

December 2018

Issue 113

The Swimming Pool

Newsletter for the
SWIMS Network



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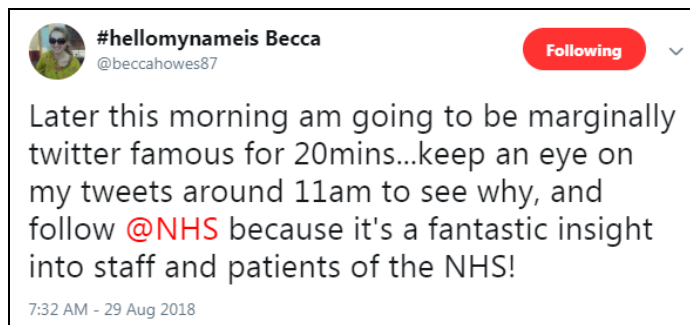
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Fame at last! (On Twitter at least.)

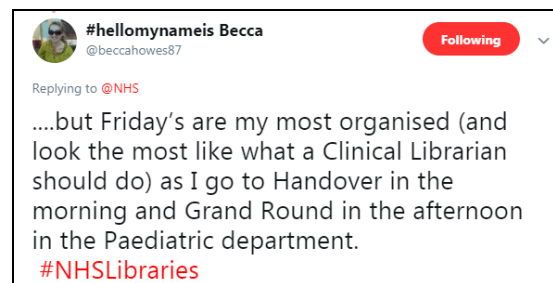
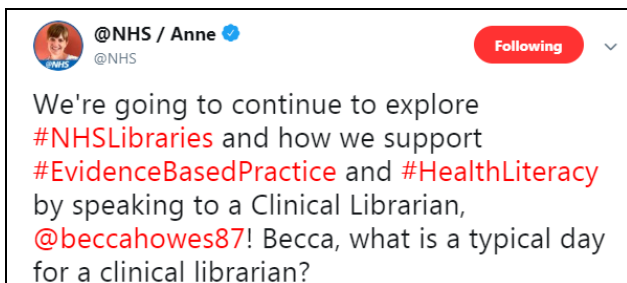
Rebecca Howes, Portsmouth.

Back in August one of our librarian colleagues from London, YiWen Hon from the Royal Marsden, revealed that she was being given the reigns of the @NHS account on Twitter. This account has over 30 thousand followers and at this current moment (being curated the week I am writing this by my Boss CEO Mark Cubbon and this week it is Gregory, Vascular and Interventional Radiology Fellow) has tweeted over 29 thousand times. (Editor’s note: please note that the @nhs account no longer shows the correct picture as it should be YiWen rather than other hosts of the account for the purposes of this article!)



The @NHS account is amazing, purely because each week a member of staff in the NHS or a patient gets to take over the profile, furthering their cause and creating as much engagement as possible.

After putting out that she had an exciting Social Media venture afoot and would any Twitter-loving librarians like to be involved, I sent YiWen a message to say “I can tweet”. YiWen then revealed her takeover, outlined her plan to interview librarians about their jobs, and would I like to be interviewed as I am a Clinical Librarian who attends handovers and grand rounds? Of course I said yes!



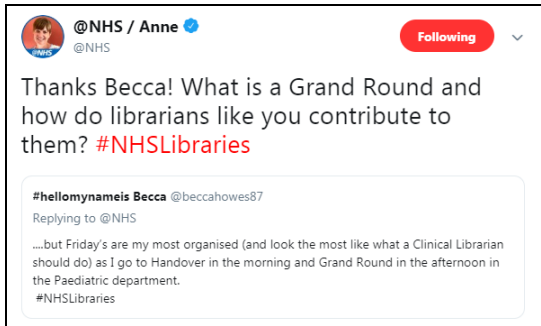
YiWen’s week was brilliant – I enjoyed the Open Access tweets and seeing the engagement, although as [YiWen’s blog post](#) revealed the library week got less engagement than previous takeovers, which won’t surprise anyone who works in libraries – it’s tough out there on whatever platform you choose to speak about libraries!

Luckily for me, YiWen was very organised and prepped me with questions beforehand, which I pre-typed, checked for character number and spelling mistakes, and then was able to copy and paste during my ‘interview’. It meant the interview was over quite quickly, but was significantly less stressful for me!



