

# CIAP news

## Is Your Order Actually Gluten Free?

“Medical treatment of coeliac disease includes a lifelong strictly gluten-free diet and is compromised by exposure to even small amounts of gluten”.

Recently published in the [Medical Journal of Australia](#), a cross-sectional study sampled 158 ‘gluten-free’ dishes from 127 randomly selected restaurants within the City of Melbourne council.



This study was led by Dr Jason Tye-Din, Laboratory head at the Walter and Eliza Hall Institute of Medical Research, and a Gastroenterology Consultant at Royal Melbourne hospital, and was undertaken as part of the City of Melbourne food sampling program, required by the *Food Act 1984* (Vic).

Dr Tye-Din and his team found that 9% of samples contained detectable gluten and were not compliant with the Food Standards Australia New Zealand definition of gluten free. Therefore, many foods promoted as ‘gluten free’ in Melbourne eateries can be dangerous to people suffering from coeliac disease.

Click [here](#) to read the full study, including the results of the food items which were found to be non-compliant with guidelines for gluten-free foods.

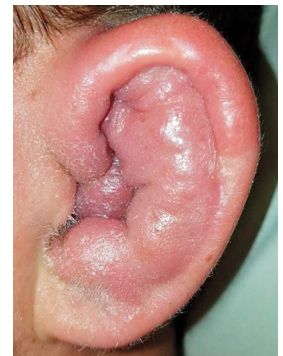
## What Is The Diagnosis?

The correct answer is: **Relapsing Polychondritis**

This is a systemic autoimmune condition that causes inflammation of cartilaginous structures including the ears, nose, joints, larynx, and large airways. This patient was successfully treated with prednisone and methotrexate over 6 months.

This image was sourced from [The New England Journal of Medicine](#) ‘Image Challenge’. These clinical images allow clinical staff to identify and diagnose conditions.

To find this Image challenge, or to view the full library, click on [The New England Journal of Medicine](#)’s Multimedia tab on their top navigation menu.



Emergency Care	Endocrinology
Mental Health	Musculoskeletal
Oral Health	Paediatrics

## Checked Out The New CIAP Specialty Guides?

In our April Newsletter, the new [CIAP Specialty Guides](#) were released! Have you had a chance to check them out yet?

They have undergone a complete update and redesign based on user feedback and extensive consultation with NSW Health clinicians.

The guides have been designed to provide users a more tailored experience of the CIAP website, and also include a number of useful links to external content and patient information websites.

Click [here](#) to choose your specialty and see the relevant resources, inclusive of journals, books and recommended websites.

## App Spotlight - Cochrane Library

The Cochrane Library for iPad provides access to high quality evidence-based systematic reviews of articles and clinical trials.

Features exclusive to the iPad edition include:

- 12 Cochrane Reviews, specially selected for every monthly issue,
- Downloadable Cochrane Library content for reading offline, and
- A bookmark feature for creating your own special collections of Cochrane evidence.

This App is only available on the Apps Store for iOS devices.

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



## CIAP Tips & Tricks — Hospital Library Information

Are you looking to contact your local Hospital Library?

NSW Health Libraries and the Librarians who staff them aim to facilitate informed decision making in health care, research, education and administration. Effective use of libraries can contribute to the knowledge and efficiency of professionals working in hospitals and other organisations.

To find a Library in your Hospital or LHD for clinical information or support, go to [Support & Contact](#) on the CIAP Homepage Top Navigation Menu, and click on [Find a Library](#) or [Library Information](#).

## CIAP's Journal of the Month—British Journal of Psychiatry

Published monthly by the Royal College of Psychiatrists, the [British Journal of Psychiatry](#) is an essential reading for Psychiatrists, Clinical Psychologists, and all professionals with an interest in mental health.

The Journal covers all branches of the subject, with particular emphasis on the clinical aspects of each topic.

To read the [British Journal of Psychiatry](#) and more, go to Journals, which can be found on CIAP's home page.



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

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

## Upcoming CIAP Events

### Live Online Training

6 June | 14:30—15:30  
CIAP Essentials

7 June | 09:00—10:00  
Introduction to Ovid

[Register Here](#)

### Workshops

5 June | Medicines Information  
Concord Hospital

3 July | Emergency & Critical Care  
Westmead Hospital

[Register Here](#)

### In-services

13 June | CIAP Essentials  
Auburn Hospital

15 June | CIAP Essentials  
St George Hospital

[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.



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