

CIAP news



Laughter really is the best medicine!

A recent study in the [Journal of Clinical Nursing](#) has found that laughter therapy has a positive effect on the quality of life for nursing home residents.

70 volunteers from two nursing homes in Turkey with identical organisational characteristics, management, and social services care process were split into a control and an experimental group. After a month of laughter therapy, all quality-of-life sub-scores increased for the experimental group compared to the control group, including physical functioning, bodily pain, spiritual health, emotional wellbeing, social functioning, vitality and general health. The increases in all these areas collaborated results from previous studies.

The next steps are to include a wider range of laughter therapy and wider sample of participants.

To see the results from the study, read the [full article](#).

The Question

This month's question was "Vitamin C has only one proven clinical benefit: the prevention of...?"

The answer is **Scurvy**.

Despite being recommended for the treatment of many diseases, the prevention of scurvy remains the only proven clinical benefit. Much plausible data does exist for the protective effects of vitamin C against oxidative-stress-mediated cell damage and organ dysfunction in sepsis and septic shock. However, a lack of large-scale randomised controlled trials and uncertainty in optimal dose, timing, and possible adverse effects means recommendation for vitamin C in the clinical care of septic patients cannot be made at this stage without further research.



This study was found in [Current Opinion in Anaesthesiology](#) and available in CIAP's full journal list.

Should governments sue tobacco companies to recover health care costs?

Australia has led the way in reducing smoking rates through a number of recent regulatory changes, including plain packaging and tax increases.

However, smoking remains Australia's leading preventable cause of death and disease, causing 15 000 deaths annually. It is likely to kill two-thirds of current users and annual health, social, and economic costs of smoking run into the many billions.

An article in the [MJA](#) raises the question as to whether Australian states and territories should follow their Canadian counterparts and start pursuing tobacco companies to recover health costs. Quebec, with a similar population to NSW, is suing tobacco companies for \$60 billion.

For more, read the [full article](#).



CIAP Tips & Tricks — UpToDate

Thank you to all that completed the 2017 UpToDate Feedback Survey. We were thrilled to receive over 9,500 responses supporting the inclusion UpToDate on CIAP!

For those of you that are wondering what all of the hype is about, this month CIAP is highlighting the video tutorial of how to use [UpToDate](#).



UpToDate is an evidence-based, physician-authored clinical decision support resource which clinicians trust to make the right point-of-care decisions. More than 6,500 world-renowned physician authors, editors, and peer reviewers use a rigorous editorial process to synthesize the most recent medical information into trusted, evidence-based recommendations that are proven to improve patient care and quality.

To watch this video and more, go to CIAP's [Knowledge Centre](#) and select [Video Tutorials](#).

CIAP App Spotlight — Advanced Paediatric Life Support (APLS)



Advanced Paediatric
Life Support

The Advanced Paediatric Life Support (APLS) app contains paediatric emergency algorithms produced by Advanced Paediatric Life Support, Australia, for medical professionals working in acute care in Australia. These algorithms form part of the three day APLS course, regarded as the international gold standard in paediatric emergency training.

Discover more about the APLS course, APLS Australia and browse future courses near you elsewhere in the app.

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

CIAP's Journal of the Month - International Journal of Stroke

The [International Journal of Stroke](#) is the official publication of the World Stroke Organisation and provides a significant contribution to the international stroke research community by concentrating on the clinical aspects of stroke from around the world, with basic science contributions in areas of interest.

To read [International Journal of Stroke](#) and more, go to Books & Dictionaries, 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

1 December | 09:00-10:00
Introduction to Ovid

4 December | 14:30-15:30
CIAP Essentials

[Register Here](#)

Workshops

1 February | Essentials
Orange Health Service

19 March | Evidence-Based Practice
Nepean Hospital

[Register Here](#)

In-services

18 January | CIAP Essentials
Gosford Hospital

19 January | CIAP Essentials
Wyong Hospital

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