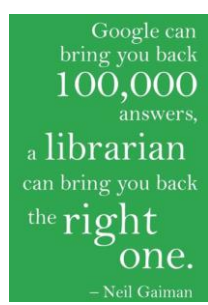
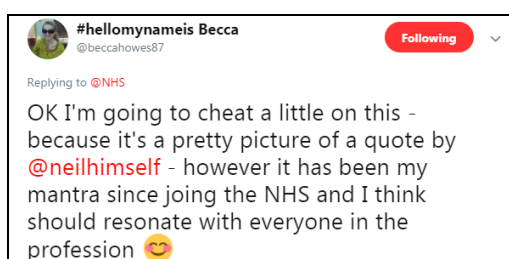
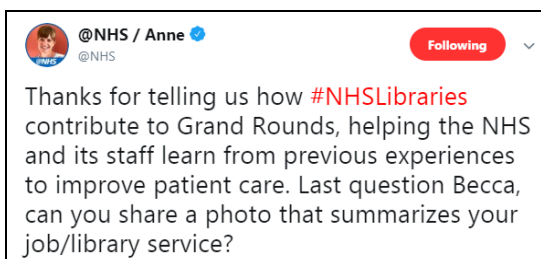


Overall my 10 interview tweets had almost 2000 impressions. Those earned me 119 engagements, which means those tweets were actively clicked on to read (ask Su Keill for a better explanation of all this!). Now I have to confess that most of those were on my tweet which referenced a Neil Gaiman quote and also copied him in, but hey, people still read it! This was probably the most engagement I had ever gotten in a professional capacity, until I tweeted about researching melanomas whilst listening to a Tim Minchin song called “You grew on me” (over 7 thousand impressions on one tweet, go to Youtube if you don’t understand the connection!).



Even though YiWen was a little disappointed in the overall numbers for the week, it was such a great opportunity for the NHS to show how much they believe in libraries by even offering the chance to curate. I think she did a fantastic job, and if you are Twitter savvy and don’t follow her she is definitely a good one to be aware of.

Social Media is an important tool for librarians, and for those who are still unsure why having Twitter would be a good thing for them/their library, just get in contact with the Social Media Specialists (myself, Su Keill, Cate Newell and Katy Peck) and ask us why we use it and how to get started.



Rebecca Howes (@beccahowes87)
Clinical Librarian
Portsmouth Hospitals NHS Trust (H27)

#UKmedlibs Grand Christmas Quiz!

The #UKmedlibs team are proud to announce that the second annual #UKmedlibs Christmas quiz will take place at 8pm on Tuesday 18th December, and we are most grateful to EBSCO who have generously sponsored a £20 Amazon voucher for the winner. To avoid skullduggery and googling, the questions will be made available on the night. See you there!



A very Merry Christmas and a Happy New Year from the Editorial Team!



The Core Collection of Mental Health Books

Barbara Moya, Berkshire.

Help update the Core Collection of Mental Health Books and get your name in print!

The Core Collection is a key resource for librarians developing mental health collections, whether for an existing or a new library. This list is produced by PLCS (Psychiatric Libraries Cooperation Scheme) and the Health Libraries Group, and published by Tomlinsons. It has been going for over 20 years and we are now looking for help to update it.

- What are the key texts you and your clinicians want?
- What new books have you bought?
- What is no longer relevant?

The draft edition is online <https://www.librarything.com/catalog/MHCoreCollection>
 Why not take a look and see if your key texts are included or others should be removed. Ask your clinicians and fellow librarians and let us know. The focus is on books (print or electronic) for UK health libraries relevant to undergraduate, postgraduate and working health professionals, but not research.

Instructions on how to contribute have been sent via LIB-SOUTH or please email Barbara.moya@berkshire.nhs.uk for a copy on how to do so. The consultation period has been extended until 31st January 2019.

Remember, to let us know you have contributed and we can credit your contributions in the final edition.

Barbara Moya
Library Manager
Berkshire Healthcare (PPH)

National Christmas Jumper Competition!

Building on the success of last year’s Northern Christmas Jumper competition via twitter (search #LKSjumpers to view), this year it is open to all!

The rules are:

- 1) Team entries covering all library staff available at the time are preferred (managers shouldn’t be shy)
- 2) Entries from work (ie in the library) not taken at home
- 3) Smile
- 4) Wear a Christmas Jumper (or other festive clothing, dress etc.)
- 5) tweet the picture to @hclu2012 and include the #lksjumpers18



Christmas Jumper Day this year is Friday 14th December so the deadline for entries tweeted is **Monday 17th December** to give time for judging before Christmas. There will be a prize for the best entries as chosen by HCLU team. (If you don’t have a twitter account – send it to a library that can – I am sure they won’t steal your entry!)



A very Merry Christmas and a Happy New Year from the Editorial Team!





Networking across regions

Alison Day, Poole.

