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Issue 115

The Swimming Pool



**Newsletter for the
SWIMS Network**

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Inside this issue

User Discovery Workshop: there & back again	2
#Ukmedlibs	2
From Bristol to Kathmandu	3
Biscuit Decorating on Time to Talk Day	5
Award Winners: Most Innovative Team of the Year	6
Dates for your CPD diaries	6
The Ideas Pool: the mythology of the Librarian	7
Editorial Team Contact Details	8

User Discovery Workshop: There and Back Again

Hannah Wood, Weston-super-Mare

Attending the User Discovery Workshop in London gave me an opportunity to add my voice to those interested in the development of a new national website. Since I love a bit of user-centred design and usability, it was great to see it in action; user-centred design is an excellent way to make users happy, and a handy method of developing a very useful resource or service.

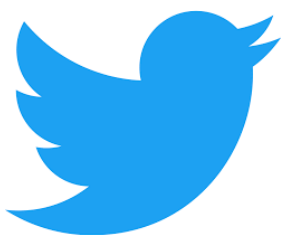
The journey to London was pleasant enough, although I unwittingly walked up what seemed like fifty thousand steps at the Russell tube station. If you're ever in the area and fancy a free workout, I highly recommend it. There was a defibrillator sensibly located halfway up the spiralling stairway too, which I found both comforting and slightly daunting!

The workshop gave us a platform to talk about the [KFH blog](#) and the [national website](#). We talked about what aspects of the websites we liked and parts we didn't particularly like. Our opinions and advice were taken on board, so that a new website can be created according to the specifications of its users. We also looked at different 'personas' which I found really interesting, as it gave us insight into lots of different users who are likely to use the websites, and what sort of challenges they might face in accessing information. It was pleasing to see a lot of comments around accessibility and functionality, and ensuring that information is useful to different library workers.

I am eagerly looking forwards to seeing how the feedback we presented will be used in the development of the new website. It's always nice to meet up with library colleagues and talk about our practices and what we'd like to see in the future. I guess it's a matter of 'watch this space', and I can't wait to see what happens next!

Hannah Wood
Librarian
Weston Area Health NHS Trust (WSM)

#Ukmedlibs



The next twitter chat for #ukmedlibs is at 8pm on Tuesday 19th March and we will cover diversity and inclusion. Essentially; what do diversity, equality and inclusion issues really mean for libraries and librarianship? Why do they matter? How would it feel for our profession and our users if our services and collections were truly inclusive?

The questions will appear on the blog shortly (ukmedlibs.wordpress.com), but please do join @ukmedlibs for what should be an interesting and thought provoking conversation with @DeweyDecibelle and @nhoward amongst others.

From Bristol to Kathmandu

Katie Barnard, Bristol

Since starting my clinical librarian role back in 2016, I have worked with several clinician-researchers from our trust's maternity research team on systematic review projects. These researchers, both doctors and midwives, work clinically at Southmead Hospital but hold academic posts at nearby universities, and as a team they are fast becoming a powerhouse of research. From the beginning they completely understood the value of having a librarian on the team, and in November last year my involvement was turned into a formal secondment. In this capacity, I work with the team for one day a week on systematic reviews, principally constructing and running searches, sourcing full-text papers, screening abstracts for relevance, and extracting data from included papers.

One of the projects I have been supporting is around antenatal care (ANC) in Nepal, which as a research package comprises:

- a systematic review of ANC interventions in Nepal
- a service evaluation of ANC at three Nepali hospitals
- focus groups with postnatal women and staff
- interviews with stakeholders
- open meetings to agree future ANC work priorities

This project is in partnership with Mother and Infant Research Activities (MIRA), a Nepali research organisation, and is funded by a pump priming grant from the University of Bristol. Very unexpectedly, I was invited to join the project team on a week-long trip to Nepal to meet and work with the Nepali research team. And so, in January, I found myself on a plane heading to Kathmandu with Dr Abi Merriel (lead researcher), Dr Miriam Toolan, and midwife Mary Lynch. (Being five months pregnant at the time, I was in very safe hands!)



Our work base whilst in Nepal was the MIRA office in Kathmandu, where we were able to develop the initial research plans with the Nepali research team and work together on the earlier stages of the project, notably the systematic review. It might seem a shame to travel all the way to Nepal to spend more time looking at computer screens, but it was really useful having everyone physically in the same room, and the combination of our different backgrounds and expertise made for a much richer work output. Furthermore, the Nepali team's cultural explanations were invaluable – they told us more about things like [cash incentives for women](#) to go to hospital or the role of [mothers-in-law](#) in ANC, helping us contextualise papers we'd come across and better understand these practices and initiatives.

We also delivered several workshops between us, mine being on search strategies for

systematic reviews. Unfortunately there was a powercut just before I started (not an uncommon occurrence), so with the projector out of action everyone had to huddle round the laptop! However, the session was still well received, and I think helped the Nepali team understand my role a bit better.



Breaking out of the office, we were able to visit two of the hospitals being used as study sites for the later stages of the project: Paropakar Maternity and Women's Hospital (a public hospital) and Kathmandu Medical College Teaching Hospital (a private hospital). We were very kindly given tours of antenatal clinics, postnatal wards, delivery suites and NICUs at both sites, and though some of the facilities were quite basic and the demand was high, the dedication and hard work of the healthcare staff we met was clear.



All in all, I had the experience of a lifetime in Nepal. It gave me a fascinating insight into what lies beyond the literature search or systematic review in a research project, and allowed me to get past the detached, scientific wording of research papers and actually meet the people, see the sites and understand Nepali cultural practices. Work on the project is still ongoing, with the whole package expected to be completed by the end of July. Following that, further funding will be sought for the next step of the project: using the findings to implement an intervention to improve ANC.

