



CIAP Newsletter

Cranberries for preventing urinary tract infection

Cranberry products, containing proanthocyanidins, can help prevent urinary tract infections (UTIs) by preventing bacteria from sticking to the bladder walls, according to a review of 50 randomised controlled trials involving 8,857 people.

Cranberries, as juice, tablets or capsules, reduced the occurrence of UTIs in women with recurrent UTIs, children with UTIs and people susceptible to UTIs following an intervention involving the bladder.

However, no formal regulation of cranberry products exists, and further research is needed to determine the effectiveness of cranberry products compared to antibiotics or probiotics.

Learn more from this study here in the [Cochrane Library here](#).

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What is the diagnosis?

This diagnosis most commonly occurs in individuals older than 40 years, with peak incidence from ages 40–60.

This image shows flurid lesions associated with the condition on the ankle.

It is estimated that males are four times as likely to be affected compared to females.

What's the diagnosis?

[Find out the answer here](#) in DermnetNZ



Medical marijuana improved Parkinson's disease symptoms in 87% of patients

A new study has found that medical cannabis may be an effective treatment for patients with Parkinson's disease (PD). The retrospective chart review included 69 patients with PD who were treated with medical cannabis in the normal course of clinical practice.

Results showed that 87% of patients experienced improvement in any PD symptom after starting medical cannabis, with symptoms including cramping/dystonia, pain, spasticity, lack of appetite, dyskinesia, and tremor showing the highest incidence of improvement.

Furthermore, 56% of opioid users were able to decrease or discontinue opioid use after starting medical cannabis.

However, the study's authors note that large, placebo-controlled, randomised studies are still needed to confirm the benefits of medical cannabis in PD patients.

Learn more about the findings in [PubMed](#).

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Step up your health: walking just a few days a week linked to lower mortality risk, study finds

Walking just a few days a week may have meaningful health benefits, according to a new study.

The study found that taking 8000 steps or more for one or two days a week was associated with a lower risk of all-cause and cardiovascular mortality.

The study evaluated a representative sample of 3101 participants aged 20 years or older who wore an accelerometer for one week and were followed for 10 years, and the protective association plateaued at three days per week.

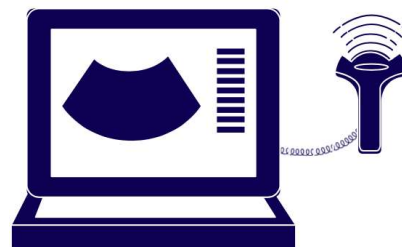
Check out the article from the [JAMA Network](#).

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Giving pregnant women routine third trimester ultrasound scans could reduce rates of undetected breech pregnancy by 71%

A new study has found that routine ultrasound or point-of-care ultrasound (POCUS) in the third trimester of pregnancy can greatly improve neonatal outcomes by reducing the number of undiagnosed breech presentations at birth.



The study, conducted in two large UK hospitals, found that both methods were associated with a significant decrease in the proportion of undiagnosed breech presentations and a reduction in neonatal complications such as low Apgar score and hypoxic ischemic encephalopathy.

The findings support the policy of routine ultrasound assessment of foetal presentation and highlight the need for future studies to explore the cost-effectiveness of POCUS for foetal presentation.

Learn more about the study here in [National Library of Medicine](#).

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"Nature prescriptions" could improve physical and mental health, says UNSW study

New research from the University of New South Wales (UNSW) has shown that spending time in nature can have both physical and mental health benefits.



The study analysed 28 real-world patient studies and found that nature prescriptions helped reduce blood pressure and depression and anxiety scores, as well as increasing daily step counts.

The research found that contact with nature could help prevent loneliness, depression, and cardiovascular disease, making nature prescriptions an emerging supplement to standard medical care, with recent investment by the UK Government and Canada implementing a national program.

Learn more about this study in the [JAMA Network](#).

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Upcoming CIAP Events

Live Online Training

CIAP Overview
9, 10, 11, 16, 18 May
14:30 - 15:30

[Register Here](#)

Workshops

Emergency Care Workshop
4 May

Evidence-Based Practice Workshop
17 May

Allied Health Workshop
1 June

[Register Here](#)

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