## Online tool to support expectant parents with prenatal testing decisions

An online tool has been launched to support expectant parents in their choices around prenatal testing for chromosome conditions in their unborn baby. *YourChoice*, created by the Murdoch Children's Research Institute (MCRI) and James Cook University (JCU), aims to guide pregnant women through the prenatal testing options and which tests may be best suited for them. The interactive website features a 15-minute decision aid that guides the user through a series of questions and suggests a preferred testing pathway based on their answers. The results can then be saved to discuss later with a health professional. MCRI's Professor Jane Halliday said the website was designed to ensure women and their partners could have informed discussions with their maternity care provider. "Our decision aid asks women about their values and preferences and provides them with suggested options to discuss with a health professional. There are many different prenatal tests available now, which makes it hard for people to navigate the system. We hope this tool will help women make informed decisions about whether or not to have testing and to understand the range of tests available to them." JCU's Professor Cate Nagle said the decision aid was not a stand-alone tool and worked alongside clinical support. "It's not meant to take the place of the doctor or midwife," she said. "Pregnancy visits can be quick and don't always allow for in-depth discussions around screening options, which are quite complex to understand. The website provides a summary as well as extra information and resources so every woman can find what she's looking for at her fingertips."

https://yourchoice.mcri.edu.au/dashboard

## Omega-3 fatty acid could boost IQ for preterm babies

Research from the South Australian Health and Medical Research Institute has found a link between the omega-3 fatty acid docosahexaenoic acid (DHA) and increased IQ among children born prematurely. Preterm children are more likely to have lower IQ scores and cognitive impairments compared with term-born children. The study, published in the *New England Journal of Medicine*, followed 323 infants born before 29 weeks' gestation, who were given 60 mg of DHA/kg/day via enteral or control tube feeding. They were compared with 333 children in the control group, who received an emulsion with no DHA. At 5 years of age, children in both groups underwent the Wechsler Preschool and Primary Scale of Intelligence IQ test. "On average, those in the DHA group scored 3.5 points higher on the IQ scale than those in the control group," lead researcher Dr Jacqueline Gould said. "These very promising results suggest DHA has the potential to improve cognitive performance when administered via emulsion for infants born before 29 weeks' gestation." Although medical advances over the past 30 years have increased the survival rates of infants born before 29 weeks' gestation, there has been no improvement in their cognitive development. Supplying DHA to these infants while they are in hospital may be one simple intervention that can help boost brain function, the researchers concluded.

https://www.nejm.org/doi/10.1056/NEJMoa2206868

doi:10.5694/mja2.51771

## Open letter from the Editor-in-Chief, Professor Nicholas Talley

Re: Gold open access in the *MJA* without any article publishing charges. Yes, it's true!

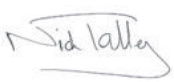
As a highly valued member of the *MJA* community, you may not be aware of the transformational agreements currently changing the scholarly publishing landscape from locked or paywall content to open access content.

From 1 January 2022, authors affiliated with most universities in Australia and New Zealand can choose an open access licence with our publishing partner, Wiley. This is thanks to Wiley's transformational agreement with the Council of Australian University Librarians (CAUL), under which authors may elect to publish all research and reviews under gold open access terms, with no transactional article publication charges.

To ensure eligibility, authors should review the terms at https://caul.libguides.com/read-and-publish/wiley, place their CAUL institution as the first listed affiliation and use their institutional email address. Authors must select open access publication under the CAUL agreement when completing their licensing agreement with Wiley, as it is not possible to take advantage of this arrangement once the article has been published.

I urge all Australasian authors to make full use of this opportunity to ensure important research reaches the widest possible audience.

Best regards,



**Professor Nicholas Talley AC**
Editor-in-Chief
*The Medical Journal of Australia*

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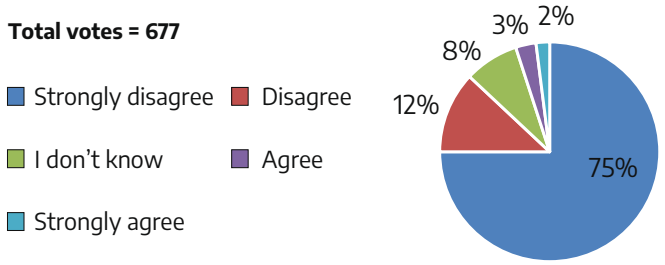
## InSight+ Poll

Empowered by AMPCo

Medicare is being rorted to the tune of up to $8 billion per year

**Total votes = 677**




Take part in next week's poll on: https://insightplus.mja.com.au/

## *MJA* PODCASTS

**Professor Lidia Morawska** is a Distinguished Professor in the School of Earth and Atmospheric Sciences at the Queensland University of Technology. She talks about the fundamental need for healthy indoor air, to accompany her Perspective published online on 14 November 2022.