It was great to have the opportunity to meet so many colleagues from London, Kent, Surrey and Sussex at their recent Library Service Forum held on the 15th November and to be invited to present about evaluating knowledge mobilisation activities.

Liz White from the British Library described the concept of a single digital presence for public libraries which will act as a conduit to link people, information and spaces – think AirBNB for libraries. Our role in providing information as therapy was the key message from Nicole Naylor, Head of Operations, Patient Information Forum (PIF). Four components of high-quality health information were outlined, health and digital literacy explored and our invaluable role in signposting professionals and patients to high-quality health information stated.

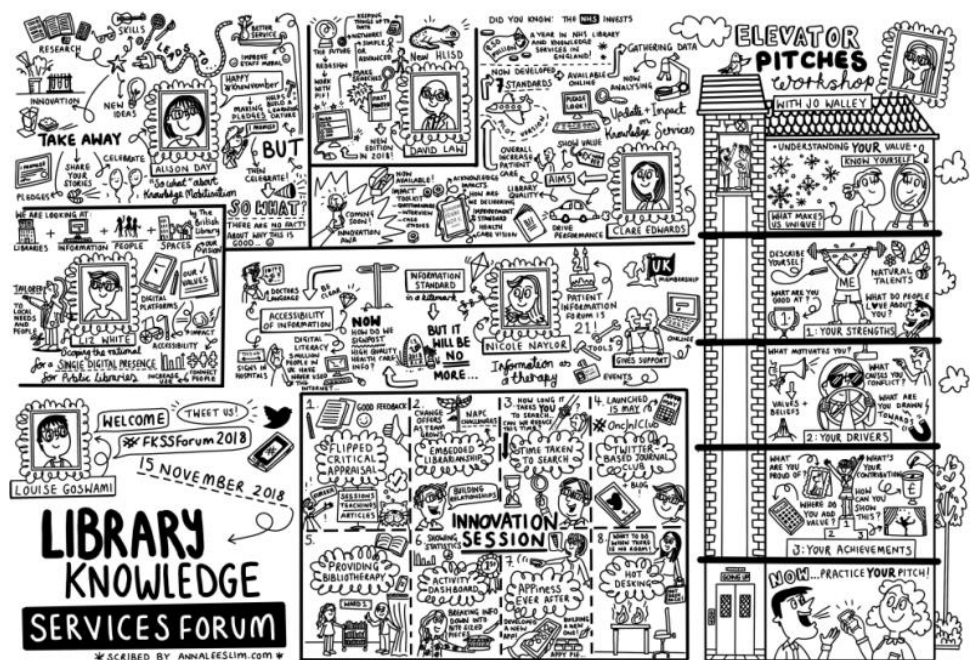
There was lots to follow-up on from Clare Edward’s talk including looking at the newly produced [Statistics Toolbox](#), considering how the [Knowledge for Healthcare Evaluation Framework](#) can be used for assessing local progress with meeting the strategy and rising to the challenge “How many case studies are you generating? There should be one for every lit search”. I had a great conversation over lunch with my Randomised Coffee Trial partner and it did not take long to realise our shared history of living and studying in Norwich.

The Forum closed on a positive note with a session led by Jo Walley encouraging us to reflect on our strengths, drivers and achievements to discover our value and then formulate this into an engaging message to advocate for what we do. A highlight was listening to, and voting on, a series of lightening talks about innovations in the region including use of an activity dashboard, developing a library app, improving time taken to search and running a journal club on Twitter.

It was interesting to see how this event was organised – almost paper free using Padlet to share agenda, list of participants, slides, speaker biographies, and sli.do to vote on innovations and posters.

The live scribe notes by Annalees Sim were an absolute highlight and great way to remember the event.

**Alison Day, Lead Librarian,
NHS East Dorset Library
and Knowledge Service,
(D01/2)**





Free Money! Well, sort of...

John Loy, Bristol.

The NHS South CPD Bursary scheme is available to anybody working within NHS LKS in our region, and at the moment has unclaimed funding available. You can apply for a bursary grant to pay for

- conference fees or attend a training event
- cover travel or accommodation
- pay for a trainer to deliver a local team training event
- creative ways of supporting your CPD

If you have been reading recent editions of The Swimming Pool you will likely have seen Owen Coxall from Bodleian Health Care Libraries' account of his recent study trip to the US, partly supported by an NHS South CPD bursary grant. All we ask is that you give a brief outline of how the course or activity will benefit you and your employer, and write it up for a future Swimming Pool.

