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Issue 120

The Swimming Pool

**Newsletter for the
SWIMS Network**



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Health Information Week 2019

Alison Cairns, North Devon

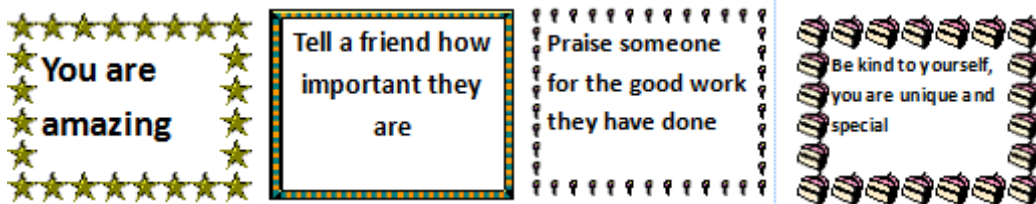
We worked in partnership with staff from Barnstaple Library, part of Libraries Unlimited, the public library service. They had an information stand in the hospital restaurant area on the Tuesday of Health Information Week. This included someone from the Dementia Alliance. I also put this group in touch with our Admiral Nurse - the comment was *“Yes it was useful, X said she had several conversations as did Y.”*

It was also helpful to cement our existing links as the Library Manager also said - *“Perhaps after the summer we can arrange to meet up to chat through ideas for future events etc. If you could suggest some dates we can get something booked into our diaries.”*

We invited the staff physiotherapist who joined us on an information stand about health and wellbeing including the library health and wellbeing collection. This took place on the Wednesday during the lunch period by the staff physiotherapist with a hula hoop and gym ball as well as our library staff with the health and wellbeing books. We supplied a dish



containing small pieces of paper each with a ‘thought’ for people to take away. These thoughts were positive statements and random acts of kindness (see examples below). They were available in the library for the rest of the week. It definitely worked well when people were asked to take one and some appreciation was expressed. However, only a small number of people attended. Unfortunately we were not able to book space in the hospital foyer for either day but nonetheless reached a fair number of people.



We provided free fruit in the library on the Thursday of Health Information Week - we received 60 pieces of fruit from the Community Champion at the local Tesco store!

We divided this between the health library and the leisure library. Some of the fruit was taken on the day and certainly most of the rest had vanished by the weekend.

These events certainly helped to raise both our profile and our partnership working. We will continue to be involved in Health Information Week.

Alison Cairns
Library & Information Manager
North Devon Healthcare NHS Trust (NDH)



The Big Summer Read in Gloucestershire

Chloe George, Gloucestershire

The end of summer may feel rather distant now, but it has been a fun one in Gloucestershire Hospitals with the launch of our new look reading challenge. At the beginning of the year I was given the task of organising the challenge. We had been running our 6 Book challenge for the last 10 years and although popular it was becoming tired for both Trust staff and the Library Team. I wanted to make it simple for us to deliver and fun for our users.

My plan was to re-launch as **The Big Summer Read** and to make it more fun package our challenge books in a “suitcase style” goody bag. My main challenge was to secure funding but this also gave me the opportunity to work in collaboration with other departments and suppliers. Our own Trust Charity, MacMillan Skin Cancer Nurses, and Colour Connection a local printing company who work for the Trust were all keen to get involved. With their support we were able to have 2 new books in each bag, pens, bookmarks sunscreen samples and sun awareness booklets.



We publicised the event via our Trusts weekly news round up and I was thrilled to get a mention in the CEOs blog encouraging staff to take part, we also promoted via Twitter to spread the word.



Bags were to be collected from the libraries midday onwards on the launch day and it was first come first served! We gave out a total of 150 bags between our 2 sites within an hour. It was fantastic to see some many new faces in the library and the event had a real “feel good” factor.

