



# Exercise 'boosts academic performance' of teenagers



Those who did the most exercise did better academically according to the research.

**Intensive exercise improves the academic performance of teenagers, according to new research.**

The study, of about 5,000 children, found links between exercise and exam success in English, maths and science.

It found an increase in performance for every extra 17 minutes boys

www.bbc.co.uk/news/uk-scotland-24608813

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▶ Many children need more exercise

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**In pictures**



Trio II



# Asking clinical questions

P – Patient or population

I – Intervention (what you're going to do)

C – Comparison (must be relevant)

O – Outcome (must matter to the patient/population)



Ask

Acquire

Appraise

Apply

# Ask

Ask

Acquire

Appraise

Apply

What kind of clinical questions could we ask to investigate this headline?

- P – Patient or population
- I – Intervention (what you're going to do)
- C – Comparison (must be relevant)
- O – Outcome (must matter to the patient/population)

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## Exercise 'boosts academic performance' of teenagers



Those who did the most exercise did better academically according to the research

Intensive exercise improves the academic performance of teenagers, according to new research.

Related Stories



# Acquire



- Literature searching
- I've got a paper for you to look at

‘Effectiveness of a smartphone application to promote physical activity in primary care: the SMART MOVE randomised controlled trial’

Glynn et al, *British Journal of General Practice*, July 2014, e384-391

# Prior work



Use the 'PICO' framework to look at the abstract.

P – Patient or population

I – Intervention

C – Comparison

O – Outcome

Does it have each  
point clearly  
identified?

Anything else you  
want to highlight  
just now?

# Appraise



Take a task, answer the question:

- 1 a** – Was the assignment of patients to treatment randomised?
- 1 b** – Were the groups similar at the start of the trial?
- 2 a** – Aside from the allocated treatment, were groups treated equally?
- 2 b** – Were all patients who entered the trial accounted for? Were they analysed in the groups to which they were randomised?
- 3** – Were measures objective or were the patients and clinicians kept ‘blind’ to which treatment was being received?



# Appraise



Their results:

- What effect does the treatment have?
- If you were a doctor, would you encourage the use of this application?

# Apply



- Is this research applicable to our original question?
- Why/why not?
- Would you change this trial methodology if you were going to modify it to answer our question?





# Thanks!



Sir Iain Chalmers



Prof Carl Heneghan

Dr Kamal Mahtani

Dr David Nunan

Ms Ruth Davis

My Sixth Formers for their help

& You for your attention!