Meeting the Information Needs of Winnipeg’s Nurses

From the Editor

Nursing: A Leading Force for Change was the theme for this year’s National Nurses week. This issue of Info-RN carries this theme forward by providing resources and tools for nurses to help drive and manage change, whether it be health policy, patient care, or personal. To start your journey we’ve provided a selection of resources exploring nursing and change. For those who wish to change policy or procedure, we’ve highlighted the Health Sciences Libraries Toolkit for Health Planning and Administration, the Mini-Toolkit for Lean Management, AHEAD, an alert service for healthcare decision makers, and WIHI, a free online audio program from the Institute of Healthcare Improvement. The delivery of patient care/education is also changing. Learn about delivering culturally competent patient care with our featured DVD and patient education with graphic novels. Leading, managing, and coping with change can be stressful; avoid burnout with our featured books. In this issue you will also read about Read by QxMD, a new way to access journal articles and help us welcome Lisa Demczuk to her new role as the new Faculty of Nursing Liaison Librarian.

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News

Resources for Nursing and Change
A selection of resources exploring nursing and change in a variety of formats, from the University of Manitoba Health Sciences Libraries.

Toolkit and Mini-Toolkit for Health Planning and Administration
Look to our new Toolkit and Mini-Toolkit to help you find resources for health planning and administration.

AHEAD - Alert for Healthcare Decision-Makers
A bi-weekly alert for healthcare decision-makers from the University of Manitoba Health Sciences Libraries

New Nursing Liaison Librarian
Lisa Demczuk is the new Liaison Librarian for the University of Manitoba Faculty of Nursing.

Read by QxMD: Putting information in your hands – literally!
Read by QxMD is a free application for your iPhone and iPad that seamlessly allows you to access the full text of University of Manitoba Health Sciences Libraries journals.

Nursing Quote

“Nurses may not be angels, but they are the next best thing."
– Anonymous Patient

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What is RSS?
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, Misericordia 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.

Publication 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, Andrea Szwajcer, Kerry MacDonald, Laurie Blanchard, Carol Cooke, Mê-Linh Lê.
Resources for Nursing and Change

Here is a selection of resources exploring nursing and change (institutional, personal and professional) in a variety of formats (e-books, books and articles) from the University of Manitoba Health Sciences Libraries.

**E-book:**


Written from the perspective of administrative and staff nurses, this book tells the story of how change was successfully implemented at Boston Women’s Hospital (BWH) and how this transformed patient care. In the early 90’s BWH was ranked one of the top hospitals in the states. However, several difficult administrative issues presented challenges for the nurses who worked there. Chief Nursing Officer, Mairead Hickey, one of the authors, decided to tackle these challenges and in the process experienced the range of change documented in this book. As well as providing a story of change and inspiration, the book provides tools and resources for change leaders to adapt in their own settings.

**Book:**


This book tells the story of an intensive care nurse who underwent a profound personal transformation from caregiver to being cared for, following open heart surgery. As a result of her experience as a patient she gained more insights into the patient’s perspective than during twenty year years of caring for the critically ill. The book weaves clinical detail with her personal journal of healing with humour and warmth.


This purpose of this new text is to provide core knowledge that all nurses in advanced practice roles require regardless of their specialty. Drawing from the editors’ experience, this book aims to clarify the terminology of advanced practice nursing. While this revised edition provides information on the changes impacting nursing in the healthcare environment in the United States, topics of interest to Canadian nurses include: the role of the clinical doctorate in advanced practice nursing, budgeting and finances for advanced practice, electronic health records and informatics in nursing, evidence-based practice and clinical scholarship, and role transition and professional development for the nurse practitioner.

**Journal Articles:**


The first in a new bi-monthly column Manager Matters, this short but practical article outlines strategies for nurses transitioning to a leadership role.

The aim of this study was to assess the impact of leadership facilitation strategies on nurses' beliefs of the importance and frequency of using evidence in daily nursing practice and the perception of organizational readiness in an acute care hospital. Three surveys were used in this prospective descriptive comparative study to measure change before and after implementation of strategies for evidence-based practice enculturation.


This article aims to clarify the concept of change fatigue and explore the concept within the discipline of nursing. The concept of change fatigue has evolved from the discipline of management as a means to explore organization change and its associated triumphs and failures. Further exploration and subsequent research on the concept of change fatigue is needed within the discipline of nursing.


