PTSD SYMPTOMS IN PREGNANT AUSTRALIAN INDIGENOUS WOMEN RESIDING IN RURAL & REMOTE NSW

Pregnancy can be a stressful time for many women. There is ample evidence of numerous physical and mental health inequities for Indigenous Australians. For those Indigenous women who are pregnant, it is established that there is a higher incidence of poor physical perinatal outcomes when compared with non-Indigenous Australians.

One hundred and fifty rural and remote Indigenous women were invited to complete a survey during each trimester of their pregnancy. Extremely high rates of PTSD symptoms were reported by participants. Approximately 40% of this group exhibited PTSD symptoms during their pregnancy, significantly higher than a study of European victims of crisis, including terrorism attacks. The extreme levels of PTSD symptoms found in the women participating in this study are likely to result in negative implications for both mother and infant.


ABUSE OF THE OLDER PERSON: IS THIS THE CASE YOU MISSED LAST SHIFT?

Elder abuse is associated with as much as a three-fold higher mortality, as well as higher rates of ED visits, unplanned hospitalisation, depression and nursing home placement. It is also under-recognised and simultaneously serious and complex. Many victims suffer from multiple types of abuse. It often requires cooperation from multiple government and non-government agencies. EDs should have guidelines in place for the management of elder abuse. As part of our health advocacy role, emergency physicians should have a proactive approach to identifying and supporting victims.

SOURCE: Carolyn Hullick et al. (2017) Abuse of the older person: is this the case you missed last shift? Emergency medicine Australasia, 29(2), 223-228

DISPARITIES IN THE INCIDENCE OF ACUTE MYOCARDIAL INFARCTION: LONG TERM TRENDS FROM THE HUNTER REGION

Trends in the incidence of acute myocardial infarction (AMI) provide important information for health care providers and can allow for accurate planning of future health needs and targeted interventions in areas with an excess burden of cardiovascular disease.

A total of 15,480 cases of AMI from the HNE Health Cardiac and Stroke Outcomes Unit were identified, during the period 1996–2013. Between 1996 and 2013 in the Hunter region, the adjusted incidence of AMI increased for regional patients compared to metropolitan patients with a trend towards a higher adjusted incidence of AMI in the indigenous population. Males had higher rates of AMI throughout the study period than females, however there was trend over time towards a reduction in AMI incidence in males that was not seen in females.


SOURCE: Carolyn Hullick et al. (2017) Abuse of the older person: is this the case you missed last shift? Emergency medicine Australasia, 29(2), 223-228


Clark, V. et al. (2017) Self-reported reasons for smoking: predicting abstinence and implications for smoking cessation treatments among those with a psychotic disorder. *Journal of dual diagnosis*, 13(2), 6-14

De Caterina, R. et al. (2017) Valvular heart disease patients on edoxaban or warfarin in the ENGAGE AF-TIMI 48 Trial. *Journal of the American College of Cardiology*, 69(11), 1372-1382


RESEARCH FRONTIERS IN TRAUMATIC BRAIN INJURY: DEFINING THE INJURY

Traumatic brain injury (TBI) remains a significant public health concern and research has continued to grow exponentially over the past decade. This review provides an overview of the frontiers of TBI research, from sports concussion to severe TBI, from acute and subacute injury to long-term/chronic outcomes, from assessment and management to prognosis, specifically examining recent neuroimaging, biomarkers, genetics, and physiologic studies.


PECT VS POCRT IN PATIENTS WITH RESECTABLE GASTRIC/GASTROESOPHAGEAL JUNCTION ADENOCARCINOMAS: A SURVIVAL ANALYSIS OF 508 PATIENTS

In this large series of patients with stage I/II resected gastric/GEJ adenocarcinomas from >1500 American College of Surgeons Commission on Cancer-accredited facilities, patients receiving perioperative chemotherapy (PECT) were shown to survive longer than those receiving postoperative chemoradiotherapy (POCRT).


ACUPUNCTURE USE BY ONE IN TEN AUSTRALIAN WOMEN

Acupuncture is used by around one in 10 Australian women aged 34–39 years and around one in 16 women aged 62–67 years, according to data from 17,000 women participating in the Australian Longitudinal Study on Women’s Health. The research, from the Australian Research Centre for Complementary and Integrative Medicine at the University of Technology Sydney, also found that women with chronic conditions, including arthritis, low iron, chronic fatigue syndrome and endometriosis, were more likely to use Chinese medicine and acupuncture.


ANTIPSYCHOTIC USE & RISK OF HIP FRACTURE AMONG COMMUNITY-DWELLING PEOPLE WITH ALZHEIMER’S DISEASE

Recent research from Finland investigated whether antipsychotic use is associated with a risk of hip fractures among individuals with Alzheimer’s disease. The study utilised the MEDALZ (Medication and Alzheimer’s disease) cohort - a group of 70,718 community-dwelling persons with clinically verified diagnoses of Alzheimer’s disease. The incidence of fractures was compared between new users and non-users of antipsychotics. Antipsychotic use versus non-use was associated with an increased risk of hip fractures. The risk was increased from the first days of use and remained increased thereafter. Quetiapine was associated with a similar risk of hip fractures as non-antipsychotic users.


