Welcome to the September 2010 issue of Info-RN: a Newsletter for nurses. As another academic year begins to unfold, in this issue we bring you essential information for the student and practicing nurse. You’ll find tips on how to work smarter, not harder, resources to help you with your CRNM continuing competencies and how to go about writing a literature review. We provide you with tools to find nursing guidelines and a mini webliography on evidence based nursing. We’re also highlighting essential library resources and services such as literature searches, nursing skill books, UpToDate and online patient information resources.

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News

Three Tips for Working Smarter, not Harder!
It’s the back-to-school season, and there is no better time to revisit some of the basic library services that can help you work smarter, and not harder.

The Literature Review
Tips and resources are offered to help you conduct your literature review.

Mini Webliography: Evidence-Based Nursing
The following list of resources includes selected, recently-published items that are available from the University of Manitoba Libraries on the topic of evidence-based nursing.

Continuous Improvement Opportunities from the Health Sciences Libraries
The College of Registered Nurses of Manitoba (CRNM) requires evidence of commitment to life-long learning as part of a nurse’s annual registration renewal. Learn how the Library can help you in this process.

Where Do I Find Nursing Guidelines?
Guidelines can be found in a number of places, they are often published in journal articles, on websites or in books. Here we give you the tools to begin your search.
University of Manitoba Libraries

The **Health Sciences Libraries** support the teaching, research, and patient care activities of the staff and students of the Faculties of Dentistry, Medicine, and the Schools of Dental Hygiene and Medical Rehabilitation.

The **Elizabeth Dafoe Library** supports the research, study, and teaching requirements of the staff and students of the Faculty of Nursing. Other faculties served by the Elizabeth Dafoe Library include the Faculties of Art, Education, Human Ecology, Physical Education and Recreational Studies, and Social Work.

Working with the **Winnipeg Regional Health Authority**, the University of Manitoba provides library services to Winnipeg hospitals and longterm care centres. The Health Sciences Libraries now include the **Neil John Maclean Health Sciences Library** (Health Sciences Centre), and the libraries of Concordia, Grace, Seven Oaks, St. Boniface, Victoria, Deer Lodge Centre, Misercordia Health Centre and the virtual library at **Riverview Health Centre**.

The Health Sciences Libraries and the Elizabeth Dafoe Library offer a wide range of services — including document delivery, literature searches, and training — and provide access to an extensive collection of monographs, journals, videos, and health databases.

** Publications Information**

*Info-RN* is an electronic newsletter of the University of Manitoba Libraries dedicated to informing nurses in Winnipeg of services or resources that will help them access quality health information. *Info-RN* is published three times a year by the University of Manitoba Health Sciences Libraries. Comments, questions, or letters to the editor should be addressed to: njm_ref@umanitoba.ca

Editor: Melissa Raynard, Concordia Hospital Library
Regular Contributors: Lisa Demczuk, Christine Shaw-Daigle, Lori Giles-Smith, Angela Osterreicher, Lesley Mackie, Andrea Szwajcer, Sherri Vokey, Janet Rothney

**Nursing Quote**

"The most important practical lesson that can be given to nurses is to teach them what to observe..."

~ Florence Nightingale

**Subscribe!**

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Add us to your feed reader! What is RSS?
Three Tips for Working Smarter, not Harder!

It’s the back-to-school season, and there is no better time to revisit some of the basic library services that can help you work smarter, and not harder. The Health Sciences Libraries provide nurses with access to a number of services and resources that can help save time, and assist in research and professional practice.

1. Get a library card.
Having a library card is the key to gaining access to services and all of the collections at the University of Manitoba Libraries, including the Health Sciences Libraries. If you do not have a card, complete a [Borrower Registration Form](#) and bring or fax it to the library nearest you.

2. Access eResources anytime, anywhere!
Did you know that with a library card, you can access Lippincott's Manual of Nursing Practice in full text, online? You can! This, plus many more electronic nursing titles, can be accessed via the [Nursing Toolkit](#).