You can apply for a maximum of £500 for an individual or £750 for a team. Remember that these are maximum amounts, so be realistic and provide some break-down of costings. For example. an application detailing £150 for course fees, £85 travel, £75 accommodation will likely have a swift journey through the CPD Reference Group vetting process as it is easy to see how the funds will be spent. Bear in mind this is public money we're spending, so if you're applying for £150 course fees and £250 hotel accommodation we'll likely suggest you explore staying somewhere a little less flash.

A successful application will usually have the funding paid to the host LKS, but on occasion it can be arranged for invoices for course fees to be sent direct to Health Education England.

Don't delay, apply today – full details on the [LibGuides CPD pages](#) – just below the 12 Days of Quizmas.

John Loy
Library & Knowledge Services Manager
North Bristol NHS Trust (SMD)

A SWIMS interloper's experience at the LKSS Forum

Rebecca Howes, Portsmouth.

A few months ago one of my fellow Brighton library school alumni contacted me, finding my name on a request for help from our amazing mailing lists. Archana, now working for HEE Surrey Sussex invited me to go to their Forum – the LKSS (London, Kent, Surrey, and Sussex) version of our LIB-SOUTH conference. I was lucky enough to secure a place and make my way to London's Russell Square (on a coach at 6am, am seriously considering setting up a Hampshire conference so I don't have to be awake at 5 for these things!).

The Forum itself was interesting, very different to our conference in terms of it all being in one room the whole day, lessening the administration needs. There were two external presences, apart from fellow interloper Alison Day from Poole, who had her HEE hat on. The first was a 'live scribe' called Annalees Lim (@makeandcreate) who created fantastic



A very Merry Christmas and a Happy New Year from the Editorial Team!





illustrations throughout the day based on the talks – I was in complete awe and now have brilliant cartoons to remind me what was spoken of. The second was Jo Walley, a coach from Stoke on Trent who provided us with an interactive session on Elevator Pitches – how to sell your service in under a minute.

I have to say the two externals were the highlights of the day for me (apart from getting to see Archana again after 6 years!). Jo Walley's session made me look at myself with a less negative critique, instead going into the positives of my personality and how that has fed into how I respond to work – which might sound touchy feely but it was a good way to look at the job I do as a Clinical Librarian. Unfortunately the rest of the event was a bit HEE-speak heavy for my taste, and one of the presenters (not our Alison!) certainly could use a lesson in how to create an engaging power point...

The rest of the day also included 5 minute innovation pitches from librarians across LKSS (Oncology Twitter Journal Club I am definitely going to adapt here) and a Randomized Coffee Trial, where we were matched with another delegate to find at lunch and have a conversation with, which would have been dreadful for me as my person didn't attend but luckily Helene from HEE took pity on me and we had a lovely chat!

My main takeaway from the Forum was that no matter where in the NHS or HEE network we might sit, each librarian goes through the same issues with their organisation and we still have so much to learn from one another. I would actively encourage anyone on a border with another group (as Portsmouth and Oxford are with LKSS) to try and get to a different region's conference like this and learn something new, or perhaps impart some wisdom yourself.

Rebecca Howes
Clinical Librarian
Portsmouth Hospitals NHS Trust (H27)



Network news

Hello everyone! I am excited to say that I have joined the team at Gloucestershire Hospitals NHS Foundation Trust as an Assistant Librarian. I've previously worked in special, public and further education libraries, qualifying as a librarian in 2016.

This role sees me become training and intranet lead, and I hope to develop the skills I've gained in previous positions to build on the current provision at GHNHSFT. There's a lot for me to learn and get stuck into, and I'm looking forward to participating in SWIMS and meeting lots of new people. I'd like to say a big thank you to my colleagues for having made me feel so welcome already 😊

Camila Garces-Bovett
Assistant Librarian
Gloucestershire Hospitals NHS Foundation Trust (GRH)





Spotted on Twitter!

@gloshospitals: A huge congrats to the Library Services team, winners of our Learning & Development Award! They were described as “exceptionally proactive” always looking for innovative ways to support staff and patients. Thanks @CGHospCharity #teamgloshospitals

@LibraryRuH: We are delighted to have won the Team of the Month award, as chosen by the Staff Recognition Committee, for our work on the Audiobooks for Dementia Patients project! This is such an exciting and valuable service we can offer to patients – we are very passionate about it!

@LibraryRuH: In other fantastic news, our very own Lisa Harvey won the award for ‘Living the Trust Values’ at the HR Directorate Staff Recognition Awards! Anyone who has been helped by Lisa with their eLearning (or anything else) will agree this is very well deserved!



