

INTELLIGENCE INSIDER

Your Oxford Health Libraries monthly newsletter



Oxford Health
Libraries

In this issue,

- ◆ BMJ procedural videos
- ◆ Health Literacy
- ◆ OpenAthens

Julia Hallam, Libraries: champions of wellbeing



Recently, another news alert pinged into my mobile phone. However, this one actually made me smile: [The 'solar punks' turning their London street into a community power station](#). Dan Edelstyn and Hilary Powell are crowdfunding so that solar panels can be installed on numerous homes in Walthamstow.

News and social media posts are constantly streamed to us in many different formats. Similarly to the previous years, this winter too brings more challenges to us all. There is the cost of living and the energy crisis, the war in Ukraine and

global instability, and managing seasonal viruses alongside the threat of another Covid surge. We are also dealing with the impact of Brexit, lockdowns and restrictions, and a winter of discontent with many workers striking. We all wish to keep up to date with current affairs to stay informed, much like how, in our professional work, we like to keep up to date with the latest evidence in our specialism. However, this overload of information from a seemingly endless stream of sources can blur our perception of the world negatively and make it hard to disentangle the facts and make a balanced interpretation of them.

Libraries have always improved wellbeing. Currently, during the cost-of-living crisis, [public libraries are becoming increasingly popular](#) with all age groups. The warm, free space, with free WiFi and books, and community and support groups, is sought by many. At Oxford Health Libraries, our physical libraries are accessible 24/7 and the individual and group study rooms at the Warneford Library are in constant use. One library user commented: *"I like Littlemore Library because I can get work done there. Doctors are required to provide increasing evidence of their performance and learning. I am completely up to date with this as I do not procrastinate in the library or get distracted by colleagues at work or by family at home!"*

Oxford Health Library Service can also improve wellbeing by helping staff to cope with information overload, so that you can find the right authoritative evidence quickly and efficiently to support patient care or service change. All our resources are authoritative, accurate, balanced and current. The [Knowledge and Library Hub](#), [BMJ Best Practice](#), and our [Healthcare Databases](#) allow you to quickly and efficiently find the reliable evidence that you need. The Outreach Librarians can offer [training](#) on how to use these resources, and we can also search for the evidence for you. We appreciate how time-pressured NHS staff are, and so Oxford Health Libraries can bring the evidence to you, through our [literature search service](#) and our [current awareness service](#). We also offer training in a key skill: critical appraisal. We can walk you through the key features of critical appraisal to increase your confidence in deciding whether a piece of research is sound enough to base a clinical decision on. Many of our critical appraisal training sessions have evolved into ongoing team journal clubs, which we continue to support.

If you would like to find out more about library training, current awareness alerts, our literature search service, or utilising our physical library spaces, please email: Library.enquiries@oxfordhealth.nhs.uk

In this issue, **Sarah Maddock** presents procedural videos, another great BMJ Best Practice feature. **Katie Treherne** discusses why it is important to make sure patients understand health information and **Bertha A. Calles Cartas** shows the many benefits of an OpenAthens account.



BMJ Best Practice procedural videos

Sarah Maddock
Library Services Manager

Following on from the article last month about the BMJ Best Practice Comorbidities Manager we are excited to announce that you can now make the most of your complimentary access by enhancing your clinical practice with these procedural videos. They cover essential clinical techniques such as bag-valve-mask ventilation,

lumbar puncture and performing an ECG. A list of equipment, contraindications, indications, complications and aftercare is included.

If you need help accessing BMJ resources please contact library.enquiries@oxfordhealth.nhs.uk



	Insertion of intercostal drain Seldinger technique animated demonstration
	Diagnostic lumbar puncture in adults: animated demonstration
	Bag-valve-mask ventilation animated demonstration
	Central venous catheter insertion animated demonstration



Health literacy, understanding and using health information.

Katie Treherne
Outreach Librarian

Do you know what "nil by mouth", or "oral medication" means? How about "Your scan shows crackles on the lungs"? What about "Don't forget to use MeSH headings in your search of the bibliographic databases"? We are all so used to our own professional language that it is easy to forget that other people might not understand us. But what if our service users don't understand us? Maybe they don't understand what their problem is, may not attend the appointments they need, don't follow the instructions we give, need more help in the future... which puts more pressure on services and results in worse outcomes for our users.

This can apply to the library. You might well be unfamiliar with terms like bibliographic databases or inter-library loans, or abbreviations like BL (British Library) and MeSH (MEDical Subject Headings). It can also apply to health services. Health literacy is the ability of people to access, understand and use health information. Having low health literacy is not something which can be identified on sight, and could arise from any number of causes - from the tiredness and stress of waiting in A&E all night, to a cultural background which has stigma related to certain conditions, as well as low literacy levels or having English as an additional language. Health literacy awareness is about making communication accessible to all your patients, in order to avoid some of the problems and improve outcomes for everyone. I think [this Youtube video](#) sums it up well.

We have a health literacy awareness training session for staff to think through some of the background, problems and solutions for health literacy issues. If you'd like to book a session to explore this further, let us know!



OpenAthens, your electronic key for evidence-based Infor-

Bertha A. Calles Cartas
Outreach Librarian

Obtaining an OpenAthens ID and password is free and it is very easy to register. These credentials give you access to the Oxford Health Knowledge and Library Hub, your Trust's electronic portal where you will find all the electronic resources we make available for you.

Register here <https://openathens.nice.org.uk/>
If you need more information on how to make the most of your OpenAthens registration, contact us at library.enquiries@oxfordhealth.nhs.uk



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