If anyone would like more information about how we ran our challenge please contact me for details – chloe.george@nhs.net

**Chloe George, Senior Library Assistant,
Gloucestershire Hospitals NHS Foundation Trust (GRH/CGH)**

International Clinical Librarian Conference 2019 (#ICLC19)

Sarah Rudd, Bristol

ICLC19 took place at the Manchester Museum of Science and Industry this year and it was a great choice, given how much we rely on technology to do our jobs as clinical librarians today. There was a raft of topical presentations, workshops and posters, from a wide range of UK and international presenters. Some of the furthest afield came from Australia, Singapore, and the USA. The SWIMS region were well represented amongst the presenters with Jess Pawley, Jennifer Moth, Siobhan Lindsey, and I, all giving presentations, lightning talks, or workshops.

With so many presentations, workshops and posters on offer ([conference agenda](#)), it would be impossible to write up all of them. So I have focused on just a few that stood out.

Kirsty Rickett spoke on the audit they had conducted of compliance in systematic reviews with the PRISMA guidelines. It was interesting to hear that this is not always done and as I am doing a lot more searches for users who are conducting systematic reviews I took away some top tips:

- Publish at least **one full** search strategy with a systematic review
- Describe all information sources in full
- PRISMA guidelines are currently being updated so keep an eye out for the updates.

Interestingly one of the presentations on the second day was from a Norwegian clinical librarian who had visited NBT in 2018, along with her manager. When Henriette visited NBT in 2018 they were still exploring how to set up a clinical librarian service at their hospital, so it was interesting to hear about how their project has progressed in the year since. They described having made good in-roads with the medical division and attend a variety of meetings. Most importantly, in terms of succeeding in embedding the project, they have had buy in from senior hospital directors. To demonstrate the impact of the project, Henriette stated that in 2018 a total of 6 literature searches were conducted; whereas in 2019 (to date) 40 have been conducted. They felt that this was a great improvement and they have had lots of positive verbal feedback. It was great to know that their programme has successfully started up, and that hopefully the visit to NBT helped with that.

Two of the technology related talks that stood out were the geographic search filters presentation from Lynda Ayiku at NICE, and 2d Search from Farhad Shohraneh at Cochrane. The geographic search filters presentation related to the recently published article in Health Information and Libraries Journal, and Ayiku spoke about how much work went into the creation of the validated filter and the need to keep it updated. It is a filter that I would definitely use in the future, having learned more about it. 2d Search (<https://www.2dsearch.com/>) is a platform to help searchers create advanced searches easily in PubMed, Google Scholar, TRIP and Epistemonikos. The developers are hopefully going to look at whether it could be expanded for HDAS. This will definitely be useful in teaching the basics of Boolean searching to those asking for literature search training.

Thank you to the HEE CPD Group for the bursary place at ICLC19. If anyone would like any more information on my experiences at the conference please get in contact.

Sarah Rudd
Clinical Librarian
North Bristol NHS Trust (NBT)

ICLC Conference – Manchester 3rd-4th October 2019

Lisa Hirst, Bath

As one of the lucky four recipients of a HEE South bursary, I headed north to Manchester in early October to attend the ICLC Conference. The Science and Industry Museum proved to be a well-located and interesting venue, and the conference itself was bursting with knowledge from the close to 100 attendees.

The two days kept up a fast paced content of paper presentations, lightning talks, workshops, and exhibits (including the poster awards). Not forgetting the brilliant opportunity to network with colleagues from far and wide.

Among my stand-out presentations were:

Library language: a barrier to service?

Helen Kiely, (Mersey Care NHS)

A thought provoking consideration of the language we use in our library practice which can ultimately act as a barrier to our users. Mersey Care had carried out a survey amongst their user-base which demonstrated some interesting results – one of the most surprising being that understanding of library terms did not differ between job roles. There was better understanding of “inter-library loan” than expected, but probably not a shock to find that “Open Athens” caused a lot of confusion for users. The biggest takeaway points for me:

- You can put as much effort into marketing as possible, but it is pointless if the language is wrong.
- Assumed knowledge is a barrier
- Delivery is all-important.
- Awareness and adaption where necessary.

