



## Parachutes Are Overrated!



We live in an age where we expect companies to base their products on strong evidence and research. So it may come as a shock to discover that parachute manufacturers may have been scaremongering the global population for decades...

In an effort to fill the evidence gap, [the BMJ](#) have recently published the results of a randomized controlled trial of over 90 participants, which tested wearing a parachute vs wearing an empty backpack when jumping from an aircraft. environment.

[Read the full article](#)

---

## What Is The Diagnosis?

This rash blanches with pressure, with numerous small papular elevations, giving a "sandpaper" quality to the skin.

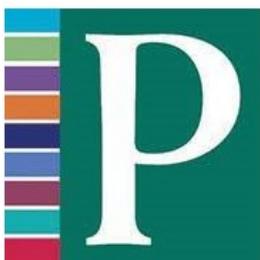
[Click here for the diagnosis.](#)

This image was sourced from [UpToDate](#).



---

## Intellectual Disability And Assisted Reproduction



Assisted reproductive technology (ART) has been increasingly used for 40 years and now accounts for 4.3% of children conceived in Australia. Although considered a godsend by many, how much do we really know about the associated risks?

A recent study was published in the journal [Pediatrics](#). This used Intellectual Disability (ID) and ART data from regions in Western Australia and found that children conceived using ART actually had a small increased risk of ID.

[Read the full article.](#)

## Overcoming The Us Vs Them Mentality

Why do physicians and nurses sometimes lack a sense of collaboration? And how do we bridge the gap? An innovative nurse shadowing program developed at the University of Colorado Health aims to improve the nurse-physician relationship. Participating residents described the experience as "humbling, given the number of responsibilities tasked to the nursing staff".

Two years on, the program continues to thrive and the time allotted for residents shadowing nurses has actually been increased to 3 hours.



[Read the full article.](#)

## New Year's Giveaway Promotion!



We love hearing your stories and so this month, we would like you to tell us in 100 words or less:

How has CIAP made a positive difference in your workplace?

[Click here](#) to send us your story - We'll publish our favourite response in next month's newsletter and will send you a CIAP goody-bag!

## Free: Live Online CIAP Training

The majority of databases on CIAP, including MEDLINE, Embase, PsychInfo, and Emcare, are on the Ovid platform. If you're not overly familiar with these databases, book in to one of Ovid's Live Online Training sessions this month and get help with search techniques, building clinical questions and much more!

[Register now .](#)



**We'd love to hear from you...**

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

## Upcoming CIAP Events

### Live Online Training

21 January | 19:00 - 10:00  
Introduction to Ovid

20 February | 14:30 - 15:30  
CIAP Essentials

[Register Here](#)

### Workshops

14 February | Evidence-Based Practice  
Dubbo (Chares Sturt)

28 February | Evidence-Based Practice  
Wagga Wagga Hospital

[Register Here](#)

### In-Services

CIAP Essentials at:

11 Feb | Moruya  
12 Feb | Bega/Cooma  
13 Feb | Queanbeyan  
14 Feb | Goulburn

[View Here](#)

### Need help with CIAP?

Contact the [CIAP helpdesk](#) 24 hours, 7 days a week.

**1800 824 279**

or click on [Support & Contact](#) from the top menu on CIAP.



eHealth