Katie Barnard
Clinical Librarian
North Bristol NHS Trust (SMD)

Biscuit decorating on Time to Talk Day

Helen Mugleston-Dahlke, Reading

[Time to Talk Day](#) is organised by [Time to Change](#) – a social movement that's working to end mental health discrimination. This year's Time to Talk Day was on Thursday 7th February and was all about having the right ingredients to have a conversation about mental health.

We felt that many good conversations happen over a cup of tea and a biscuit, so with this in mind we planned to host biscuit decorating and provide hot drinks. As part of the preparation we [posted on our blog about our Time to Talk Day plans](#).



All new blog posts automatically get posted on our Facebook and Twitter pages and our tweet was picked up by the social media officer at our Trust who got in touch to ask if they could promote the event on the main Berkshire Healthcare NHS Foundation Trust social media channels. We said yes, of course!

On the day we put out a selection of biscuits, icing sugar and toppings for staff to use to decorate their biscuits. We also created a display of books from the health and wellbeing collection - these cover a range of different topics including stopping smoking, exercise, nutrition, poetry and reducing stress.

Anyone who visited the library during the day was offered the chance to decorate a biscuit (and the Library team had a go at decorating some too!). Even if not everyone had time to

decorate a biscuit, people appreciated being asked. They could also help themselves to a mug of tea or coffee.



It was great to see all the different biscuit choices. Some people just took a plain biscuit, some people decorated many but only ate one, some people decorated the biscuits for people that weren't able to come and took them away to give to colleagues. We took photos of the biscuits and shared them on the [@LibraryBHFT](#) Twitter account too. The [main Trust Twitter account](#) retweeted a lot of our tweets and also posted some of their own advertising the event.

We got a lot more interaction with our posts than usual – including a favourite from the [Time to Change Twitter account](#) and a reply from a library user thanking us for their cup of tea.

This was an easy event to host and has the added benefit of opportunities for social media! We really enjoyed the day and conversations we had with people, and were glad to raise awareness of Time to Talk Day.



Helen Mugleston-Dahlke, Deputy Library Manager, Berkshire Healthcare Library (PPH)

Award Winners: 2018 Most Innovative Team of the Year

The Academy Library, Bath were awarded the prize of Most Innovative Team of the Year at the recent Royal United Hospitals Bath Annual Staff Awards ceremony. This was in recognition of our unique Audiobooks for Dementia Patients project which we have been running since July 2018. In addition to a lovely plaque the team also received £1000 which we are looking forward to spending on our service.



Jason Ovens
Head of Library & Knowledge Services
Royal United Hospital NHS Trust (W14)

Dates for your CPD diaries

Health Literacy Workshops:

Thurs 9 th May:	John Radcliffe Hospital, Oxford
Thurs 23 rd May:	Royal Devon & Exeter Hospital, Exeter
Tues 28 th May:	Southmead Hospital, Bristol
	Queen Alexandra Hospital, Portsmouth
Weds 29 th May:	Royal Hampshire County Hospital, Winchester

Systematic Review Searching Workshop:

Mon 20 th May:	Swindon at Jury's Inn, Fleming Way
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Webinars:

March 26 th & 28 th	Institutional Repositories
April 15 th & 16 th	Knowledge Management e-learning
May 14 th & 15 th	Examples of impact
June 10 th & 13 th	How to read a paper
July 10 th & 12 th	STEP e-learning

Please visit the CPD pages on the regional libguides website to find out more and to book your place: <https://southlks.libguides.com/cpd/home>.

The Ideas Pool

The second entry into our new feature the ideas pool' comes from Stella Rogers at Swindon as an article for the Trust's staff newsletter. This was an opportunity for Stella to promote library services to those that might not realise exactly what it is that LKS staff do.

The Mythology of the Librarian

Stella Rogers, Swindon

What more is there to know? Librarians are those stern, wizened authoritarians who read books all day. If you so much as breathe, they glare at you over the top of their horn-rimmed spectacles and tell you to shush. Mind you, their hair is pulled so tightly into their regulation buns that it's no wonder they're cross!

Well, that's the mythology over and done with, so let me tell you about what we do here in the Academy Library & Information Service (ALIS) and how we can help you. Firstly, no two days are ever the same and it's really not all about books, either. When we're not helping our members to access databases, point of care tools and printed stock, we are conducting literature searches and tracking down journal articles. We visit departmental meetings and events to demonstrate our services and we also provide one-to-one or group training in database searches and library skills. We carry out inductions, providing reading lists as requested and we operate a current awareness service to keep you informed of the latest information most relevant to your professional interests. We have also joined forces with the Swindon Library Service in helping patients and the public to find and access safe, good quality health information.

While we can only dream of being able to read all day, we do have a good stock of fiction titles, too. Next time you pay us a visit, why not find yourself a good read? Reading is clinically proven to reduce stress and might even help you live longer. If you don't believe me, I can show you the evidence-based research behind the claim. Don't forget that the library is staffed from 8.30am to 4.30pm, Monday to Friday. You also have twenty-four hour access seven days a week with your staff card so you can take advantage of a nice, peaceful working environment around the clock. You can find us in the Academy on the lower ground floor next to the aptly named Bookends Café. All our services are available to access online via the intranet; simply select 'L' on the homepage and follow the links to the library. We look forward to working with you soon.

Stella Rogers
Library Assistant
Great Western Hospitals NHS Foundation Trust (W01)

If you have an entry for 'The Ideas Pool' please send it to Sam via email: sam.burgess@southernhealth.nhs.uk Share your ways and means of promoting library resources and services and perhaps you'll be able to steal some ideas in return!

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