ADIPOSITY & CANCER AT MAJOR ANATOMICAL SITES

Numerous studies support the link between excess body weight and increased risk of developing and dying from several types of cancer. This umbrella review of systematic reviews and meta-analyses found strong evidence supporting the association between obesity and 21 of 36 cancer sites and subtypes, predominantly comprising cancers of digestive organs and hormone related malignancies in women.


TREATMENT OF EXTRA-ARTICULAR PROXIMAL & MIDDLE PHALANGEAL FRACTURES OF THE HAND

The aim of this study was to systematically review the patient reported and functional outcomes of treatment for extra-articular proximal or middle phalangeal fractures of the hand in order to determine the best treatment options.

The authors recommend that closed displaced extra-articular phalangeal fractures can be treated non-operatively, even fractures with an oblique or complex pattern, provided that closed reduction is possible and maintained. Conservative treatment is preferably performed with a castbrace allowing free mobilization of the wrist. No definite conclusion could be drawn upon whether closed reduction with extra-articular K-wire pinning or trans-articular pinning is favoured. When open reduction is necessary for oblique or spiral extra-articular fractures, lag screw fixation is the treatment of choice. Screw fixation is preferred over trans-articular or K-wire fixation with regards to radiographic results, and screws are recommended over screws compared to lag screw fixation.

MIND & BODY ARE INTIMATELY LINKED, IN HEALTH & IN DISEASE


RESVERATROL SUPPLEMENTATION REDUCES PAIN EXPERIENCE BY POSTMENOPAUSAL WOMEN

Pain is a common complaint among postmenopausal women. It has been postulated that vasomotor dysfunction caused by estrogen decline at menopause plays a key role in the initiation and progression of degradative joint disease, namely age-related osteoarthritis. This randomized, double-blind, placebo-controlled intervention study by local authors, evaluated whether supplementation with resveratrol, a phytoestrogen, could improve aspects of well-being such as chronic pain that is commonly experienced by postmenopausal women (n=80).

Compared with placebo treatment, there was a significant reduction in pain related to osteoarthritis, and an improvement in perceptions of well-being in postmenopausal women after resveratrol supplementation. Both benefits, including measures of quality of life, correlated with improvements in cerebrovascular function.

THE INTENTIONAL MENTOR IN MEDICINE: A TOOLKIT FOR MENTORING DOCTORS

A Toolkit for Mentoring Doctors (TIMM) explains what mentoring really means and how to perform the role of mentor. It teaches doctors how to assist junior medical colleagues with their ambitions, issues and concerns related to being a doctor in practice, in a constructive and productive way.

TIMM is an easily accessible mentor training package for communities of doctors who wish to train mentors and use mentoring as a strategy for improving trainees’ access to individually-relevant assistance during clinical training years, for encouraging collegiality among doctors, and for building a resilient and adaptable medical workforce.

Copies are held at HNEH Libraries branches: JHH, Mater, Tamworth and Taree.

NEW AUDIO DIGEST PSYCHIATRY CDs

- Genetic factors in mental illness / Refractory depression. (46(4) 2017)

- Genetic factors in serious mental illness – review of basic genetics / genetic causes of psychiatric disorders / genetic changes in schizophrenia / genetic changes in autism.

- Psychopharmacologic management of refractory depression – overview / antidepressant categories / when to change categories / defining treatment-refractory depression / approaches to the refractory patient

EASTER EGG-STRAVAGANZA AT TAMWORTH HOSPITAL LIBRARY

The Easter Bunny came early to Tamworth Hospital Library leaving lots of tiny chocolate eggs hiding in the shelves. There were far too many for the librarians to eat on their own so Hospital staff and students were invited to take part in an egg hunt. While egg-sploring the Library everyone had to answer a few simple written questions about the books and other resources held by the Library. All those who answered the questions went into the draw for an egg-cellent prize drawn by General Manager Catharine Death.

After completing the gruelling search for eggs there were other goodies to sample like bunny-shaped biscuits and cupcakes. For those who hadn’t been to the Library before there was also a show bag with lots of interesting reading on the Library’s services and resources. The Library is now back to normal, but hopefully the Easter Bunny will return next year.

THE NATIONAL DISABILITY INSURANCE SCHEME: A QUICK GUIDE - MARCH 2017 UPDATE

The National Disability Insurance Scheme (NDIS) provides support to people with disability, their families and carers. The main component of the NDIS is individualised packages of support to eligible people with disability.

CIAP IS VISITING CALVARY MATER IN JUNE

The CIAP team will present three short training sessions for ALL health staff: 9:30am-10:30am, 11:00am-noon, and 12:30pm-1:30pm

The sessions will include information about accessing and navigating current CIAP resources, and information about education opportunities for CPD. Giveaways, brochures and additional educational resources will be available. All staff are welcome to attend. No registration required.

For more information, contact CIAP on 8644 2306.