3. Let us search for you.
Do you need to quickly find information on a specific health topic? Are you lacking the time required to carry out a search yourself? Why not let a librarian search for you by taking advantage of our Literature Search Service! Simply fill out our [online literature search request form](#) and let a librarian search the relevant databases and research journals.

Submitted by
Sherri Vokey, Neil John Maclean Health Sciences Library
The Literature Review

What is a literature review? It is a summary and explanation of all the information that has been published on a specific topic. "It can identify what is known (and unknown) in the subject area, identify areas of controversy or debate, and help formulate questions that need further research". (Bolderston, 2008, p.86)

What are the steps in conducting a literature review?

1. **Develop your research question; decide on your research topic.** Make sure your research question is as specific as possible. The narrower the topic, the more manageable the review process. (e.g. Too broad: the management of diabetes; Narrower: the effectiveness of a certain therapy to control type 2 diabetes.)
2. **Decide on your criteria for including/excluding published literature.** (e.g. only include randomized controlled trials, review articles; OR exclude letters to the editors, commentaries, case studies, published in a foreign language or before a certain date, etc.)
3. **Create your search strategy.** Make a list of all the search terms you should use, and which databases to search. “One invaluable source of information is your local medical librarian or information specialist who may offer tutorials on searching medical databases or personalized assistance with literature searches.” (Bolderston, 2008, p.88)
4. **Search the literature.** When compiling your results make sure to apply your inclusion/exclusion criteria.
5. **Critically appraise the literature.** Note themes, trends and controversy in the literature and the strengths and weaknesses of the articles reviewed.
6. **Write the review.**

Consider structuring your review in the following format:

1. **Introduction** - Explain the focus and establish the importance of the subject; discuss type of research that has been done and any controversies.
2. **Methods** - Explain your question, search strategy and your inclusion/exclusion criteria.
3. **Discussion** - Summarize and evaluate the current state of knowledge in the subject area noting themes, trends and those who agree or disagree.
4. **Conclusion** - Summarize all the evidence presented, highlighting gaps in the knowledge that would benefit from further research.

Below are some more resources to help you in writing your literature review.

**The Literature Review**

**Books**


**Articles**


**Online Resources**

- University of Guelph, Writing Services. *Writing a literature review*.
- Saint Mary’s University. *Writing a Literature Review*.
- University of North Carolina. *Literature Reviews*. 

The Literature Search

Books


Articles


Online Resources

- Yale University. Harvey Cushing/John Hay Whhitney Medical Library. [Doing Quality Literature Searches](#).
- University of Sydney. Sydney School of Public Health. [Doing Literature Searches](#).

Appraising the research

Books


Articles


**Online Resources**

- University of West England. *Critical Appraisal*.
- Sonoma State University. *Guidelines for Critiquing Research Articles*.

**References:**


Submitted by
Melissa Raynard, Concordia Hospital Library
Mini Webliography: Evidence-Based Nursing

The following list of resources includes selected, recently-published items that are available from the University of Manitoba Libraries on the topic of evidence-based nursing. Book titles are linked directly to the library catalogue where a request can be placed for pickup at any of the health sciences libraries. Journal articles can be accessed in full text or requested through document delivery (where full text is not available) by clicking on the GetIt@UML button.

A complete list of webliographies is available on the Health Sciences Libraries webpage under ‘Health Topics.’

Books

**The practice of nursing research: Appraisal, synthesis, and generation of evidence (6th ed.).**
- Concordia Hospital Library: WY 100.7 M527e2 2011
- Elizabeth Dafoe Library: RT42 .M44 2011
- Seven Oaks General Hospital Library: WY 100.7 M527e2 2011

**Evaluating research for evidence-based nursing practice.**
- Concordia Hospital Library: WY 20.5 F278e 2009
- Elizabeth Dafoe Library: RT 81.5 F39 2009
- NJM Health Sciences Library: WY 20.5 F278e 2009
- Seven Oaks General Hospital Library: WY 20.5 F278e 2009