The clinical librarian’s guide to winning friends and influencing people

Liz Hunwick (Basildon & Thurrock) and Rebecca Parrot (Princess Alexandra Trust)

This presentation highlighted how much personality can impact on the success of a clinical library service. Personality can be key in developing relationships and becoming embedded in departments. We all have to remember that integration is not a given and takes huge amounts of effort and commitment. Liz and Rebecca bravely shared their Myer Briggs personality test results illustrating how we all bring something different to our teams.

Takeaway points:

- Be self-aware
- Use traits to advantage and develop new skills
- The importance of visibility and building / maintaining relationships
- The benefits of a diverse team – and putting the right people in the right roles

A stimulating talk from *Kirsty Rickett (Uni of Qld / Mater Hospital)* on an audit of search method reporting compliance to PRISMA in a sample of published systematic reviews. It was disappointing how few were PRISMA compliant, but conversely encouraging that those acknowledging librarian involvement were among those with the highest compliance. There is an increasing demand for us to support systematic reviews and the presentation demonstrated that we have a positive impact.

I also found *Suzanne Toff’s (Derby and Burton)* presentation on her delivery of critical appraisal training to a patient to be fascinating. Plenty of transferable tips and techniques for the provision of good quality patient and public information.



The bursary winners from the Southern region:

Left to right: Lisa Hirst, Siobhan Linsey, Nouredine Kenssous, Sarah Rudd.

Our key note speaker on Day 2 was *Sue Lacey-Bryant (HEE)*, brilliant as usual at pointing out the opportunities available to us in our digital and patient-centred future. Always good to remember that “evidence does not speak for itself” and that we are “the mediators to mobilise it”. This tied in nicely with the afternoon workshop looking at ***The persona of the clinical librarian in the context of the Topol Review***. Our group considered what Gertrude – our clinical librarian – would be doing in 2029. We were certainly hoping for a better IT infrastructure and anticipated more use of technology including use of chatbots, more synthesis and collaborative tools. Gertrude would be far removed from the Library, working around the hospital or remotely with additional qualifications in IT, AI, science and medicine.

My favourite lighting talks came from firstly *Arwen Caddy* of Reckitt Benckiser who provided us with a sideways look at clinical librarianship in the private sector, emphasising the benefits to be gained from “playing the long game” and building trust; and secondly *Tom Roper (Brighton and Sussex)* with his entertaining delivery of how he supported the Brighton Marathon Research Group, providing the best line of the Conference referring to the unique Marathon opportunity to get your “ECMO outside Greggs”.

Thank you all for a great event and I am very much looking forward to next time!

Lisa Hurst
Librarian
Royal United Hospitals Bath NHS FT (W14)

The next #Ukmedlibs chat is a lunch time one! Join the #Ukmedlibs team along with Alison Day and Holly Case Wyatt at 12:30pm on Tuesday 19th November to discuss #Knowvember and all things knowledge management.

Questions will be posted on the #Ukmedlibs blog when available – ukmedlibs.wordpress.com

Clinical Librarian at a non-library conference!

Mary Smith, Exeter.

On 3rd October 2019, I was lucky enough to obtain a last minute place at the Exeter Academy of Nursing annual conference. There were keynote presentations from Lisa Bayliss-Pratt, (outgoing Chief Nurse, Health Education England) and Ruth May, the Chief Nursing Officer for England.

The key messages that I took home from the day were that there will be much more PPI in the delivery of nurse education and nursing as a whole. We heard from a panel of patients, service users and carers on their experiences of the care they had received. Overall, they were all happy with the care they had received, but offered some valuable but very simple tips on how their care might have been improved.

