



# CIAP Newsletter

## Wearing hearing aids for three years reduces cognitive decline risk by 48%

A study of nearly 2,000 adults found those most at risk of cognitive decline who wore hearing aids for three years lowered their chances of cognitive decline by 48 per cent.

Results provide compelling evidence that treating hearing loss is a powerful tool to protect cognitive function in later life

Learn more about this study in [The Lancet](#).

Access provided by CIAP.



## What is the diagnosis?

This condition, also known as welts, hives, or wheals, is characterised by the appearance of intensely pruritic erythematous plaques.

It appears clinically as pruritic, pale, blanching swellings of the superficial dermis that last for up to 24 hours.

What's the diagnosis?

[Find out the answer here](#) in BMJ Best Practice.

Access provided by CIAP.

*From the collection of Adam Reich, MD, PhD*



## Resistance training rejuvenates aging skin by reducing circulating inflammatory factors and enhancing dermal extracellular matrices

In a 16-week study involving 61 women, the effects of aerobic training (AT) and resistance training (RT) on skin aging were compared, revealing new insights.

Results from 56 participants highlighted that both AT and RT led to significant enhancements in skin elasticity, upper dermal structure, and even dermal thickness for RT.

Furthermore, the study shed light on distinct effects of AT and RT on factors like cytokines, serum hormones, metabolites, and increased dermal biglycan, making this the first report to unveil the differing impacts of these exercise types on skin aging and identify key factors contributing to RT-induced skin rejuvenation.

learn more about the study in [Scientific Reports](#).



## Spotlight: Lippincott Procedures

Introducing Lippincott Procedures: your go-to resource for comprehensive procedure descriptions.

With easy navigation options like an alphabetical list, discipline-based browsing, and quick search, users can swiftly locate the needed procedure.

Each entry contains detailed instructions, equipment requirements, preparation guidelines, implementation steps, patient education, and more, accompanied by explanatory video clips.

Perfect for both referencing and training, you can also use the resource to evaluate and monitor competency using linked skills checklists and procedure tests.

Discover [Lippincott Procedures here](#).

Access provided by CIAP.



## Study of 22 Million Reveals 1 in 10 People Affected by Autoimmune Disorders, Highlighting Significant Burden and Clinical Gaps

A recent UK study investigated the incidence and prevalence of 19 common autoimmune diseases between 2000 and 2019.

The research highlighted a rise in autoimmune disease cases, particularly in conditions like coeliac disease, Sjogren's syndrome, and Graves' disease, while diseases like pernicious anaemia and Hashimoto's thyroiditis showed a decrease in incidence.



The study found that these disorders collectively affected around 10% of the population, with variations observed in terms of socioeconomic status, seasonal trends, and regional distribution.

The findings suggest a growing burden of autoimmune diseases, with potential links to environmental and shared genetic factors.

Check out the full details from [The Lancet](#).

Access provided by CIAP.

## **Long-term high-dose vitamin D intake for 5 years reduces atrial fibrillation risk by up to 32%: study finds**

Atrial fibrillation, a common arrhythmia with increased risk among older individuals, is associated with stroke and heart failure.

Vitamin D's impact on heart structure and function suggests it could prevent atrial fibrillation.

The Finnish Vitamin D Trial (FIND), conducted from 2012 to 2018 at the University of Eastern Finland, involved 2,495 participants aged 60 or older.

It found a 27% lower risk of atrial fibrillation in those taking 40 micrograms of vitamin D daily and a 32% lower risk in the 80 micrograms group, compared to a placebo.

This study stands as the first to indicate that vitamin D supplementation might reduce atrial fibrillation risk, though further confirmation is necessary before exceeding recommended doses.

Learn more about the study here in [American Heart Journal](#).

Access provided by CIAP



## **Upcoming CIAP Events**

### **Live Online Training**

Request Group Training

### **Workshops**

Paediatrics Workshop  
13 September

Nursing & Midwifery Workshop  
11 October

Emergency & Critical Care  
8 November

[Register Here](#)

Need help with CIAP?

Contact the [CIAP helpdesk](#) 24 hours, 7 days a week.  
1300 28 55 33 or click on [Support](#) from the top menu  
on CIAP.



[health.nsw.gov.au](#)

[Register Here](#)

[LinkedIn](#) | [Twitter](#)

Copyright © 2023 eHealth NSW  
All rights reserved.

This email was sent by CIAP Team, eHealth NSW - CC 652950, Tower B, Level 13, Zenith Centre, 821  
Pacific Highway, Chatswood, NEW SOUTH WALES 2067, Australia to [vien.vu@health.nsw.gov.au](mailto:vien.vu@health.nsw.gov.au)

[Unsubscribe](#)