**Fast facts for evidence-based practice: Implementing EBP in a nutshell.**
- Elizabeth Dafoe Library: RT 81.5 G63 2010

**Evidence-based practice in nursing & healthcare: A guide to best practice (2nd ed.).**
- Concordia Hospital Library: WY 100.7 M527e2 2011
- Elizabeth Dafoe Library: RT42 .M44 2011
- Seven Oaks General Hospital Library: WY 100.7 M527e2 2011

**Nursing research: Generating and assessing evidence for nursing practice (8th ed.).**
- Elizabeth Dafoe Library: RT 81.5 P64 2008
- NJM Health Sciences Library: WY 20.5 P769n8 2008
- Seven Oaks General Hospital Library: WY 20.5 P769n8 2008
- St. Boniface Hospital Library: WY 20.5 P769n8 2008

**Models and frameworks for implementing evidence-based practice: Linking evidence to action.**
- Elizabeth Dafoe Library: RT 84.5 M625 2010

Journal Articles


This is the fifth article in a series from the Arizona State University College of Nursing and Health Innovation's Center for the Advancement of Evidence-Based Practice.


This is the sixth article in a series from the Arizona State University College of Nursing and Health Innovation's Center for the Advancement of Evidence-Based Practice.


Submitted by Sherri Vokey, Neil John Maclean Health Sciences Library
Continuous Improvement Opportunities from the Health Sciences Libraries

The College of Registered Nurses of Manitoba (CRNM) requires evidence of commitment to life-long learning as part of a nurse's annual registration renewal. Activities that nurses can engage in, as suggested by CRNM, are: borrowing journals, books, or articles from the facility library; conducting literature reviews; participating in a journal club; attending conferences, seminars, workshops and in-services.

The Health Sciences Libraries recognize that many nurses, because of time constraints due to clinical responsibilities, shift work, and family life, have difficulties visiting the library in person to find resources to support their learning and self-development. In an effort to bring relevant information directly to the nurses, the Health Sciences Libraries have developed two programs to support nurses continuing competence information needs. These library programs are called Webliographies and Competency Collections.

Like road maps, Webliographies provide a convenient route to various information sources on selected topics! Nursing students will find these an efficient way to access multi-genre and current information on a given topic. Practicing nurses can use them as a professional development tool in the CRNM Continuing Competence Program. Each Webliography features a selected listing of book titles, annotated review articles, relevant journals and websites. Wherever possible, hyperlinks provide quick and easy access to these resources. Examples of topics include: Ethics, Geriatric Nursing, Healthcare Management, Pain Management Resources, Total Parenteral Nutrition and Wound Care. For a complete listing please see our Health Sciences Libraries Webliographies page.

For nurses who are not yet ready to access information in the online environment, we offer the Competency Collection: An Information Pathfinder. The Competency Collection is a starting point to increase your knowledge on a health care issue and is placed on the nursing units and/or in the hospital libraries. The package includes a current bibliography of articles, chapters, books/videos and websites. Books and/or videos are available from the library. Copies of the articles and/or book chapters are provided for you. Websites can be accessed in the library or from any computer workstation with internet access. Examples of topics include: Evidence-Based Nursing; COPD; Respiratory Assessment; Communication and Dementia; Continence; I.V. Therapy; Family Presence during Resuscitation. To find out which topics your library offers, contact the hospital librarian in your facility.

The Competency Collection can be used for self-study and the bibliography makes it easy for nurses to note what they have read and include the proper citation for documentation of continuing education. Competency Collections can be customized for specific units and their clinical care issues.

If you have any questions/comments, or would like to suggest a topic for a Webliography or a Competency Collection speak to the hospital librarian in your facility. The Health Sciences Libraries can help you with life-long learning and help you meet the CRNM requirement to demonstrate professional development learning activities.

Submitted by,
Angela Osterreicher, J.W. Crane Memorial Library
Where Do I Find Nursing Guidelines?

