

# INTELLIGENCE INSIDER

Your Oxford Health Libraries monthly newsletter

## In this issue,

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- ◆ Knowledge Café for Primary Care.
- ◆ Book club for Healthfest.

## Hello, my name is Bertha Alicia Calles Cartas



Most of the time I feel that I would like to spend more time in nature than I can manage. Fortunately, I came across the [BBC Earth Podcast](#). This podcast captures my imagination, conjuring up visual images that bring to life the stories broadcasted in each episode. In nature, I find solace and clarity even in the darker and colder months of the year. For most of my life I have lived in places with mild or hot temperatures; places where the days are long and there is plenty of sunlight. Since I came to live in a northern part of the planet, nature has provided me with many life lessons. Let me share one of them: some time ago, I went for a winter

walk with a friend. As we were not in a hurry, we gave ourselves enough time to look around. I noticed the colours and the things I never note in spring and summer, then I said to her: "Oh wow! Even in winter there are colours and interesting shapes in nature." To which she replied: "Well, I suppose, if you search for them". And that was an epiphany for me...

All the seasons are about change and transition. However, it seems to me that Autumn's mission is to remind us of these processes with colour, changes in temperature and the new routines adopted by animals: mainly migration and hibernation. I find it fascinating how birds know when it is time to migrate and where they have to go. This makes me wonder: so many times in my life I have felt that I don't know who I am and where I have to go, but birds know? Observing, without thinking, birds and trees makes me feel that I also know who I am and to where I have to go. This knowledge becomes clear when I give myself the space I need and share it with people who are in a similar wavelength.

In this issue we bring information on opportunities to find out more about how to bring improvement into your teams and patient care, but also how to give ourselves some time for our own wellbeing:

- Katie Treherne shares her experience of the QI conference and explains how we can help you to identify the necessary literature to conduct your project.
- Fiona Sutherland invites BOB primary care practitioners to a Knowledge Café. A great opportunity to learn and connect with your colleagues.
- Find information on how to join a book club which is all about wellbeing as part of HealthFest.

## OHI's QI Day: the library view



Katie Treherne  
Outreach Librarian

As Nick Broughton said in his opening remarks, there was a buzz and energy to this conference which took place on 17<sup>th</sup> October at the Kassam Stadium. It was lovely to meet people at a face-to-face event again and have the serendipitous conversations that came out of that: students on L&D courses wanting to know about borrowing books; clinicians offering feedback on the literature search services; conversations with R&D and OHI about training; forthcoming publications, and more.

The day started with an overview of the quality improvement process, and it was great to have a chance to jump into the 'research' session and say a few words about what the library can offer. To borrow from the slides: an important part of the background to a QI project is the evidence base: what's been tried before, what has worked well (or hasn't), being a magpie and picking the best from what is already out there. But... how do you know what's already out there? How do you find that evidence? This is where the library can help. We offer access to paid-for resources like journals that you can use to read around a topic, and we also can help to navigate these resources. We can run literature searches to help you find the articles, case studies and reports that you can use for the foundation of a project, or offer some tips and training for you to find what you want for yourself.

Finally, I really enjoyed having service users deliver the keynote session at the end of the day, which brought together the common thread from the [QI projects](#) we heard about. From measuring outcomes on a ward to getting closer to nature, the projects were about making improvements for patient care and the session was a great reminder about **WHY** these projects are important, and the central importance of patients' voices.





## *This KNOWvember, Calling all BOB Primary Care Practitioners...*

Fiona Suntherland  
Primary Care Specialist

***Come to our BOB ICS KNOWvember Knowledge Café on Monday 28<sup>th</sup> of November at 10 - 11AM virtually by Teams.***

A Knowledge Café is a knowledge management tool to help teams get to know each other better, share knowledge and help solve problems in a conversational 'café-style' format.

Knowledge Cafés encourage productive conversations to help people learn from each other. They help to build relationships, improve communication, encourage collaboration, by sharing knowledge and ideas. They can help people to solve problems, break down silos, drive innovation and build a community.

The value of the Café is in the conversation itself and the learning that each individual takes away. You will have the opportunity to chat and network with colleagues across BOB.

This event is jointly hosted by Fiona Ann Sutherland, Primary Care Knowledge Specialist for Oxfordshire, and Kate Jones Primary Care Knowledge Specialist Buckinghamshire – the BOB Librarians!

**Microsoft Teams meeting.**

**Join on your computer, mobile app or room device**

[Click here to join the meeting](#)

**Meeting ID: 380 584 815 871**

**Passcode: SyncNj**

[Download Teams](#) | [Join on the web](#)



## *Healthfest Book Club*

**Wed 14th December 2.30pm -3.30pm MS Teams**

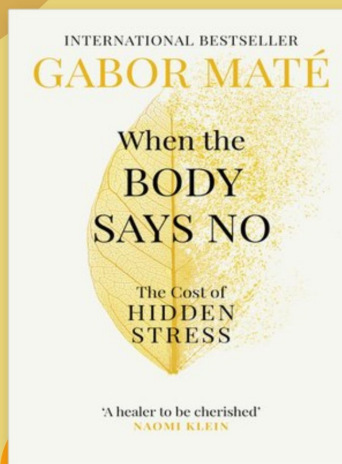
**Led by Mark Bryant and Tom Rogers, Oxford Health Libraries**

We will be discussing the book *When the Body Says No: The Cost of Hidden Stress* by Gabor Maté


Join us for an informal chat to share what we think, what we learn and how we feel about a book which explores the role of the mind-body link in conditions and diseases such as arthritis, cancer, diabetes, heart disease, irritable bowel syndrome and multiple sclerosis.

**You can book for the session here: clicking on this post**

**If you can't get hold of a copy easily, contact Tom as soon as you can at [Tom.Rogers@oxfordhealth.nhs.uk](mailto:Tom.Rogers@oxfordhealth.nhs.uk)**



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