

CIAP news

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Did that carrot just give me cancer?

‘Vegetarian diets may be associated with certain benefits toward human health, although current evidence is scarce and contrasting.’

A recent article published by the [Journal of Human Nutrition and Dietetics](#) expressed this notion and carried out an extensive literature search on the subject. The aim of the study was to assess the medical impact of a vegetarian diet to human health: specifically, the proliferation of breast, colorectal and prostate cancer amongst those on a vegetarian diet when compared with the omnivorous population.

The research concluded that a semi-vegetarian diet may be associated with a decreased risk of certain cancers, but a completely vegetarian diet was not associated with any other benefits to human health.

Read the full article [here](#).



The Question

This month’s question is, “Online Cognitive Behavioural Therapy offers long—term benefit for which disorder?”

The answer is **Insomnia**.

A study published in the [Journal of American Medical Association \(JAMA\) Psychiatry](#) suggests that a an online form of cognitive-behavioural therapy (CBT-I) can effectively treat people with chronic insomnia.

Read the full article [here](#).

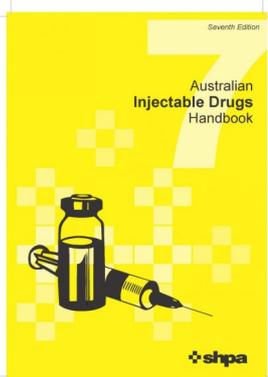


Australian Injectable Drugs Handbook (AIDH) - 7th Edition

The Society of Hospital Pharmacists of Australia have recently published the 7th edition of the Australian Injectable Drugs Handbook. The most comprehensive handbook of its kind, the AIDH provides up-to-date information on injectable medicines that will be useful in your daily practice. This edition will be available on CIAP later this month.

The 7th edition contains information on over 450 injectable medicines, including antineoplastic medicines, antivenoms and intravenous fluids. All monographs from the sixth edition have been reviewed and updated.

A clinical feedback review has resulted in an increased focus on warnings and patient monitoring. Furthermore, antineoplastic monographs are no longer in a separate section and are now listed along with all the other monographs in alphabetical order. They are still distinguished by the antineoplastic banner on the side of the page.



Refugee Health in Australia

The [Medical Journal of Australia](#) published an article called “[Improving health literacy in refugee populations](#)”, and discusses the link between low health literacy and poor health outcomes in refugees. The article includes suggestions for the improvement of health literacy amongst refugee populations and gives insight in to health-literate organisations. The article also highlights how patients can become empowered to help themselves.

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CIAP is an excellent source of evidence based information and supports clinicians to adopt novel ways of responding to low health literacy. [UpToDate](#), [Embase](#), [PEMSoft](#) and [BMJ Best Practice](#) are a few examples of where you can find current literature on Refugee Health.

For anyone interested in reading about or joining the Refugee Health Network of Australia, visit the [RHeaNA website](#).



CIAP App Spotlight—BMJ Best Practice

As a result of extensive user research, the BMJ have built a new BMJ Best Practice app that takes up less space on devices, has a new user interface, and an enhanced search available online and offline. This is to ensure that you get the answers you need anywhere, anytime.

The new app is available to all NSW Health staff via CIAP. To download the app you will need to have a “personal account” with BMJ Best Practice.

For more information, go to CIAP’s [Mobile Help](#) section.

CIAP Tips and Tricks—Opioid Calculators

[EBMcalc](#): Found under **Tools**. Search for ‘Opioid’ in the search box, then the interactive Opioid Medication Dose Conversions feature.

[AMH Aged Care Companion](#): Found under **Medications**. Select ‘Pain and Palliative Care’ from top menu, then the ‘Opioid comparative information’ from the Tables.

[eTG](#): Found under **Quick Links** (and multiple panels). Search for ‘Opioids’ in the search box and select the clinical guidelines topic of relevance (e.g. palliative care) from the left menu, then ‘tables, boxes and figures’ to locate summarised information.

[UpToDate](#): Found under **Quick Links** (and multiple panels). Search for ‘Opioid’ in the search box, then ‘Opioid Conversion’ from the list of results.



We’d love to hear from you...

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

Upcoming CIAP Events

Live online Training

1 March | 15:00-16:00
Introduction to Ovid

16 March | 14:00-15:00
CIAP Essentials

[Register Here](#)

Workshops

3 May | Paediatrics
Hunter Medical Research Institute

9 June | Evidence-Based Practice
Westmead Hospital

[Register Here](#)

In-services

28 March | CIAP Essentials
Manly Hospital

29 March | CIAP Essentials
St George Hospital

[View Here](#)

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

1800 824 279

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eHealth