

CIAP news

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Are we wasting our money on healthcare?

That is what Health Economists from the [Organisation for Economic Co-operation and development \(OECD\)](#) have been asking and you’ll be shocked with some of their findings.



The [British Medical Journal \(BMJ\)](#) have condensed and highlighted the key issues and findings from a recent OECD report in a bid to shed light on the extent of waste in healthcare systems around the world. Three types of waste were found: clinical, operational and governance related. One example of their findings concluded that “more than 10% of hospital spending went on correcting preventable medical mistakes or infections.”

Agnes Couffinhal, senior OECD Health Economist stated, “At a time when public budgets are under pressure worldwide, it is alarming that around one fifth of health expenditure makes no or minimal contribution to good health outcomes.” [Read the full article...](#)

The Question

This month’s question is, ‘Prolonged intake of which of the following health supplements is linked with dementia?’

The answer is **Calcium**.

Recent studies have suggested that taking calcium supplements for five years or more increases the odds of developing dementia by two-fold when compared to non-supplement users. The source of this question is the [Natural Medicines](#) database, which offers the world’s most authoritative and evidence-based natural medicines information. Take a look at this month’s CIAP tips and tricks section to learn more.



Take a picture, it might last longer...

Or at least, this is what the Department of Health is proposing, with an estimated investment of \$33.8 million over the next three years in non-mydriatric retinal photography.



In a recent article by the [Medical Journal of Australia \(MJA\)](#), it is estimated that up to 98% of cases of severe vision loss in diabetic patients are completely preventable. The introduction of non-mydriatric retinal photography to Medicare “will enable easy and affordable eye screening within the primary care setting for patients with diabetes.” It is therefore expected that screening will greatly increase and changes to the eye will be noted early enough to avoid any severe retinopathy.

The proposal is estimated to benefit around 370,000 people, roughly a quarter of whom will be Aboriginal and Torres Strait Islander people. [Read the full article...](#)

NSW Health Current Research

The Palliative Care and Aboriginal Health Building Relationships Committee at Illawarra Shoalhaven Local Health District published a booklet highlighting the importance of cultural values when approaching the end of life. Their research finds that despite the presence of a strong, active Aboriginal community, very few Aboriginal people access specialist palliative care. This publication includes a series of interesting and insightful stories of end of life care spoken by real aboriginal people. Through the use of genuine stories, the booklet has helped encourage Aboriginal people to be more willing to engage with palliative care.



The [full booklet](#) is available for download from the [ACI](#) website.

CIAP App Spotlight—New England Journal of Medicine (NEJM) This Week



The [New England Journal of Medicine \(NEJM\)](#) app offers recent articles published online in the last 7 days; classic images of medical conditions from Images in Clinical Medicine; weekly audio summaries; and a selection of four procedure videos from Videos in Clinical Medicine.

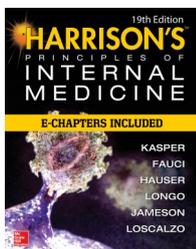
To download NEJM This Week on your Apple Device, head over to the '[Mobile Help](#)' section on the CIAP website.

CIAP Tips and Tricks

This month, CIAP is highlighting the video tutorial of how to use the [Natural Medicines](#) database. The Natural Medicines database provides evidence-based ratings for over 1200 food, herb, and supplement monographs; over 90 thousand entries for commercial dietary supplements; an interaction severity checker between prescription drugs, dietary supplements, and natural ingredients; as well as an effectiveness checker to compare the effectiveness of natural medicines for specific conditions.



To view this video and more, go to CIAP's '[Knowledge Centre](#)' and select '[Video Tutorials](#)'.



CIAP's Book of the Month - Harrison's Principles of Internal Medicine

Books remain an integral part of modern medicine with [Harrison's Principles of Internal Medicine](#) being one of the most recognised of all. With a modernised electronic approach including instructional videos and regular content updates, there is no denying that Harrison's is an outstanding foundation for any physician.

To read Harrison's Principles of Internal Medicine and more, go to Books & Dictionaries, which can be found on CIAP's [home page](#).

We'd love to hear from you...

[Tell us](#) what we should discuss in the upcoming CIAP newsletters.

Upcoming CIAP Events

Live online Training

6 Feb | 11:00-12:00
Medline on Ovid

6 Feb | 14:00-15:00
Embase on Ovid

[Register Here](#)

Workshops

28 Feb | Evidence-based Practice
ACI

3 May | Paediatrics Workshop
Hunter Medical Research Institute

[Register Here](#)

In-services

7 Feb | For all Health Staff
Campbelltown Hospital

21 Feb | For all Health Staff
Liverpool Hospital

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