Guidelines can be found in a number of places; they are often published in journal articles, on the websites of professional associations or in books. Below is a list of a few places where you can find guidelines or standards related to nursing practice. If you can’t find the guideline you need, call a health sciences librarian for help. Links to more guidelines or best practice resources can be found on the University of Manitoba Libraries Nursing Toolkit.

Article Databases

**CINAHL**

CINAHL is the only database designed specifically to meet the information needs of nurses and allied health professionals. CINAHL provides access to nursing journals, publications from the American Nurses’ Association and the National League for Nursing, and primary journals from 13 allied health disciplines. Combined with the University of Manitoba Libraries' links to full text of articles this database is an excellent place to start searching for guidelines.

SEARCH TIP: Under Limits choose practice guidelines as a publication type.

**PubMed**

PubMed, produced by the National Library of Medicine, provides access to over 11 million citations from MEDLINE and additional life science journals. The “Get it@UML” button provides access to full text of articles or document delivery options.

SEARCH TIP: Choose practice guideline under “type of article” in the Limits to narrow down your search.

**Joanna Briggs**

The Joanna Briggs Institute is a multi-source information service supporting evidence-based healthcare practice in nursing, midwifery, medicine and allied health. It provides access to a variety of documents including research and best-practice reports, systematic reviews, electronic journals, conference papers and consumer health-care information. JBI Library of Best Practice Information Sheets, are summaries of the best available evidence on a topic providing recommendations or guidelines, grade and quality of the evidence used. JBI Library of Systematic Reviews is a fully refereed library that publishes systematic reviews of the literature.

Websites

**Registered Nurses Association of Ontario (RNAO)**

The RNAO produces Best Practice Guidelines for client care; currently there are 42 published guidelines as well as a Toolkit and Educator’s Resource to support implementation.

**TRIP Database**

The TRIP Database is a clinical search tool designed to allow health professionals to rapidly identify the highest quality clinical evidence for clinical practice. Searching multiple websites separately for relevant information is time-consuming; the TRIP Database allows simultaneous searching of multiple sites, speeding up the discovery of systematic reviews, guidelines, recommendation and other relevant documents published on the internet. Search queries can be limited to guidelines and country of origin.

**Hartford Institute for Geriatric Nursing**

This website is a portal to Hartford Institute clinical resources and other nationally recognized clinical resources recommended in the care of older adults. An important resource on this web page is the Try This: Best Practices in Nursing Care to Older Adults series. The goal of this series of assessment tools is to provide knowledge of best practices in the care of older adults. The Evidence-Based Geriatric Protocols and Topics section of the web page has geriatric protocols for managing common geriatric syndromes and conditions.

Books

Search the Library’s catalogue to find books or try using the One Stop Search (http://www.umanitoba.ca/libraries/) to locate books and articles in the same search.


Perioperative standards and recommended practices / AORN. Published: Denver, Colo.: AORN, c2008.


Johns Hopkins nursing evidence-based practice model and guidelines / Robin P. Newhouse ... [et al.]. Published: Indianapolis: Sigma Theta Tau International Honor Society of Nursing, c2007.


Nursing pathways for patient safety / National Council of State Boards of Nursing (NCSBN), Expert Panel on Practice Breakdown; Patricia E. Benner, Kathy Malloch, Vickie Sheets, editors; Karla Bitz ... [et al.]. Published: St. Louis, Mo.: Mosby Elsevier, c2010.


SGNA practice guidelines & position statements / Society of Gastroenterology Nurses and Associates. Published: Chicago, IL: Society of Gastroenterology Nurses and Associates, 2006-

Submitted by,
Christine Shaw-Daigle, St. Boniface Hospital Library

Written by nurses in the field, this concise book uses current evidence to review the principles of acute and chronic wound care. Scemons and Elston provide helpful illustrations, key points, tips and alerts. Each treatment is assessed for advantages and disadvantages as well as indications and contraindications. This book is clearly organized and provides internet resources and suggested readings at the end of each chapter.