There will be more integration of acute/physical nursing with mental health nursing – no health without mental health. In future, nurse education may include more business planning, to prepare nurses for more senior positions at a later stage in their careers. Topics for research are likely to revolve around patient safety, staff skill mix and a more collaborative workforce.

The 6 pillars of nursing are to frame nurse education. These pillars are:

- Evidence for Practice –Nursing research needs to be part of the nurse's job
- Fundamentals of nursing – e.g. bandaging, washing etc
- Global Health
- PPI
- Mental Health
- Aspirations for the future

At lunch time we were able to look at some of the posters on display. I was very pleased to see one on Practice Coaching and how this was working towards facilitating earlier patient discharge and freeing up inpatient beds. I had undertaken the literature searches to support this piece of work, so it was very gratifying to see the results!

After lunch, Ruth May began her talk by using Makaton. She said she had found British Sign Language too difficult, but was keen for more healthcare workers to be able to use sign language. Ruth May mentioned her 3 priorities:

- Workforce – especially retention, keeping the older workforce on, CPD, prioritise district nursing in an effort to reduce the strain on acute inpatient wards, to facilitate earlier patient discharge. Find ways of attracting more undergraduates, also leadership development, and making better use of volunteers.
- Team CNO as one united voice for nursing
- Pride and celebration

2020 will be the year of the nurse and the midwife, which got me thinking how the library services might get involved!

Mary Smith
Clinical Support Librarian
Exeter Health Library (EXE)
Royal Devon & Exeter NHS Foundation Trust

Teaching Evidence Based Medicine

Camila Garces-Bovett, Gloucestershire

A is for apple, AA for roadside breakdowns, AAA is a battery, and AAAA is the scream familiar to many of us when faced with critical appraisal... but what about AAAAA? This stands for Ask, Acquire, Appraise, Apply, and Audit, otherwise known as the cycle of Evidence Based Practice (EBP). It's one of many gems I encountered during the Teaching Evidence Based Medicine course (16-20 September).

The course was taught by faculty from the University of Oxford's Centre for Evidence Based Medicine, and comprised lectures, teaching sessions, and workshops. I was able to attend thanks to bursaries from CLAHRC West and HEE South. My fellow attendees came from all over the world and I learned a lot during the week – far too much to condense into 700 words or less! Instead, I'd like to share three things that stuck with me the most:

1. **The 5 As / the EBP cycle:** Asking the question → Acquiring the evidence → Appraising the evidence → Applying the evidence → Auditing the outcome

For me, this was the most useful acronym we covered, because it so clearly shows where library services sit in the process of enabling EBP in our Trusts. We're there in the Asking, Acquiring and Appraising; sometimes, we're also there in the Auditing (for example, in finding research for Quality Improvement initiatives). Being able to point to our role in this cycle not only helps us with publicity and advocacy, but also to see how important our services are in an EBP context, which leads us to Thing 2.

2. **Take what we already do seriously...**

Throughout the course, there were moments when I felt very out of my depth. But the respect and admiration that the other attendees had for library staff and the services we provide (whether obtaining articles or doing literature searches) blew me away. They encouraged me to realise that teaching search skills, PICO, and the basics of critical appraisal is both valued and necessary – without us, steps 1-3 of the EBP cycle would be much harder for many healthcare professionals.

3. **...but realise that you'll never stop learning**

Scarily and excitingly, there's no finish line for knowledge, and this is no less true of critical appraisal and EBP. People have masters and PhDs in these topics – some of my fellow course attendees had taught and conducted research in this area for decades, but were there to learn more. For me, it was important to realise that though the work we already do has an important role to play in EBP, that doesn't mean we can rest on our laurels. We have a responsibility to continually learn about, practise applying and teach subjects like risk, study designs, and bias, to best empower our users.

The course was intense and tiring, but well worth attending. If nothing else, it's pretty much inevitable that on your return, you will be fired up to teach a topic that previously made you AAAA! If you're interested in finding out more, have a look at the [website](#) for the 2020 course, or feel free to drop me an email.

