

CIAP news

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Murder on the Morning Express

A recent article published by the [British Medical Journal \(BMJ\)](#) discusses the health implications of the daily commute based on a UK based study by Celis-Morales and colleagues.



Although a link between cycling/walking and health benefits already exists, the Celis-Morales and colleagues’ study investigates associations between active commuters (cycling or walking) and rates of mortality, cardiovascular disease, diabetes, and cancer. The study is based on a population of over 250,000 adults in paid employment.

The study concludes that commuting by bicycle was associated with a statistically significant decrease in the risk of death from cancer, and death from cardiovascular disease, and all cause death compared with passive commuting. Commuting by walking was also associated with a lower risk of cardiovascular disease, but the risk of all cause death was not different from that of passive commuters.

[Read the article](#) for the full analysis and decide whether you should consider promoting active commuting to your patients.

The Question

This month’s question is:

“Which of the below foods has been associated with a decrease in blood pressure?”

The answer is **Cocoa**.

Cocoa products are rich in chemical compounds called flavanols which are associated with a reduction in blood pressure. A systematic review published in the [Cochrane Library](#) revealed a small, yet statistically significant lowering of blood pressure (systolic and diastolic).

Read the [full article](#) for more information.



Ovid Discovery Service—New on CIAP

We are excited to announce Ovid Discovery Service, a new discovery search platform to be integrated into CIAP to help discover valuable resources and support evidence-based practice at the point of care.



After extensive feedback from users across NSW highlighting limitations in the discoverability of resources on CIAP, a full review was conducted to find an alternative resource discovery solution. Ovid Discovery Service was found as an enhanced alternative and was subsequently endorsed by a working group made up of key NSW Health stakeholders. The CIAP team would like to personally thank all those who took part in the working group.

Ovid Discovery Service offers a library management experience for CIAP users with an emphasis on biomedical subjects and content. It includes a brand new discovery search and a catalogue-like browsing function. The physical updates you will notice are enhancements to the CIAP interface when using the search bar on CIAP’s home page and also when searching for individual books and journals.

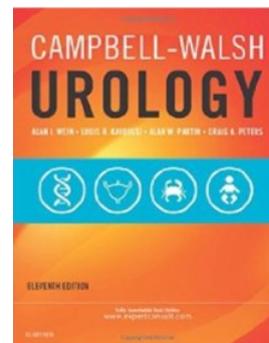
To access, please head over to Full Journal/Book list as well as the search bar on the top right navigation menu on the CIAP website.

CIAP's Book of the Month

[Campbell-Walsh Urology 10th Edition](#) offers an exhaustive, all-inclusive coverage of every aspect of Urology.

For Urologists, Residents and Practicing Physicians alike, this book highlights all of the essential concepts ranging from anatomy and physiology, to diagnostic approaches, as well as surgical treatments.

To read Campbell-Walsh Urology 10th Edition and more, go to Books & Dictionaries, which can be found on CIAP's home page.



CIAP App Spotlight—Institute of Trauma and Injury Management

The ITIM NSW (Institute of Trauma and Injury Management) app provides a 'one stop' resource to assist clinicians in caring for traumatically injured patients. This includes initial resuscitation to stabilisation, as well as transfer to regional or major trauma services.

Institute of Trauma and Injury Management is available from the App Store as well as the Google Play store.

For more information, visit CIAP's [Mobile Help](#) page.

CIAP Tips and Tricks: Interactive ECG

This month, CIAP is highlighting the [Interactive ECG](#) tool.

Clinically relevant theory can be accessed via the search tool or the interactive cases and are inclusive of a number of topics: Recording an ECG; The normal ECG; Tachycardias; Bradycardias and Atrioventricular conduction disorders; Myocardial ischaemia and infarction and Miscellaneous conditions diagnosed on ECG. These cases combine clinical history with an ECG and contain interactive problems which are reflective of a step-by-step learning method.

The Interactive ECG is a highly effective tool for any clinician or student wanting to expose themselves to education surrounding ECGs or in becoming more confident in their interpretation.

Find Interactive ECG by selecting Tools on CIAP's left hand navigation menu.



We'd love to hear from you...

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

Upcoming CIAP Events

Live online Training

2 May | 15:00-16:00

Introduction to Ovid

23 May | 14:30-15:30

CIAP Essentials

[Register Here](#)

Workshops

3 May | Paediatrics

Hunter Medical Research Institute

9 June | Evidence-Based Practice

Westmead Hospital

[Register Here](#)

In-services

9 May | CIAP Essentials

Shoalhaven District Memorial

16 May | CIAP Essentials

Royal North Shore

[View Here](#)

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1800 824 279

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



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