

# CIAP news

## Alcohol: A Detriment to More Than Just Spleling

As an avid CIAP Newsletter reader, you will remember the April 2017 edition suggesting that ['a glass a day keeps the myocardial infarction away'](#). Well, this somewhat favourable recommendation for the moderate intake of alcohol has been contested by a systematic analysis published in last week's [The Lancet](#). The analysis evaluates alcohol use and burden across 195 countries and territories from 1990-2016. For those of us who enjoy a tipples, it may be worth noting that the analysis suggests that the **'safest level of drinking is none'**.



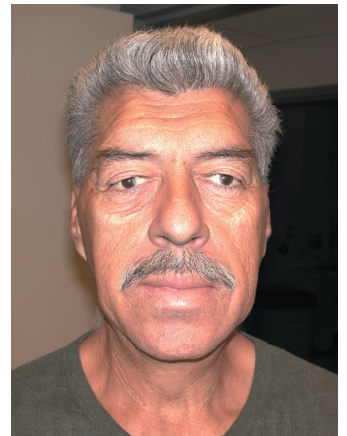
The analysis concludes by citing that 'alcohol accounts for nearly 10% of global deaths among populations aged 15-49 years, and poses dire ramifications for future health in the absence of action today... Policies that focus on reducing population-level consumption will be most effective in reducing the health loss from alcohol use'. [Read the full article.](#)

## What Is The Diagnosis?

The correct answer is: **Acromegaly**

Laboratory testing reveals an elevated insulin-like growth factor (IGF)-I, and there is a failure of growth hormone (GH) suppression following an oral glucose load confirming the diagnosis of acromegaly. Computed tomography (CT) scan of the head demonstrates a pituitary adenoma.

This case was found in [Access Medicine](#) by running a search for **Acromegaly** in the main search bar and then selecting *Chapter 228. Acromegaly, from the Color Atlas of Family Medicine*.



Source: Update #1: Smith PA, Hershkov EJ, Chaturvedi HC. The Color Atlas of Family Medicine, Second Edition. www.accessmedicine.com Copyright © The McGraw-Hill Companies, Inc. All rights reserved.

## Nurse Says Meditate, Not Medicate!

An article published in the journal [Nursing](#) discusses the benefits of meditation for patients experiencing anxiety symptoms. Lou Ann Cettina, Primary Triage Nurse, writes that, "research has shown that meditation can decrease anxiety symptoms as well as or better than benzodiazepines... that can be associated with physical dependence and addiction."

The article goes on to discuss medication techniques, how they can be incorporated into daily life as well as at the bedside. "All that is needed to start is to take a few minutes and just think, 'Relax'".

[Read the full article.](#)

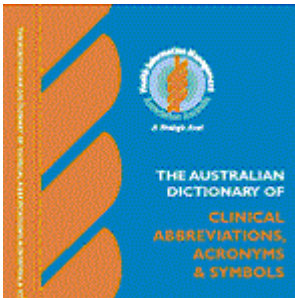


# The Human-Trafficking GP

A news story in [the BMJ](#) this month reported that a UK GP, previously jailed for nine months following human trafficking charges, has been struck off by a medical practitioners tribunal. The GP and her husband were found guilty of seizing their 'nanny's' passport and keeping her as a virtual prisoner for more than two years.



[Read the full article.](#)



## Clinical Abbreviations, Acronyms & Symbols

84 yo F TF from ED, PMH of COPD, CHF, HTN, DM, AFIB. PSH of CABGx4. Ix...

If you don't understand the above sentence, try decoding it using the [Australian Dictionary of Clinical Abbreviations, Acronyms & Symbols](#) available through CIAP's Books & Dictionaries panel.

## TGA Announces New Warning Labels

Used to cause paralysis during anaesthesia, neuromuscular blocking agents will now require warning labels as announced by the TGA. Administration errors could result in unintended paralysis, respiratory arrest, or even death.

The new labelling initiative is intended to reduce look-alike selection errors and will include clear warning statements such as, 'WARNING: Paralyzing Agent'.



Australian Government

Department of Health  
Therapeutic Goods Administration

Visit the [TGA website](#) for detailed information.

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

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

## Upcoming CIAP Events

### Live Online Training

5 September | 14:30—15:30  
CIAP Essentials

6 September | 09:00—10:00  
Introduction to Ovid

[Register Here](#)

### Workshops

4 September | Evidence-Based Practice  
Royal North Shore Hospital

9 October | Evidence-Based Practice  
Blacktown Hospital

[Register Here](#)

### In-Services

CIAP Essentials at:

25 September | Grafton Base  
26 September | Lismore  
27 September | Maclean  
28 September | Ballina

[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.



eHealth