Camila Garces-Bovett

Librarian

Gloucestershire Hospitals NHS Foundation Trust (GRH)

New starters around the region

Welcome to Kate- new senior library assistant at TAU

Please allow me to introduce myself... I am Kate, Senior Library Assistant and new member of the Musgrove Park Hospital Library team. Formerly of the parish of Streatham south of the river Thames. It's where I was born and brought up. If you cut me in half I have the water of the river Wandle flowing through my bones. Fate, romance, and a love of cider brought me to the West Country seven years ago. Between 1990 and 2008 I fell into a job with Southwark Libraries, first as a holiday assistant – covering while people wealthier than I went away to sunnier climes. This morphed in to a permanent part time position, and then after my degree I gained a full time position. I started by learning how to use a Browne Issue (tickets in pockets) and Micro-Fiche readers. In the days before the digitisation of services we had one PC in the borough that was used to keep the Local Information Folder up to date. It was kept in the computer room. Only Brian knew how it worked.



By the time I left I was a Learning Information Officer, training people in the use of the Internet (before social media), use of the Microsoft Office packages and I was also a Dame of the Order of a Thing with a Plug On It; often consulted on such things as new fridges, kettles, etc. (Goodness only knows why). I helped also to run the events, author visits, reading to school groups, I made posters and wrote newsletters, printed them, and handed them out. The only viral thing about it would be if someone had a cold.

During my time out in front of the book shelves, I discovered Social Media. I'm a big fan. I use it for networking, local events, people who post about subjects I'm interested in from butterflies to leaded lights. I've set up a 'professional' Twitter account so I can network with fellow Clinical Library People; but also the Libraries of Orkney and Shetland. I've also started a blog that I will hopefully keep up to date with what I've done during my first year. It will be a case of watch this space!

Kate Scobie
Senior Library Assistant
TAU

Welcome to Yasir – new library assistant at Wexham Park



Hello, I'm Yasir Haniff and I joined Frimley Health on 12th August as a Library Assistant at the John Jamison Library, Wexham Park Hospital. I previously worked at the library at Ashford and St. Peter's Hospitals. I'm looking forward to helping staff, students and libraries with their health information needs supplying books and articles, working at the issue desk, posting on social media and setting up out of hours access. I'm currently learning my way through the SWIMS LMS so have my virtual armbands on!

Volunteers' at Wootton Lawn – David's Story

David, Gloucester

I had some good experiences as a service user at Wotton Lawn, despite being unwell for many weeks. My recovery started with various activities rather than medication, as my mood was very low and antidepressants were not an option for my illness. I particularly remember a reading group with Jackie and Angela, an occupational therapist. During the session I started to feel more optimistic.

There were some fun times in the gym, and doing cooking in the Occupational Therapy kitchen. Art therapy was helpful, and following a visit to my dentist with a member of staff from Priory ward, I offered to pay the dentist with a painting I had done. The dentist declined the offer. Apparently such offers worked for Picasso.

Following my discharge I thought it would be good to have a volunteer role at Wotton Lawn. This would give me some purposeful activity and enable me to remain in touch with many of the staff who had been so helpful in my recovery. I suggested a role taking a library trolley to the various wards. Jackie thought this was a good idea and I have been doing the round for a couple of years now.

I enjoy my fortnightly visits and chatting to patients and staff. On a recent trolley round to Priory ward, I met a young man who had been on the ward with me in 2016. He was a real character, very quick witted and highly amusing. He asked me what I was doing there. I explained my volunteer role with the library and, quick as a flash, his response was “when you were on this ward you were always trying to escape, but now you are out, you can't get enough of the place!” This remark pretty well sums up my feelings about Wotton Lawn.

Incidentally, since my involvement as a volunteer and Expert by Experience, my mental health has very much improved.”

David

Library Volunteer

Gloucestershire Health and Care NHS Foundation Trust (WOT)

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