

# The Library Update

The quarterly information bulletin about your Knowledge and Library Service.  
**July 2023 edition**

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Access to High Quality  
**Information**



Access to Excellent  
**Facilities**



Access to High Quality  
**Services**



Access to Motivated  
Knowledgeable **Staff**



# The Health Literacy Toolkit

<https://library.nhs.uk/wp-content/uploads/sites/4/2023/06/Health-Literacy-Toolkit.pdf>

## What is Health Literacy?

Health literacy is the degree to which individuals have capacity to obtain, process, and understand health information and services for them to make appropriate health decisions and contribute to their healthcare positively.

Inadequate health literacy is recognized as a stronger predictor of poor health than age, income, or race. It is associated, limited knowledge of diseases and lower medication adherence, which contribute to poor health, insufficient and ineffective use of healthcare, increased costs, and health disparities. It has been found that people with inadequate health literacy often have difficulty understanding prescription labels, participating in medical decisions, following medical recommendations, and attending their follow-up appointments.



## What is Bradford's Health Literacy Level?

Current data estimates that in Bradford 71% of the local population aged 16-64 that are below the threshold for low health literacy and health numeracy. So this is an important factor to consider when interacting with patients and supplying information to them. (<http://healthliteracy.geodata.uk/?search=Bradford>)



# The Health Literacy Toolkit

## Support for Health Literacy

You can help reduce the problems caused by low health literacy by making sure your content is written or communicated at a level most users can understand.

Providing reliable easy-to-understand health information in accessible formats for patients and communities can help people make better decisions about their health and take an active part in planning their own care. Being armed with greater knowledge can also have a huge impact on how people respond to treatment, recover from illness and manage a long-term condition.

## The Toolkit

NHS Libraries have produced a Health Literacy Toolkit to provide useful techniques, tools and guidance to help support effective communication. You can access all 36 pages of it as a PDF at:

<https://library.nhs.uk/wp-content/uploads/sites/4/2023/06/Health-Literacy-Toolkit.pdf>

This includes simple communication techniques, ways to check written documents to identify complex language that may need to be simplified; links to additional information such as the Plain English Design Guide and the WHO Health Literacy Toolkit; and lots of other useful tools and research.

If you want to know more, and learn how you can help people understand health information better, take this 35 minute e-learning course :

<https://www.e-lfh.org.uk/programmes/healthliteracy/>

If you require any additional information to support health information literacy, contact the library team at:

[Library.service@bthft.nhs.uk](mailto:Library.service@bthft.nhs.uk)

### Quick Tips: The NHS Medical Document Readability Tool:

This website gives your text a estimated reading age rating, estimated reading time required and other useful analysis.

As a readability tool, it is easy to use and gives you quite a bit of good information about your writing, by showing you clearly where you can improve.

