



eHealth NSW

CIAP Training & Upcoming Workshops:

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# CIAP Newsletter

**Upcoming:** Nursing & Midwifery Point of Care Resources Workshop

**When:** 17<sup>th</sup> September 2024 13:00PM - 17:00PM

**Where:** ONLINE

REGISTER

PROGRAM

## CIAP's Latest Training Update:



CIAP have recently introduced **half-day Training Workshops!**

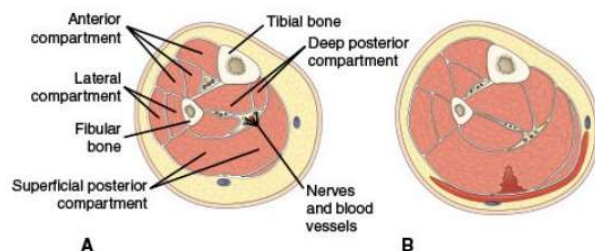
Previously run as 8 hour training days, workshops are now being offered in two separate sessions: **Point of Care Resources** Workshops, and **Evidence-Based Practice & Database Searching** Workshops. Workshops are held virtually and can be attended live or watched via the recording.

See upcoming workshops and more information on the [CIAP Training Events Page](#).

[Register](#) your interest to attend live, or to receive the recording.

## What Is the Diagnosis?

This condition involves increased pressure within an enclosed compartment of body space that compromises muscle and nerve perfusion, causing ischaemia and potential tissue death.



Anatomical compartments contain muscles, arteries, veins, and nerves encased by bone or fascia that have little room for tissue expansion. Of the 46 anatomical compartments, 36 are located in the extremities.

This condition may be acute or chronic. Acute is the most common type and is an emergency. Chronic is caused by repetitive muscle exertion; usually affecting athletes.

Incidence:

- Most commonly occurs in the anterior compartment of the lower leg.
- Acutely, most commonly occurs in patients younger than 35.
- Affects more men than women.
- Approximately 75% of acute cases are caused by fractures.

What's the diagnosis?

[Find out the answer here](#) in Lippincott Advisor.

Access provided by CIAP.

## Explore the Latest Book Titles Added to CIAP



Did you know that you can browse **over 400 books on CIAP?**

See popular book titles on the CIAP [Books and Dictionaries page](#).

Stay up to date with the **latest book title additions** to CIAP including:

- [Briggs Drugs in Pregnancy and Lactation: A Reference Guide to Fetal and Neonatal Risk](#)
- [Pocket Primary Care](#)
- [The 5-Minute Paediatric Consult](#)
- [The Washington Manual of Medical Therapeutics](#)

...and more.

Click [here to access the Full Book List](#) on CIAP.

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## Career Decisions and Aspirations of Early-Career Nurses



Registered nurses, while in high demand, face intensified job demands and turnover due to extreme nursing shortages and exacerbated working conditions during the COVID-19 pandemic. The pre-pandemic global nursing shortage was estimated at 5.9 million nurses according to the World Health Organisation.

Few studies have explored nurses' career decisions and aspirations beyond their job/career satisfaction and desire to leave or stay, representing a gap in our knowledge regarding how and why nurses construct their unique career paths within the profession. A recent qualitative study of early-career neonatal nurses and midwives in Ireland found that participants were strongly motivated to pursue further education and/or advanced practice nursing roles and that social and instrumental support, mentoring, and working conditions were important factors influencing their career aspirations.

Learn more about the article in the [Journal of Advanced Nursing](#).

Access provided by CIAP.

## Sixty Seconds on Lab Meats



With the world's population projected to reach nearly 10 billion by 2050, meat consumption could rise by as much as 50% by mid-century, says the UN Environment Programme. It argues that moving towards plant based proteins such as soy and peas, and lab grown meats that typically have a lower carbon footprint and can be produced with fewer resources, is vital.

Alternative proteins could lead to reduced meat consumption, which could cut greenhouse gas emissions, promote sustainable agriculture, and encourage healthier eating habits. One research paper suggested that vegans contributed only a quarter of the greenhouse gas emissions of people who ate over 100 g of meat a day.

Learn more in the [British Medical Journal](#).

Access provided by CIAP.

## Preventing Falls and Fall-Related Injuries In Older People



As stated in this article, exercise is the key intervention to prevent falls and fall injuries. The clear benefits of physical activity and exercise in the prevention and management of most conditions affecting older people (eg, frailty, sarcopenia, dementia, cardiovascular disease, chronic respiratory disease, diabetes, stroke and hip fracture) are highlighted in many previous reviews and guidelines, including the World Health Organization (WHO) guidelines on physical activity and sedentary behaviour.

Exercise is defined as a “subcategory of physical activity that is planned, structured, repetitive, and purposeful in the sense that the improvement or maintenance of one or more components of physical fitness is the objective”. Exercises shown to prevent falls primarily involve control of the body in space, such as while standing, and moving from sitting to standing to walking, that is, functional activities that older people need to be able to complete each day to maximise independence.

Learn more about the article in the [Medical Journal of Australia](#).

Access provided by CIAP.

### Upcoming CIAP Events

#### Virtual Workshops

**Nursing & Midwifery Point of Care Resources** Workshop: 17<sup>th</sup> September

**Evidence-Based Practice & Database Searching** Workshop: 16<sup>th</sup> October

[Register Here](#)

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