Available at Deer Lodge Centre Library; Elizabeth Dafoe Library; Grace General Hospital Library


Evaluating Heart and Breath Sounds is a well-written, easy-to-read book with many supportive features. Scattered throughout the book are “Case Clips” which describe rapid response team approaches to real-life scenarios. There are illustrations and pictures on almost every page as well as highlighted key techniques and tips. “Age Alerts” teach readers the differences in anatomy, physiology and sounds in patients of different ages. There are also tables of auscultation findings for common cardiovascular and respiratory disorders. A CD with 96 heart and breath sounds accompanies this book so readers can practice what they read.

Available at Grace General Hospital Library; Misericordia Health Centre Library; St. Boniface Hospital Library; Seven Oaks General Hospital Library

Submitted by
Lori Giles-Smith, Grace Hospital Library

This innovative video series features the skills essential for conducting thorough physical examination for each body system. Actual nurses perform step-by-step examinations on patients of various ages and ethnicities, with over 5 hours of video footage.

Each procedure is covered in detail from preparation through documentation with step-by-step checklists that can be printed for quick reference. Dynamic 3-D animations and anatomic overlays accompany select examinations to help illustrate what is happening inside the body. Plus, critical thinking case studies and NCLEX® examination style review questions reinforce an understanding of key concepts and provide valuable study and review.

For each body system you will review:

- Overview, including rationale and purpose of examination,
- Preparation, including equipment,
- Procedure videos, with printable step-by-step checklists,
- Documentation (tips and techniques),
- Follow-up, including health promotion and patient teaching,
- Critical thinking case studies.

Some key features include:

- 185 video clips with a running time of 2-4 minutes each.
- 25 detailed 3-D animations depict what's happening inside the body.
- Critical thinking case studies let you apply your knowledge to simulated patients.
- A documentation form library allows you to practice recording history and physical information.
- 80 NCLEX® examination-style review questions let you reinforce your comprehension.

Submitted by
Melissa Raynard, Concordia Hospital Library
UpToDate: A point-of-care-tool for everyone

UpToDate is a clinical decision support tool that provides structured summaries to most medical disciplines. To access, click on the following UpToDate link and accept the license statement on the following page. At this point you are greeted by its “Google-like” front page — a very clean white page with a simple search box. When you put in your query, if there are multiple summaries that may answer your question (or not an exact match to the question), you are provided with a list of titles to the summaries in the database. If there is an exact match, you are taken directly to the summary.

The summaries are fairly easy to navigate as there is a table of contents of each section and they are written reasonably briefly. If the summary viewed does not answer the question, there is a related topics list provided at the end of the topic outline. All references are provided and when possible, links into the corresponding PubMed abstract. UpToDate’s claim to fame is its frequent updates; the last literature review and when the topic was last updated dates are easily available at the beginning of each summary. If there are pharmaceutical interventions mentioned in the summary, the name of the drug is hyperlinked and leads you to Lexi-Drugs, the companion drug reference available in UpToDate.

In addition to searching the clinical information available in the summaries, there are two additional resources that may of interest: a patient information sheet database and calculators. The Patient Information resource can be accessed on its own clicking the green tab at the top or they can also be found as part of some summaries, usually listed at the bottom of the topic table of contents. Individual sheets can be found by drilling down by topic e.g. Diet and Weight > Special diets (high fiber diet). You have the choice to print out or email the summary and select whether you want all or any of the text, references or graphics.

The Calculators are broken out by medicine specialty and searchable by topic. For example, selecting Nephrology calculators gives a list of calculators from which to chose, e.g. Fractional excretion of sodium, and that particular calculator appears.

UpToDate is a popular resource as it is fairly easy to use and answers most common clinical queries that are encountered day-to-day. This has been shown again most recently in a study published in Postgraduate Medicine Journal (Thiele RH et al., 2010), comparing UpToDate to PubMed. Nurses, pharmacists and other practitioners also find it useful for contextual purposes: how and when procedures and medicines are used for a given circumstance.