<https://tinyurl.com/59bjk3bk>



# Spotlight on: UptoDate

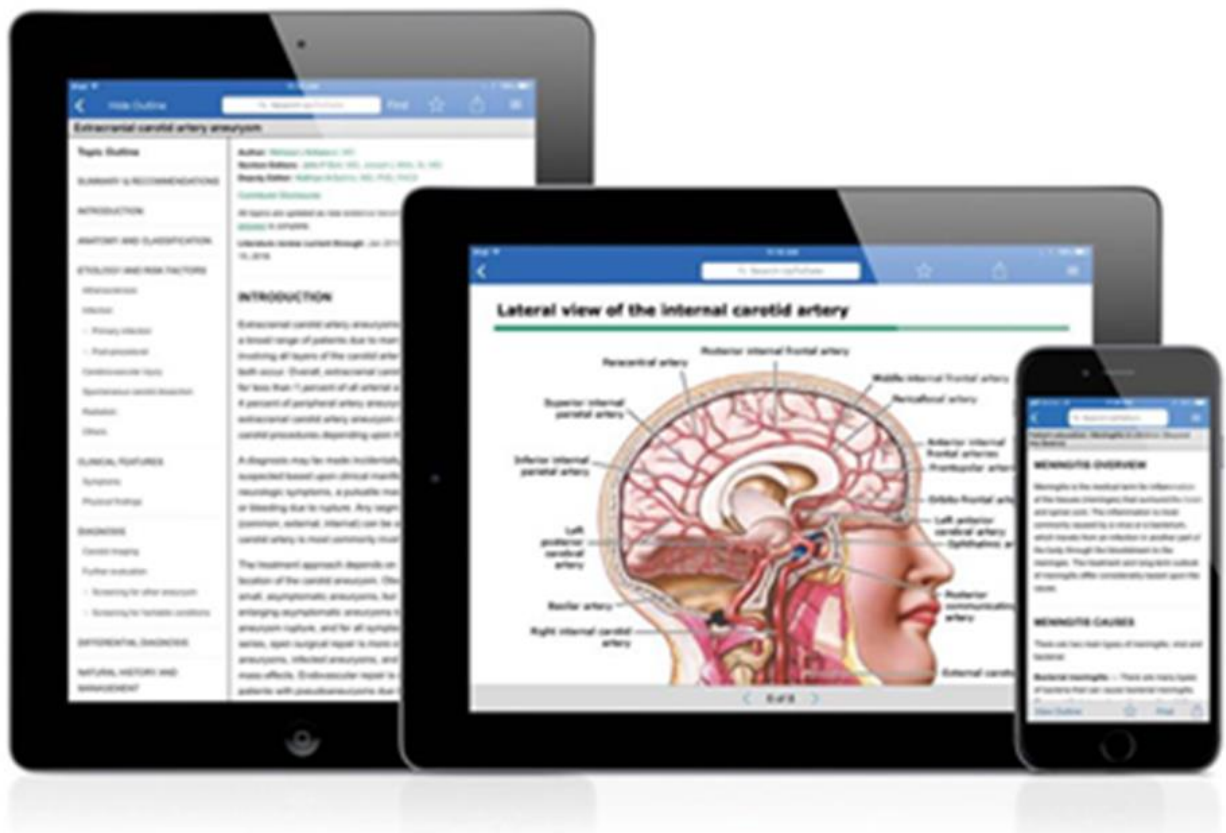


## What is UptoDate:

UptoDate is an evidence-based clinical decision support tool. It provides summaries of current evidence on a chosen topic to provide you with high quality knowledge to support patient care. For more information watch this overview YouTube video (2min 30sec) <https://www.youtube.com/watch?v=XAf8qBu6FK4>

## What are the Benefits of using UptoDate?

- Collates a large amount of research into a single research summary.
- Provides regularly updated content to keep you current.
- Focused on acute hospital practice.
- Easy navigation to ensure you find what you want quickly.
- Earn and record CME/CPD credits when you use a topic summary





# Spotlight on: UptoDate



## How to Access UptoDate

From **a trust PC** – On the trust intranet homepage. Click the applications tab in the bottom left of the screen, then select UptoDate Portal.

From **any internet connected device** – go to [www.uptodate.com/login/open-athens](https://www.uptodate.com/login/open-athens)

To access UptoDate you will require an NHS OpenAthens account. You can set up your own account online at: <http://openathens.nice.org.uk>

You can also **download UptoDate as an App** to your device. For details click: [www.wolterskluwer.com/en/solutions/uptodate/uptodate/mobile](https://www.wolterskluwer.com/en/solutions/uptodate/uptodate/mobile) or search for UptoDate on your preferred app store.

## Support and Tutorials:

The library team can offer you advice and tuition on using UptoDate. If you would like to arrange a one-on-one or group session either through MS Teams or face to face, please contact us and we'll be happy to schedule it.

[Library.service@bthft.nhs.uk](mailto:Library.service@bthft.nhs.uk)



There are also numerous tutorials and supporting materials available online at: <https://www.wolterskluwer.com/en/solutions/uptodate/resources/user-academy>

## Non-English Language Supported

You can use the UpToDate mobile app to search for answers to your clinical questions with your voice — including in your native language, if it's among the 16 languages available in Search in Your Own Language. Just tap the microphone icon in the app and speak if you prefer that to typing

# Health & Wellbeing

## Health and Wellbeing and the Library Space

The 2020 NHS annual survey results revealed that 44% of staff reported feeling unwell as the result of work-related stress. Whilst BRI does better than average, last year 34% of BRI staff said they felt burnout because of their work, and 37% found their work emotionally exhausting.