Staff from Wexham Park, Royal Berkshire and Prospect Park Hospital Libraries enjoyed a meal out at the end of September. It was a lovely dinner and really great to catch up with everyone.

N.B. We may have mastered the Wessex Classification System, but mastering the menu and choices at The Real Greek was another matter!

“Reading Aloud” at Dorset County Hospital

Morag Evans, Dorchester

Having run a Shared Reading group at my local public library as a volunteer for twelve months I was asked to start one on the dementia ward at the hospital I work in as an outreach librarian. Shared Reading, as pioneered and delivered by the national charity The Reader, is a literature-based intervention which advocates the benefits of reading aloud and discussing short stories and poetry. The charity trains volunteers to become “Reader Leaders” of groups who meet to discuss how the literature makes them think and feel. It is no secret that Shared Reading can reduce isolation and loneliness and can improve mood/pain for up to 2 days following the literature-based intervention (Billington et al, 2017).

Since I became a Dementia Champion for the Trust in June 2018 I liaised closely with the Dementia Specialist Practitioner, Victoria Tweedy and the ward’s Senior Healthcare Assistant and Activities Co-ordinator, Lucy Hocking. I conducted a literature search to find evidence on the impact of literature-based interventions on older people, especially those living with dementia. One particularly helpful study highlighted that engagement in reading-group activity in a range of healthcare environments “appears to produce a significant reduction in dementia symptom severity.” (Billington et al, 2013)

Equipped with the training I received with The Reader and a good supply of biscuits I started a “Reading Aloud” group in the day room on Barnes Ward at DCH. The day room is decorated





and furnished in a 1950s style and has a warm, welcoming ambience. Lucy attends the session as she physically facilitates the group, escorting the patients into the room and ensuring their physical needs are met; she also expertly 'breaks the ice' and knows the patients personally. I bring a short story and poem/s, depending on the time we have, the session usually starting at 10.45am, with lunch at 12pm. The short story usually takes 15-20 minutes with pauses throughout to discuss the plot/characters/setting and how we feel about them. This requires careful planning and questioning. The poetry, which takes up the rest of the time, also has to be carefully selected and printed in a slightly larger font so that group members can read it if they wish. I speak in a slightly louder voice than usual when reading and really slow down the pace so that the story and poem can be followed. The challenging bit is asking questions without coming across as patronising or insulting the group members' intelligence or turning it into an English Literature lesson! I've learnt that the best way is just to be yourself and treat each member of the group not as a patient or a "dementia-sufferer" but as a person with their own thoughts, views and feelings.

The most challenging session (from the point of view of asking the right questions without upsetting or offending group members) was a recent one on Remembrance, specifically on the end of the First World War, the anniversary of the 1918 Armistice – the poem I chose was *Everyone Sang* by Siegfried Sassoon – it was very moving and poignant. It was interesting to hear the group members' views on a war they remembered relatives having been involved in. One gentleman expressed that he believed everything to do with war should be hidden away, to be forgotten about, not stirred up every year; while a lady shared her view that it was important to pass on the memory of war onto the next generation, in the hope it wouldn't happen again. It is a privilege to listen to their views and discuss what matters to them.

The Dementia Specialist Practitioner is keen for "Reading Aloud" to be replicated in other wards in the hospital and we are using the sessions on Barnes ward as a pilot; we are working on a way to measure the impact the sessions have on the quality of care and patient experience of the group members. I am fortunate in that I have been released to plan and deliver the sessions as part of my outreach role and it's an honour to be involved directly with the care of the people we're all here for - to be part of their day and bring a smile or a giggle and perhaps the occasional tear – that's what reaching out is all about, surely?

Morag Evans
Outreach Librarian
Dorset County Hospital (D08)

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Library Open Day at Musgrove Park Hospital

Jess Pawley, Taunton.

On 14th November the team at TAU opened the doors for the day to showcase the wide range of resources we can offer to staff and students across Musgrove Park Hospital and the Somerset Partnership.

Normally we operate a locked-door policy in the hopes that this will deter users... sadly, this doesn't work, so we thought we may as well just open the doors and have done with it. We took over half the library to set up tables advertising various resources. Users were very good about the disruption, and we even had a couple of medical students asking us how the day had gone.

We advertised the event through Twitter, the Trusts' weekly bulletin and through a good old-fashioned trawl of the wards with posters. We set up tables so that users could sit and chat with us, and had sweets and fruit on hand to bribe... I mean, encourage people to sign up for things. Siobhan was demonstrating UpToDate and promoting our health literacy/patient information work.