This article describes the clinical education model developed and implemented by nursing faculty in the Oregon Consortium for Nursing Education undergraduate curriculum. The model aims to improve clinical learning for preparation of nurses to practice in the 21st century by moving away from a "random access opportunity" model of clinical education reliant on "total patient care" experiences to an intentional design of clinical learning activities based on course competencies appropriate to student level.

Submitted by:
Laurie Blanchard, Librarian, Sister St. Odilon Library, Misericordia Health Centre
Toolkit and Mini-Toolkit for Health Planning and Administration

Look to our new Toolkit and Mini-Toolkit to help you find resources for health planning and administration.

Navigating the many available electronic resources at the University of Manitoba Libraries can be a challenge. To facilitate access to our resources, the Library has created two types of guides to help find your way, Toolkits and Mini-Toolkits. Toolkits give a comprehensive overview of the online resources important to a subject or specialty and link to multiple tabs, while the content of the Mini-Toolkits is confined to one page highlighting selected resources.

The Health Planning and Administration toolkit is available at http://libguides.lib.umanitoba.ca/healthadmin.

It has 5 tabs or pages: Home, Books|Journals|Articles, Clinical Resources, Keeping Current, and Services. The following is a list of the types of resource you can find under each tab:
Home
- A handy quick search box to core databases
- Links to Quality Improvement/Risk Management web sites
- Health Policy and Research links
- Data & Statistics resources

Books|Journal|Articles
- Selected books
- Core E-journals
- Key Databases for Health Planning and Administration
- Current articles

Clinical Resources
- Point of Care Resources
- Drug Information
- Drug recalls

Keeping Current
- Harvard Business Review issues
- Recent articles from Canada's Health Care Newspapers
- AHEAD alert
- Knowledge Translation Resources

The Lean Management in Health Care mini-toolkit is available at http://libguides.lib.umanitoba.ca/content.php?pid=406804.
It pulls together books and articles on lean management techniques applied to health care. The Mini-Toolkit links to web resources and other databases where more information can be found.

No matter where you are located, information resources and library services are available to you from the University of Manitoba Health Sciences Libraries.

Submitted by:
Christine Shaw-Daigle, Librarian, Carolyn-Sifton Helen-Fuld Library, St. Boniface Hospital
AHEAD - Alert for Healthcare Decision-Makers

The Librarians at the University of Manitoba Health Sciences Libraries have created a new service designed to help you stay up-to-date on healthcare related issues - AHEAD - Alert for Healthcare Decision-Makers.

What is AHEAD?
It is a bi-weekly email that alerts you to new web resources, reports, articles and guidelines. Selected online resources cover topics like leadership, quality improvement, administration, management and patient safety.

What will it look like in my email inbox?
The AHEAD alert will arrive bi-weekly in your email inbox just like any other email. The latest AHEAD email, shown below, gives you an idea of what to expect:

Who is AHEAD for?
Current and future healthcare decision-makers.

Why use it?
AHEAD is a quick and easy way to stay on top of current issues in healthcare. Access the featured resources directly from your email.

How do I sign up?
Go to: http://lists.umanitoba.ca/mailman/listinfo/umhsl-ahead

How do I get more information?
Talk to your local hospital or health centre librarian.

Submitted by:
Lori Giles Smith, Grace General Hospital Librarian
Lori.Giles-Smith@ad.umanitoba.ca
Kerry Macdonald, Seven Oaks General Hospital Librarian
Kerry.Macdonald@ad.umanitoba.ca
New Nursing Liaison Librarian

Lisa Demczuk, Associate Librarian, joined the Elizabeth Dafoe Library in March 2013 as the Liaison Librarian for the Faculty of Nursing. She has worked for the University of Manitoba Libraries since 2000, most recently as Hospital Librarian at the Victoria General Hospital as part of the Health Sciences Libraries. Lisa holds a BA from the University of Guelph and an MA (History of Art) and Master of Library Sciences, both from the University of Toronto.

Lisa’s ongoing research interests include new roles for libraries and librarians, information literacy competency development in the education of health care professionals, knowledge translation strategies, and the information needs of dementia caregivers. Lisa enjoys working collaboratively with faculty, students, and staff and looks forward to providing information services to the Faculty of Nursing through course-specific instruction, research assistance, and consultation and collection development. Lisa holds office hours at the Faculty of Nursing and invites faculty and students to visit her there or contact her for assistance at any other time.

Contact Lisa Demczuk:
Helen Glass Rm 393 – Tuesday 9-12; Thursday 11-2
Phone: 204-474-6590
Email: lisa.demczuk@ad.umanitoba.ca
Read by QxMD: Putting information in your hands – literally!