The library can be a friendly, warm environment within BRI that staff can come to de-stress, take a breather, reflect and relax. Our library is a little pocket away from your daily environment where you will find somewhere that is quiet, peaceful and conducive to learning and reflection. We are open to listening, ready to help and able to provide a space that takes a step back from the busy pace found in the rest of the hospital.

Libraries play a role in contributing to their community's health and wellbeing. For instance, a report commissioned by Arts Council England<sup>1</sup> found that library use is positively associated with higher life satisfaction, happiness and sense of purpose as well as positively contributing to a user's quality of life. Our library's central goal of providing relevant research and tools to staff to increase their knowledge, skills and ability to give evidence-based patient care may be different to public libraries, but our dedication to the wellbeing of our library users is equal.



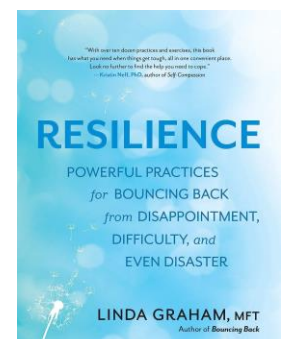
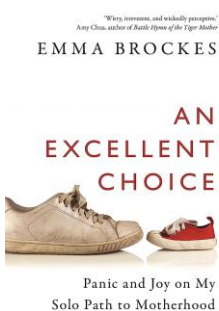
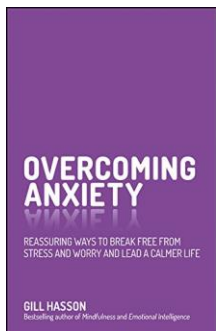
# Health & Wellbeing

## Health and Wellbeing and the Library Collection

We also have an entire Health & Wellbeing section full to the brim with useful golden nuggets of knowledge that can help you better manage daily stresses, practice self-care, understand or try something new. This includes books on cooking, crafts, self-care, relaxation, managing mental health conditions, managing stress, exercising, gardening, parenting, grief, relationships, sex, chronic pain, memoirs from medical professionals you can relate to, and much more!

We also have a fiction corner tucked away in a little nook of the library next to a bright window which is perfect to relax in. Reading has been proven to reduce stress and build self-esteem, so we encourage people to take out our fiction as much as our books teeming with medical knowledge!

We are always up for a cuppa and a natter and want our space to be a judgement-free zone of care and wellbeing, so please pop down and use our resources – they are there for you!





# Wordsearch

Grab a cuppa and see if you can find all the words in 15 minutes...

S O R C P R Z D I L I F I M G L C H E E R F U L N E S S G A  
 S Z W N F U H S X D U A N O I T A X A L E R K P A N Y F N B  
 X S B L V Y K R M N M M F I E B F F B V S G P S T J T T I U  
 Q Z W R X S C Q Y O Y H I G B I Y N Z S U N U D J O Y I E N  
 B K B D O Y A U X C B G X J M D C W Y T B Z A M L Y U J B D  
 G W R V S G S T Q Z V Y D I R K P H T V U L T O S M Z R L A  
 P E P V B Y D D I B F S M K B V S X Z C E V D L K E Q O L N  
 Y W B S W H I A K J A R Z K X R R B I P B W H R X N H M E C  
 H A Z M O F F W W P F H A M F P Y P U G L G J M S T C J W E  
 P D O A C Q B Y R L F W S I A C B B C R Q R U Q R N W U S K  
 Q A Q Z P X G O A G X N X B Q F F U T X X J X W R F L W H Y  
 X C F H H O S Z L N H E Q N T D A Q N W D U R J L H K H L E  
 D R O Y K P X O S Y X S I Q I K O S E C P E L A C P I J R B  
 L M B N E L V F K B L S F B E C N E I L I S E R Z W P Q G I  
 S R Z R T G E F H B L D E G O O C N B Q B X I A Q Y F L U T  
 X S I Z U E I X D J Q I U R I W P M U I H T T P H R M Y Q I  
 S T E W J F N U X F B A S T U K V N I U Q V U J D T J H S U  
 Y F O C J C I T S U V W C S G S C M Z H Y Q Q A P H W H B S  
 S N X P C L D S M I W A J T Y M A M Z Y X A G E T K F N Z K  
 G I P F M U E F Z E F A E A S V S E A K K K A S X R B R Y R  
 W J S Z O N S G F S N Z I L M G M U L T W C D J D Q Z G R P  
 Z I O S I U P F I X K T S C H C A E V P E Q S Z R D O Z A M  
 Z D J P X A T T J I B W R F Q G U L F F M R M I W X W L A C  
 V C P A I X A Y U N E W I R S D I D U Z W W D X T S J A B Q  
 R A I H T S L E Y V A U D U R N Q L K I J D R C Q I F Y I M  
 H H U J O O Y P J Y O C W B L Z N T F K S C G M N H M S U L  
 B O I O M X C P V V D Y O N P E X Q Z A A B J V A G O J O Y  
 O E J F S Q Q R R G B W H P S T E G N W X K H X I Z Z C P P  
 K P V S O Y C P S P Y O A S D B Z E I M M A J R B R A C X D  
 Q D F W I W R L W K I F Y U K P V K W E V D F N H Q H J L W