Jess had a table for KnowledgeShare, current awareness and database training sessions. Roxanne was talking about the work she does for the Trusts' Quality Improvement team, and advising users on how she can help them with QI projects.

David was showing users our brand new library website, a link to which is here for anyone interested in having a look: <http://www.libraryservicemusgrove.nhs.uk/> David put a lot of time and effort into creating the site so it was good to be able to show it off.

Last but definitely not least, Denise, Natalie and Carol-Ann were keeping the library going amidst the chaos, and helping to get people registered to join the library and signposting users to the relevant stations to help answer their Open Day questions.



A colleague from Learning and Development was on hand to take some photos to help us publicise the event, some of which I have included here. We also had a hashtag for the day, which we encouraged people to use when tweeting about us, and Siobhan had the brilliant idea of asking users to go "on the record" with their feedback...

Roxanne, Denise and Carol-Ann provided cake, which of course proved popular. We even managed to get some of the executive team to visit, including the Trusts' Chairman,





which as you know is no mean feat. But the main star attraction of the day was the giant pencil, loaned to us for the event by Natalie, our resident artist who made the pencil as an art project and thought it would work well as a promotional tool. It definitely got people talking, so I would say it was a success. It also works well for bashing people over the head and clearing users out of the library at the end of the day.



It was a full day but definitely a positive one, creating new contacts and promoting our work far and wide. The day flowed really well, and user feedback was positive and gave us something to take away and work on. We also picked up several training sessions and literature searches, and got people signed up to KnowledgeShare and our other current awareness bulletins, as well as OpenAthens and UpToDate.

We would definitely recommend running an Open Day- it's busy and it's good fun, and it lets you show off everything you do to the point that people should no longer be able to say "but I didn't know we had a library service." Please visit our twitter page to see more news and photos [@musgrovesompar](https://twitter.com/musgrovesompar)

Jess Pawley
Librarian
Taunton (TAU)

"Opportunities are like sunrises."

Nicki Forgham-Healy, Weston-super-Mare

As William Arthur Ward once said - "Opportunities are like sunrises. If you wait too long, you miss them". For the last 5 months, I have been 'Library & Training Manager', this opportunity arose when my line manager left and the trust was unable to recruit to the role. An email was sent around the directorate asking for expressions of interest. As many of you are aware, within my role I am the trust lead for eLearning and as a result the Library and the Training Department work closely together on a daily basis. Believing that I had the necessary experience and skills for the majority of the role I decided to put myself forward. This was accepted and I am now managing a much bigger team, and budget. I now lead the





Health & Wellbeing team for the Trust.

What have I learnt during this opportunity?

It has been a learning curve, and I have been able to:

- Sit in meetings which I had never been invited to before, this has been an excellent opportunity to pick up literature searches and highlight the resources we have.
- Reviewing and updating Trust-wide policies, such as Study Leave
- Chairing both the Education Committee and the Health & Wellbeing team
- Creating Action plans, job descriptions and business cases
- Reviewing processes to ensure that they are efficient and effective and that they met the needs of the organisation
- Attend a leadership course run by NHS Elect with colleagues from across the organisation
- Evaluate the information which is available on the Intranet
- Attend more regional meetings
- Develop coaching skills

Skills from the library world I have expanded and developed:

- Statistics skills: I have been actively involved in the dissemination and reporting of the flu vaccine figures. You might not see how this is relevant to library work, but if you think about journal download statistics, it's all about the numbers and the subject areas.
- Used "Knowledge Management – peer assist" to bring in staff who have the necessary skills to create spreadsheet templates, ensuring that the information captured meets the information requirements of the CCG and DOH.
- Connections: connecting people to corporate knowledge by ensuring that training information is prominently displayed and updated.
- Literature searches: the number of literature searches has increased, as I have been able to highlight this service to a wider number of staff.
- Resources: as part of the team developing apprenticeships, I am able to review the library resources to ensure that we have suitable materials.
- Library-powered solutions: I am better placed to identify information needs and work to come up with suitable solutions.

It has been an interesting opportunity and I have learned lots of new skills; some of which I would not have developed if I had not seized the opportunity – if you get the opportunity to learn and develop – my advice would be to seize it.

Nicki Forgham-Healy
Library and Training Manager
Weston General Hospital WSM)





Making Sense of Health Research: conference at Buckfast Abbey

Katy Oak, Cornwall



‘Do you want to know more about evidence based health care(EBCH) from a clinician’s point of view?’

‘Do you want to learn about critically appraising research papers?’

‘Do you want some fun ideas for teaching critical appraisal?’

