

# CIAP news

## Does The Language Used During Childbirth Matter?

“Language matters as a way of respecting women’s views and ensuring that they are empowered to make decisions”.

In a recent [opinion article](#) published by the [British Medical Journal](#) (BMJ), an 'alternative' language guide has been created for midwives to use in the hope of instilling a 'culture of respect' for pregnant women. Maternal health experts cautioned against using insensitive language while they were giving birth and instead to use terms that gave them a sense of empowerment.



Rather than say "good girl," the experts suggested, midwives should say, "You're doing really well." And instead of speaking about the woman giving birth as "she" to everyone but her, the experts suggested using her name — and speaking to her, rather than about “her”, as often as possible. The authors, added that the changes were essential to achieve respectful practice that gave women a sense of control.

What do you think? Are these changes necessary?

To read the suggested list of good practice in birth communication, click [here](#) for the opinion piece.

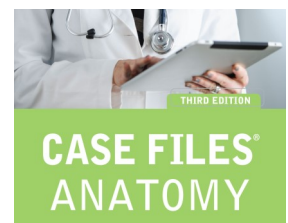
## Case study

This month we read about a 10-year-old girl who had recently acquired a cat and now has had a headache for a 2-week duration.

**Most likely diagnosis:** Maxillary and Frontal Sinusitis

Sinusitis is an inflammation of one or more of the six sets of paranasal sinuses, most of which are related to the orbits. Inflammation may be caused by viruses, allergies, and bacterial pathogens. The recent acquisition of a cat by the patient suggests maxillary and frontal sinusitis caused by an allergy rather than an infectious agent.

This Case Study was sourced from [Access Medicine](#). Their interactive Case Files help students learn and apply basic science and clinical medicine concepts in the context of realistic patient cases. Find the Case Files from the 'Cases' drop down on the [Access Medicine](#) top navigation menu.



## Is All Dark Chocolate Good For You?

With Easter fast approaching and our supermarkets quickly becoming flooded with chocolate, this month’s [Natural Medicines](#) News story asks the question “Is all dark chocolate good for you?”

The Cacao Monograph published by Natural Medicines identifies that eating chocolate containing 30-1080 mg of flavonoids for 2-18 weeks can reduce systolic blood pressure by 3-5 mmHg, as well as diastolic blood pressure by 2-3 mmHg. Dark chocolate contains more flavanoids than milk chocolate or white chocolate, however, both the percentage of cocoa present as well as the colour of the chocolate do not indicate flavanol content.

So for all you dark chocolate lovers out there, enjoy it as a treat... But don’t count on it to lower your blood pressure!



## App Spotlight - NSW Ambulance

The NSW Ambulance protocols and pharmacology are expressly intended for use by NSW Ambulance Paramedics whilst performing duties and delivering Ambulance services, for and on behalf of, NSW Ambulance.

The protocols and pharmacology were current at the time of issue. The most current version of the NSW Ambulance Protocols and Pharmacology are available on the NSW Ambulance staff intranet.

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



## CIAP Tips & Tricks - Focus On Pathology

This month, CIAP is highlighting the Royal College of Pathologists of Australasia (RCPA) Manual.

The main purpose of the [RCPA Manual](#) is to provide useful guidelines for the selection of pathology tests and to facilitate interpretation of results.

The Manual consists of several sections:

- \* Clinical Problems
- \* Pathology Tests
- \* Pathology Decision Support Tools.

To find the [RCPA Manual](#), click on Tools on the left hand navigation menu on the CIAP Home screen.



## CIAP's Journal of the Month - Heart and Lung

[Heart and Lung](#) presents original, peer-reviewed articles on techniques, advances, investigations, and observations related to the care of patients with acute and critical illness and patients with chronic cardiac or pulmonary disorders.

To read the [Heart and Lung](#) Journal 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

7 March | 14:30—15:30

CIAP Essentials

12 March | 12:00—12:45

BMJ Best Practice

[Register Here](#)

### Workshops

19 March | Evidence-Based Practice

Nepean Hospital

12 April | Evidence-Based Practice

Coffs Harbour Health Campus

[Register Here](#)

### In-services

5 March | CIAP Essentials

ACI Chatswood

8 March | CIAP Essentials

Canterbury Hospital

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