abundance  
 contentment  
 joy  
 prosperity  
 satisfaction

bliss  
 enjoyment  
 peacefulness  
 relaxation  
 success

cheerfulness  
 happiness  
 pleasure  
 resilience  
 wellbeing

Words can go in any direction, there's at least one that reads from right to left!  
 Check your answers on page 19

# ■ ■ ■ ■ ■ The Book Prescriber...

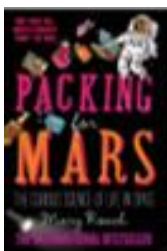
**In a reading rut ? Want to health-check your reading habits ?**

**In our Book Prescriber feature, we will recommend just the right read for you.**

*I feel like I should read more non-fiction but don't know where to begin. I'm interested in people's lives, and science, but not in sports or celebrities! Can you recommend a good non-fiction book to get me started?*

Based on your interests in people's lives and science, here are some non-fiction book I would recommend along with reasons why you may enjoy them:

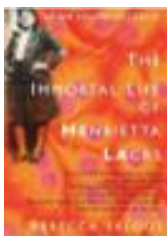
"Packing for Mars" by Mary Roach - This takes a humorous but informative deep dive into the science behind space travel and life in zero gravity. It's full of fascinating facts and insights from research into how the human body adapts to space. Entertaining and educational for science fans. Any of Mary Roaches entertaining books on scientific topics would be a good starting point to your non-fiction reading .



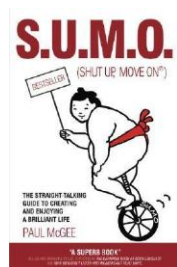
"A Short History of Nearly Everything" by Bill Bryson - A remarkably accessible overview of science and history ranging from the Big Bang to current scientific issues. Bryson explains complex concepts clearly and entertainingly. You'll learn something new on every page.



"The Immortal Life of Henrietta Lacks" by Rebecca Skloot - This tells the story of an African-American woman whose cells were taken without her knowledge in the 1950s and went on to be used for countless scientific advances. It provides fascinating insights into science, ethics, race, and the human impact of research. A compelling blend of science and biography that combines your interest in science with your interest in peoples lives.

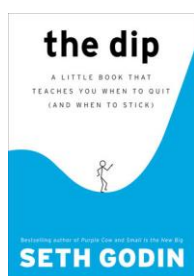


# ..... The Book Prescribers...

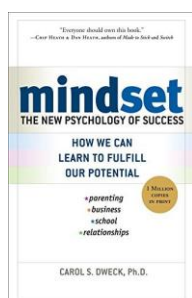


I saw Paul McGee, the SUMO guy at the recent Thrive event and enjoyed his book. Can you recommend any similar reads?