If you’ve answered ‘Yes’ to any of these questions then you should try one of [PenCLAHRC’s](#) study days.

Professor Stuart Logan gave a very compelling talk at the start of the day about how the research on preventing SIDs by sleeping position was not recognised and incorporated in to practice until the 1990s. As a paediatrician himself he was able to put across the impact of this in a very real way. Dr David Nunan, the lead tutor for the Teaching Evidence-Based Medicine course, University of Oxford then gave the keynote speech. He also spoke about the impact of using and not using EBHC giving lots of relevant examples.

From a range of workshops I chose ‘Introduction to diagnostics’ and ‘Introduction to qualitative research’.

Introduction to diagnostics

This was a really relaxed but informative workshop delivered by two GPs. They enlightened us on the thought processes that GPs go through when diagnosing patients, leading to a discussion on when diagnostics tests are needed. Diagnostics papers will trial one diagnostic test against another and a fun activity involving chocolate covered raisins and peanuts gave us the opportunity to learn about sensitivity and specificity of diagnostics tests.

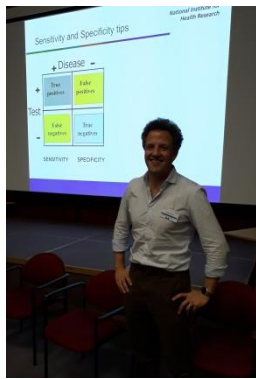
Introduction to qualitative research

This session was a great introduction to reading qualitative research led by Dr Sarah Dean and her colleague. It provided the context and framework for qualitative research to enable more analytic reading of qualitative papers.

Humans can have the same experience but feel differently about it – *What do you think of when you see lightning?*

An activity based on sucking a malteser provided a fun way to have a go at interviewing someone and understand how





GP Edmund Jack leading the diagnostics workshop

qualitative data can be analysed as themes.

This was an inspiring and useful conference in a great location – delegates came from a range of backgrounds and it was lovely to see some friendly librarians from the South West!

Katy Oak
Outreach Librarian
Royal Cornwall Hospital (RCH)

Making Sense of Health Research – PenCLAHRC conference

Catherine Micklethwaite, Torquay.

I was notified of this conference by one of our resident researchers and saw a session on critical appraisal of a randomised control trial was offered (something I've always felt daunted by). I missed out on the critical appraisal courses before I started in post and I'd been thinking I needed to know more. Valuable when doing evidence searches, synthesising the results, as well as helping users with their searches; if we were to offer journal clubs in the future, I definitely needed to know more!

I noticed the plenary was on **“Why do we need evidence based practice”** (definitely useful) and I chose the qualitative research breakout session. I'm forever helping students figure out selecting qualitative or quantitative studies, which is more appropriate in which circumstance! Hey presto, a useful looking day - absolutely free. Best yet, being held at Buckfast Abbey (20-minutes by car), I didn't need to leave the house until 8.30am – a luxury – and a lift from Alice Sayles, our graduate trainee who also attended.

The venue was stunning, a modern conference centre building set in the grounds of a 12th Century abbey - Buckfast Abbey (synonymous with Buckfast Tonic - an alcoholic drink made by the monks and very popular in Glasgow!). Worth looking up! I bumped into some nursing staff from our Trust who immediately talked about how good the lunch would be (they weren't wrong - probably the best conference lunch yet!) and met some fellow librarians from our network. **(John Loy – if you're reading this, a potential venue for us to look at in the future?!)**

Right, down to the nitty gritty – what did I learn? In the introduction, Professor Stuart Logan stated the reason for evidence-based medicine (EBM) was to “try not to kill too many patients”. This is at the very heart of what we try to help healthcare staff achieve. Dr David Nunan, in his plenary, broadened on this - if we don't practice EBM, then:

- 1) Money is wasted
- 2) Patients suffer





3) Patients die

We really can't argue with that but there is a flip side! Too much evidence makes it difficult to synthesise and research is often only published if it's positive, so negatives are sometimes downplayed. 22 systematic reviews are published daily – how does anyone stay on top of this?? My answer, obviously, is to turn to your local friendly librarian for current awareness services and/or evidence searches.

The introduction to qualitative research session was excellent. Why would you use it? Mostly for answering why, finding out about participants' experiences, and barriers to achieving something. In short, it's about human experiences. The session leaders were keen to point out that quantitative and qualitative often complement each other; use mixed approaches (where applicable) to give a rounded picture.