**Clinical Associate Professor Louise Stone** is a GP and medical educator at the Australian National University, with a clinical, teaching, research and policy interest in mental health. She talks about the recent attacks on general practice and the future of the profession.

## Most read *MJA* articles online

1. *Consensus statement*: Consensus statement on the current pharmacological prevention and management of heart failure
Sindone et al; doi: 10.5694/mja2.51656

2. *Perspective*: Latest evidence casts further doubt on the effectiveness of headspace
Kisely and Looi; doi: 10.5694/mja2.51700

3. *Narrative review*: Modern paradigms for prostate cancer detection and management
Williams et al; doi: 10.5694/mja2.51722

4. *Guideline summary*: COPD-X Australian guidelines for the diagnosis and management of chronic obstructive pulmonary disease: 2022 update
Dabscheck et al; doi: 10.5694/mja2.51708

5. *Letter*: Priced out of training?
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1. *Views*: SCAD: challenging, under-recognised form of heart attack
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2. *Views*: Are doctors really the parasites of the healthcare system?
Stone; https://insightplus.mja.com.au/2022/41/are-doctors-really-parasites-healthcare-system/

3. *Views*: Every adult should consider switch to potassium-enriched salt
Neal; https://insightplus.mja.com.au/2022/38/every-adult-should-consider-a-switch-to-potassium-enriched-salt/

4. *Views*: Medicare rorts? We read Dr Faux's thesis so you don't have to
Cliff and Berquist; https://insightplus.mja.com.au/2022/41/medicare-rorts-we-read-dr-fauxs-thesis-so-you-dont-have-to/

5. *Views*: Doctor, how's your blood pressure?
Narayan; https://insightplus.mja.com.au/2022/40/doctor-hows-your-blood-pressure/

## *MJA* WHAT'S NEW ONLINE

**Online first content at mja.com.au**

### NOVEMBER

**21** *Podcast*: Clinical Associate Professor Louise Stone is a GP and medical educator at the Australian National University, with a clinical, teaching, research and policy interest in mental health

**21** *Research*: Twelve-month mortality outcomes for Indigenous and non-Indigenous people admitted to intensive care units in Australia: a registry-based data linkage study
Secombe et al; doi: 10.5694/mja2.51763

**21** *Perspective*: Primary care is the ideal setting to promote COVID-19 vaccination for children
Barnes; doi: 10.5694/mja2.51769

**21** *Perspective*: Implementing mandatory COVID-19 vaccination for Australian aged care workers
Hall Dykgraaf et al; doi: 10.5694/mja2.51770

**14** *Podcast*: Professor Lidia Morawska is a Distinguished Professor in the School of Earth and Atmospheric Sciences, at the Queensland University of Technology

**14** *Perspective*: Healthy indoor air is our fundamental need: the time to act is now
Morawska; doi: 10.5694/mja2.51768

**14** *Perspective*: Towards gender equity in Australian health and medical research funding
Kelso; doi: 10.5694/mja2.51767

**7** *Podcast*: Professor Sarah Larkins is co-Director of the Anton Breinl Research Centre for Health Systems Strengthening at James Cook University

**7** *Research*: Ethics guidelines use and Indigenous governance and participation in Aboriginal and Torres Strait Islander health research: a national survey
Burchill et al; doi: 10.5694/mja2.51757

### OCTOBER

**31** *Podcast*: Professor Raina MacIntyre is NHMRC Principal Research Fellow and Professor of Global Biosecurity at the UNSW Sydney. She heads the Biosecurity Program at the Kirby Institute

**31** *Perspective*: Australian fertility preservation guidelines for people with cancer 2022: review and recommendations
Kieu et al; doi: 10.5694/mja2.51751

**17** *Podcast*: Dr Johann Birrell is a Public Health Registrar with NT Health. Professor Bart Currie is an infectious diseases physician and Professor in Medicine at Charles Darwin University

**10** *Podcast*: Professor George Braitberg is Professor of Emergency Medicine at the University of Melbourne and Professor of Emergency Medicine Research at Austin Health

**3** *Podcast*: Professor Mark Frydenberg is a urologist and urologic oncologist with the Department of Surgery at Monash University, a board member of the Urological Society of Australia and New Zealand, and a Council member of the Royal Australasian College of Surgeons