There are some things to note about UpToDate. As of yet, there are no levels of evidence indicated for either recommendations or the references provided. Also, the level of language in the patient education materials is written at an approximately grade 10 level. Both of these issues are to be rectified in the near future by Wolters Kluwer, the parent company of UpToDate. As with any other resource, UpToDate is stronger in some disciplines than in others, and so it is up to the user to be critical of the summaries and augment their knowledge accordingly if the content is found to be lacking. Finally, Lexi-Drugs within UpToDate is merely a companion product and so cannot be accessed directly except via the drug interactions option located underneath the search box.

Until recently, access to UpToDate at the University of Manitoba was very limited. Thanks to the generous support of the Faculty of Medicine, access is now more widely available:

- Fort Garry, St. Boniface and Bannatyne campuses: all UM students and staff have access. At hospital sites patrons will still be prompted for a UM Libraries ID and password. For staff this can be either a 22212338… or 2221228… OR 2221229… number.
- OFF campus/site/hospital e.g. home, non-hospital facility, rural manitoba: all faculty/academic appointment 2221228… or 221229… number) and UM students ONLY. All users will be asked to authenticate.
If you are a faculty/academic appointment member who does not have/know their faculty ID number, contact your nearest library for information on how obtain a card.

Submitted by,
Andrea Szwajcer, St. Boniface Hospital Library
Patient Information resources are a valuable addition to the clinician’s toolbox. The three resources below will help you inform your patients and their families about common conditions, treatments and medications in a simple and informative manner, while at the same time ensuring that they receive accurate, trustworthy information.

**MD-Consult Patient Education**

- Topics can be searched using the search box or browsed alphabetically or by medical specialty.
- Close to 10,000 handouts are available, written using straightforward language. Each handout is 1-2 pages in length.
- Handouts incorporate a simple definition of the chosen topic as well as causes, effects, symptoms, treatment, tests and process, and complications as applicable.
- Each handout also includes a reference list, names of the reviewers and the most recent review date.

**UpToDate Patient Info**

- Patient topics can be browsed under the Patient Info tab or by using the search box for both patient and professional level content.
- Information includes a simple definition of the topic as well as treatments, side effects, tests and other applicable information.
- Each topic incorporates links to professional level content as well as to related patient topics; references, review dates and authors are listed.

**MedlinePlus**

- MedlinePlus is a service of the U.S. National Library of Medicine National Institute of Health, and contains over 800 topic pages.
- The site provides a more comprehensive look at health information for patients and families; in addition to basic information about treatments, conditions and medication, Medline Plus includes links to organizations, video tutorials and images for each topic.
- Topics can be used as handouts, but this resource is most effective when the patient or family member can browse the site and access the linked information attached to each topic.

Submitted by
Janet Rothney, Neil John Maclean Health Sciences Library

Spotlight on Services: Literature Search

Let the Health Sciences Libraries professional staff do a database search for you. We will select and search the most appropriate databases, library catalogues and other Internet sources. Search results, usually consisting of a list of citations with abstracts, will be provided in print or electronic format. Select the citations that are of interest to you and obtain the full document directly from the Libraries, or use our Document Delivery service.

To request a search, print and fill out a PDF version of the Literature Search Form and fax or mail it to us. Or you may complete the form online.

Disclaimer: Information is provided as a service by the University of Manitoba Health Sciences Libraries. The information is gathered from standard medical sources and is not intended to provide comprehensive coverage of the subject. The information may not be applicable in any given clinical situation, nor is the selection of material intended to suggest a diagnosis or treatment modality. Results of any literature search are subject to the limitations of the database searched, consequently, some citations which are retrieved may not be directly relevant to the desired topic. The information is only valid as of the date and time conducted. From time to time inaccuracies may exist in a citation. The information is not intended to be a substitute for medical advice or care from a physician or other health care professional. The University of Manitoba Health Sciences Libraries are not responsible for consequential or incidental damages arising out of reliance on the information it gathers, and its liability is limited to the cost of services provided.