To emphasise how the same data can be viewed by different angles/mindsets, we all read the same text about a beautiful Georgian house. In secret, half of the group were instructed to be estate agents, the other half to be burglars. When we pooled our observations, it was startling how different they were e.g. the estate agents eulogised about the secluded mature gardens with French doors opening out onto them; the burglars highlighted lots of natural cover, hidden garden gate along a very quiet country lane and old French doors that would be easy to spring. I loved doing this exercise and have noted it as a potential teaching scenario in the future.

In the critical appraisal session, we evaluated a scenario and a potential RCT, focusing on the following aspects:

- 1) How were patients selected for the study? What was the setting and the inclusion/exclusion criteria?
- 2) How were patients allocated to groups? Was there an allocation bias or was it consecutive/randomised? Was the randomisation concealed, who knew about it?
- 3) Were the groups comparable in size and composition?
- 4) Were patients treated the same (except for the intervention) in the groups? Were the follow-up schedule, permissible additional treatment etc. the same?
- 5) Was there sufficient follow-up i.e. less than 20% drop-out rate?
- 6) Was the patient 'blind' to their treatment i.e. were they aware of what treatment they were being given? This is critical in subjective outcomes (symptoms or function). Were the clinicians also 'blind' to the treatment they were doling out (where applicable)?
- 7) What measurement was used to record the results? Did they report on a risk difference (absolute risk reduction) or a risk ratio (relative risk reduction)?

Question 7 was by far the hardest! Talking about statistics and working with numbers to work out risk made my head hurt. At least I now have a vague understanding of Confidence Intervals (CI) and relative risk values and what they actually mean.

Having attended this conference, I feel much more confident evaluating RCTs and





understanding the circumstances in which qualitative studies are more appropriate, so my requirements were more than met.

PenCLAHRC are very happy to come deliver **free** training sessions to any SW Trusts (not sure about further afield) provided we offer a venue!

Catherine Micklethwaite
Library and Information Services Manager
Torbay Hospital (TOR)

“Do your best!”

Elaine Beckett, Bristol.

The above title quite likely sounds familiar to you as it forms part of the Scouting Movement promise. What does this have to do with being a librarian you might ask? Well, I am the world’s least likely scout leader so I thought that I would share my observations.

When my children were first in scouts and guides, I thought that I had little to offer the group. However I soon slipped into taking the minutes at scout committee meetings and then into a uniformed role when our Beaver section (6 to 8 year olds) was threatened with closure due to lack of leaders. I was pleased to find that the library profession’s traditional strengths, such as good networking skills and attention to detail, were useful even in a completely different setting.

I found a surprising amount of overlap with my ‘day job’, especially when using our Online Scout Manager system. This was designed in 2011 by a scout leader who was working for IBM. It runs all our record-keeping, finances and communications, and allows parents to view and update their child’s details, sign up for camps and events, see what they need to do to complete their cookery badge etc. It means there is an information manager role in each scout group keeping an eye on data quality, permissions, GDPR, and other issues. There’s an interesting (to me anyway) debate over print versus electronic record-keeping, where the technology occasionally needs a paper back-up (for example when camping in the rain with no electricity). There is also a chance to observe a wide variety of leadership styles, both in the children and the adults, and to gain all sorts of experience from coaching/mentoring, to budgets and marketing; all of which will be familiar to many library staff!

On less familiar ground, I have enjoyed gaining some practical skills which may not necessarily have any library relevance. Nevertheless I have learned how to tie an Alpine Butterfly knot and to make armpit fudge (yes there truly is such a thing – see the recipe on the [Online Scout Manager](#)), as well as some more useful skills like first aid and bike maintenance. Stepping outside my comfort zone has improved my resilience and adaptability: I have ‘slept’ on the floor of the hands-on science centre, spent a weekend in torrential rain in army tents, and narrowly missed Bear Grylls arriving by helicopter at the Avon jamboree.





The waiting list of children wanting to join scouts is huge and limited by the number of leaders and helpers. If you are wondering whether to volunteer then there are many library skills that do actually transfer very well into more unexpected routes such as scouting. I'm glad I have tried something totally unexpected, found some skills I never dreamed I had, and have the chance to work within such a positive and supportive team of young people and adults.

Elaine Beckett
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aka

Lemur
Assistant Beaver Scout Leader
255th Bristol Channel Sea Scouts

A message from the Editors

While the Swimming Pool goes from strength to strength, we simply could not do this without you – the authors that write the pieces that make Swimming Pool the newsletter that it is.

Please do keep those articles coming – tell us what you are doing, who your starters and leavers are, what you are all up to – any interesting projects, anything you'd like to share?!

Here's to a productive and bumper 2019!



A very Merry Christmas and a Happy New Year from the Editorial Team!





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