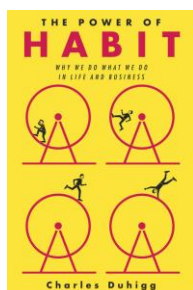
Here are some books like S.U.M.O. (Shut Up, Move On) by Paul McGee :



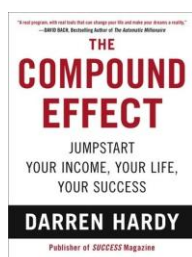
The Dip by Seth Godin - Godin advises that winners push through the temporary setbacks ("the dip") to come out ahead in the long run. This perseverance mindset aligns with S.U.M.O.'s advice to not let failures or roadblocks stop your progress. Great for motivation when things get tough.



Mindset by Carol Dweck - Dweck discusses how having a growth mindset, where you believe abilities can be developed through effort, leads to greater success vs. a fixed mindset. This ties into S.U.M.O.'s emphasis on taking personal responsibility and having a learning mentality rather than placing blame.



The Power of Habit by Charles Duhigg - This book is all about how habits shape our lives, both positively and negatively. Like S.U.M.O., it focuses on taking action to change your habits and mindset to be more productive and successful. Great for motivation and implementing positive life changes.



The Compound Effect by Darren Hardy - This book is about how small, consistent actions repeated over time lead to major results, similar to the S.U.M.O. principle of focusing on progress not perfection. It provides motivation to make incremental improvements to see big payoffs.



# Current Awareness Bulletins

## Regular Updates on new research in your specialty area.

One of our main missions at the library is to make sure we are providing current and relevant research to staff to ensure they are providing the best and most evidence-based practice they can.

We love giving staff new tools to be able to develop their knowledge and skills as we know the amazing impact this can have on patient care.

So, with that in mind, we have started to roll out a new feature of the library – Current Awareness Bulletins! Might not sound that exciting, but the content definitely is!

Current Awareness bulletins collect and condense all the most recent research and articles around a particular topic, saving staff the time and energy it takes to look for recent developments themselves.

So far, we have introduced our new Current Awareness for physiotherapy, and midwifery, and we also produce ones on themes such as Coroners Reports.

For midwifery and physiotherapy, we have offered personalised current awareness bulletins, which means if you specialise in a particular area, we can provide research solely in your field. Whether that be just respiratory physiotherapy, teenage pregnancy, or something rather niche, we do our best to give you what you are interested in.





# Current Awareness Bulletins

## Regular Updates on new research in your specialty area.

It has been challenging pulling current research together in these bimonthly updates, but we have received amazing feedback about the impact it is already having on services.


We would love to be able to extend this service to other departments if they express an interest, so please do get in touch if you are interested!

Contact us at: [library.service@bthft.nhs.uk](mailto:library.service@bthft.nhs.uk)

## Some of the feedback we have received:.

"Very helpful and beneficial in keeping physiotherapists up to date"

"This is fantastic, I love the idea. I found reading the titles and a summary really helpful, and I think this would be good going forward to help us stay within the current evidence base."

  
**Bradford Teaching Hospitals**  
NHS Foundation Trust

### Library Current Awareness Bulletin Physiotherapy: March-April 2023


This is a current awareness bulletin from the Knowledge & Library Services team at Bradford Royal Infirmary. If you have any comments or queries, please let us know.

**Please note:** This bulletin contains a selection of material and is not intended to be comprehensive. Professional judgement should be exercised when appraising the material. The Knowledge & Library Services team takes no responsibility for the accuracy of the information supplied.

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Managing conditions with Physiotherapy	5-6
Research on Exercises	6-8
Technology	8-9
Education	9

Articles can be accessed via the links provided. An OpenAthens account will be required to access most of the articles.

To create your free account, please register using this link ([OpenAthens | Registration](#)), using your BTHFT email to register.



#### Systematic Reviews

- Models of care for musculoskeletal shoulder pain in spinal cord injury: A scoping review.**
  - This scoping review examines 87 articles to clarify the current practice in diagnosis and management of shoulder pain in spinal cord injuries. It found that there are inconsistencies in methodologies, and the literature continues to perceive value in procedures inconsistent with best practice.
- Exercise interventions for adults with cancer receiving radiation therapy alone**
  - Cochrane Library Systematic Review looking at studies which highlighted the benefits and harms of exercise plus standard care compared with standard care alone in adults with cancer receiving radiation therapy. They included 3 two-arm RCTs with 130 participants.
  - They showed that exercise may reduce fatigue and improve physical performance. They also showed exercise had little to no effect on quality of life and psychosocial effects. However, there was overall very low certainty in all evidence.



# Spotlight on: Browzine



Browzine

## What is Browzine:

BrowZine allows you to download and read thousands of popular journals. It collects all the full text journal we subscribe to from various publishers into a single, easy to use access point.

**Access thousands of scholarly journals anywhere you have WiFi access.**

## What are the Benefits of using Browzine?

- A single point to access all our journals; no need to visit multiple journal and publisher websites.
- No additional passwords or accounts – once you've signed in with your NHS Athens account that's it.
- One click to access the full PDF article
- Easy navigation to ensure you find what you want quickly.
- Access the latest edition and the archive copies of a journal title.

## How to Access Browzine

To access Browzine you will require an NHS OpenAthens account. You can set up your own account online at : <http://openathens.nice.org.uk>

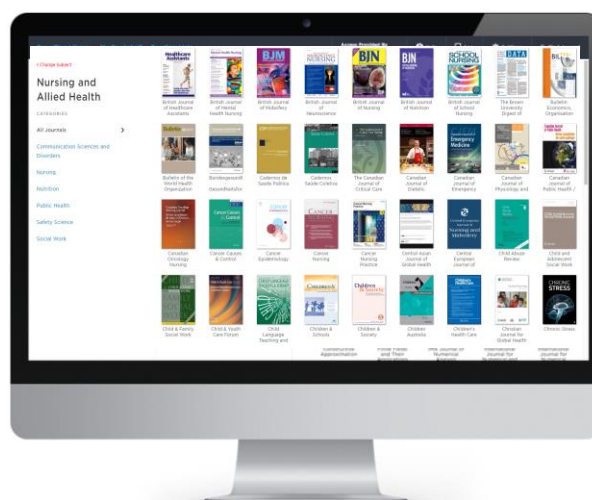
Once you have your OpenAthens Account you can access Browzine online at:

<https://browzine.com/libraries/2570/>

## Support and Tutorials:

The library team can offer you advice and tuition on using Browzine. If you have any questions or would like to arrange a one-on-one session either through MS Teams or face to face, please contact us.

[Library.service@bthft.nhs.uk](mailto:Library.service@bthft.nhs.uk)



# You are needed!

## Spare 20 minutes to help with our e-book project?

E-books have many benefits: they are useful resources to have when you're trying to access clinical information quickly and from a distance, you can search up key terms within them to find the information you need quicker and easier, it means you don't have to worry about being overdue on your library book and you don't have to drag around any weighty medical tomes to get the information you need.

Yet, despite all that, they are strangely underutilised in our library and most other medical libraries.

We would like to encourage eBook usage in our library and understand the reasons people do or don't use ebooks. We know your busy, so would appreciate it so much if you could spare a little time to speak with us and complete our quick usability study on accessing e-books over a Teams call.

We want to our library and its resources to be tailored for you and conducting research and gaining feedback like this helps us do so. If you are interested in helping us or would like more information, please email [jodie.reeve@bthft.nhs.uk](mailto:jodie.reeve@bthft.nhs.uk) – I would appreciate it a lot!

**WE NEED YOU!**





# Critical Appraisal Training

During the next couple of months, we are offering some interactive classroom based critical appraisal tutorials.

## What is critical appraisal?

Critical Appraisal is the process of carefully evaluating research to judge its trustworthiness, and its value and relevance in a particular context. It is an essential skill for evidence-based practice because it allows people to apply research evidence reliably and efficiently to decision making, to ensure optimal outcomes and use of resources.

## What does this tutorial cover?

This course will cover the basics of evidence-based practice and critical appraisal; In group discussion we will consider the different approaches to research methods; and you will gain practical experience of critical appraisal during a group activity to appraisal a randomized control trial using a critical appraisal tool.

The tutorial is interactive and supportive, and you are encouraged to ask questions to clarify learning.

**For details of our tutorial content and learning outcomes click this link:** <https://tinyurl.com/ywuuyhw6>

## Dates for the next tutorials , and how to book your place.

Our next tutorials are:

**6th of September** - 10:00 – 12:00 in Field House Meeting Room

&

**5th of October** – 10:00- 12:00 in the Calvell Room in Field House

**To book your place** on the classroom-based tutorial , please complete the online booking form at : <https://forms.office.com/e/veCcQ7yZ6d> or contact the library team [library.services@bthft.nhs.uk](mailto:library.services@bthft.nhs.uk)

# Search Tips

In this regular feature we will share some handy tips to help you find information effectively and quickly.

## Synonyms

When you search on the internet or one of the databases your search results are highly influenced by the words you use. For example, if you search for 'heart attack' you will get a different set of results than if you searched for 'myocardial infarction'. Similarly, 'bandaging' will find different documents to a search for 'dressing'

Often in the library, when we find people are struggling to find useful information, we can often resolve this and find relevant results by using alternative words or synonyms. In some instances, plurals or suffix variations can have an impact on the search, for example bandage will find a different set of results to bandaging or bandages. Also, american spelling needs to be considered , so paediatric (UK spelling) may find different documents to a search for pediatric (US spelling).

For an example; If we wanted to find research about dogs being able to detect lung cancer through smell we could search for the following different words and synonyms:

Dogs : dogs/dog (plural/singular); canine(s)

Cancer : cancer ; carcinoma ; malignancy ; tumour

Smell : Smell/smelling (suffix variation); olfactory; scent

Detect: Detect/detection ; diagnose/diagnosis ; screening

Each different combination of these words will produce a different set of search results. In this case we found the most relevant results by searching for variations of "Canine olfaction detection".

So , if you search the internet or a database and don't see much useful information in your search results, try a new search with different synonyms and see if that gives you a more relevant and useful search result.

# Coming Soon...

## The Regional Library Catalogue

We are busy working on a new library catalogue. This is a major development for us as we will be creating a shared regional library management system.

You will benefit from this by being able to search and request books from any of the NHS libraries in our region. That means you will have access to a much larger and comprehensive selection of titles.

Our aim is to have the regional system up and running by December, and we will let you know more details of how to access the system and request items nearer the launch date.

In the meantime, if you have a library account, we will be transferring your data to the new system. For more details of what this means and how to opt out of the data transfer [please read this data privacy document](#).



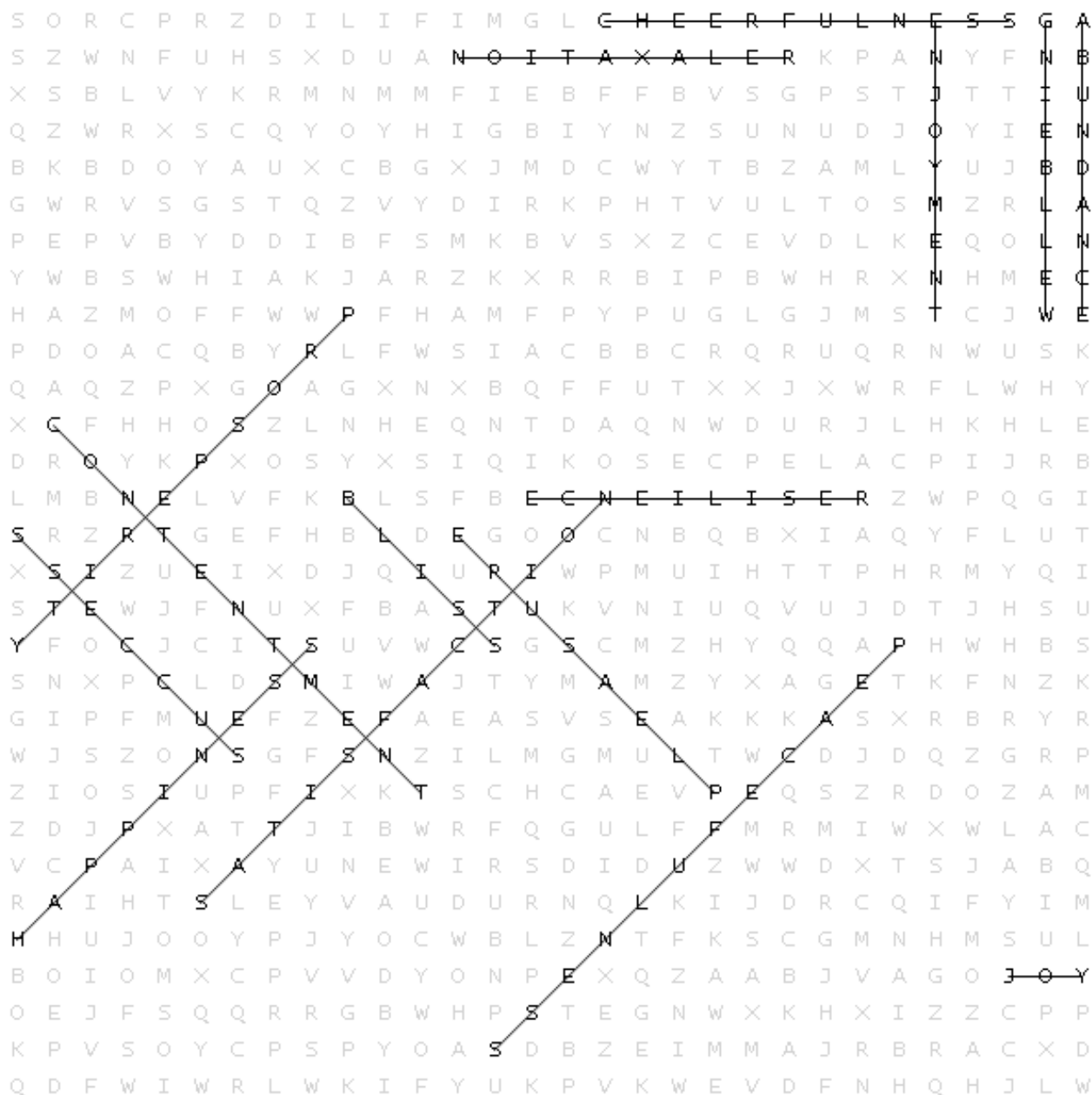
### You Said.... We did

- We listened to your feedback that our library wooden chairs were uncomfortable, and have replaced them with more comfortable padded office chairs, so no more numb-bums when you're on a study session, hoorah!
- We added some additional PCs to the library in response to demand. You will be able to access a computer more easily now.





# Wordsearch - Answers



abundance  
contentment  
joy  
prosperity  
satisfaction

bliss  
enjoyment  
peacefulness  
relaxation  
success

cheerfulness  
happiness  
pleasure  
resilience  
wellbeing

# Follow us on Twitter

## @BTHFTLibrary

- Library updates
- Sign up to our training
- Be aware of all the cool things we offer
- Other amazing and very funny content



## For more information:

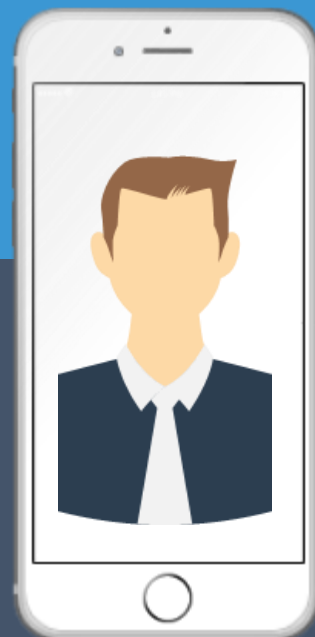
Contact the library services team who will be happy to answer any questions and provide additional details or information on any aspect of the service.

T 01274 364130

E [Library.Service@bthft.nhs.uk](mailto:Library.Service@bthft.nhs.uk)

Bradford Teaching Hospitals NHS Foundation Trust  
Library and Knowledge Service  
Bradford Royal Infirmary Education Centre  
Duckworth Lane  
Bradford  
BD9 6RJ

[www.bradfordeducationandtraining.nhs.uk/facilities/the-library/](http://www.bradfordeducationandtraining.nhs.uk/facilities/the-library/)



## Library & Knowledge Services.

Reducing uncertainty in decision making.