Read by QxMD is a free application for your iPhone and iPad that seamlessly allows you to access the full text of University of Manitoba Health Sciences Libraries journals without entering your library ID and password with each use. This information is entered when you register for Read and you will not be asked for it again in future visits. Read has a clean interface that makes browsing your journals and accessing the full-text easier than ever.

Read allows you to select the medical specialty and journals you wish to follow. When you do this you are essentially building a bookshelf of journals that are focused to your interests. Articles can be put into a favourites folder and tagged for easy recovery. Read allows sharing of articles with colleagues using email, Twitter, and Facebook.

If you are already using Browzine you will find that Read is similar. However, Read focuses on health sciences journals that are indexed in PubMed. While not all of the University of Manitoba Libraries health sciences journals can be found in Read it does include many nursing journals such as Advanced Journal of Emergency Nursing, BMC Nursing, British Journal of Nursing, and Canadian Journal of Nursing Research.

You can download Read by QxMD through the iTunes Apps Store or ask your librarian for assistance.

Submitted by:
Lori Giles-Smith, Librarian, Grace Hospital
Featured Books on Avoiding Burnout

Leading, managing, and coping with change can be difficult and stressful. Here are some books you can borrow to help avoid burnout.

**Compassion fatigue and burnout in nursing: enhancing professional quality of life** / Vidette Todaro-Franceschi.
Description: Compassion fatigue afflicts nurses working in all caring environments and has become a serious issue in health care institutions nationwide. This book addresses the challenges and related syndromes of burnout in nursing. It presents a unique healing model designed to identify, treat and, where possible, avert compassion fatigue with holistic strategies and action plans that help cultivate a healthier, more satisfying work environment.

Locations:
- Elizabeth Dafoe Library (Call# RT 86 T62 2013)
- Grace General Hospital Library (Call# WY 87 T633c 2013)
- Victoria General Hospital Library (Call# WY 87 T633c 2013)

**Nursing from the inside-out: living and nursing from the highest point of your consciousness; transform yourself and impact your nursing practice through the art of self-care** / Rachel Y. Hill.
Sudbury, MA: Jones and Bartlett Publishers, c2011.
Description: This book provides holistic self-care modalities that allow the nursing professional to achieve self-awareness through individual. This practice and application. Self-care consciousness helps nurses create the balance in their lives that support mental, spiritual, and physical growth. Through use of these tools, the nurse is able to maintain inner balance in the busy and changing world of healthcare, while simultaneously establishing meaningful connections with patients.

Locations:
- Elizabeth Dafoe Library (Call# RT 67 H55 2011)
- Grace General Hospital Library (Call# WM 172 H647n 2011)
- NJM Health Sciences Library (Call# WM 172 H647n 2011)

**B is for balance: a nurse's guide for enjoying life at work and at home** / Sharon M. Weinstein.
Description: In this book learn how to: Find your purpose, simplify your life, manage stress, use technology, eat real food. Plus, learn how to find time for sleep, laughter, dreams, and more!

Locations:
- Victoria General Hospital Library (Call# WY 87 W424b 2009)
- Online as an eBook.

Submitted by:
Melissa Raynard, Librarian, Concordia Hospital
Call number: WY 88 P298p 2010 AV

The new Standards of Practice for Registered Nurses in Canada were approved in December 2012. Standard I requires that registered nurses are responsible for and accountable for delivering client-centered practice. By focusing on and understanding the needs of their clients, nurses can help improve the quality of healthcare.

Patient Beliefs and Culturally Competent Nursing Care is a 25 minute video which promotes culturally competent nursing care. The first part of the video identifies cultural practices that affect nursing care and effective communication in the provision of culturally appropriate care. After watching this video, nurses will be able to:

1. Describe cultural beliefs and practices affecting activities of daily living.
2. Discuss how culture affects food preferences.
3. Describe how culture affects death, dying, and end-of-life care.
4. Define culture shock and culture clash.
5. Define culture brokering and define nurse's role as a culture broker.
6. List the considerations for culturally sensitive care planning.

This video is located at the Concordia Hospital Library and the Deer Lodge Centre Library. To request this video, please contact your hospital librarian. Contact information is available at http://libguides.lib.umanitoba.ca under the contact tab.

Submitted by:
Angela Osterreicher, J.W. Crane Memorial Library, Deer Lodge Centre Librarian
**Featured eResource: WIHI**

WIHI is a free "talk show" program from Institute for Healthcare Improvement (IHI). IHI is an independent not-for-profit organization based in Cambridge, Massachusetts, whose aim to to raise the quality of healthcare for everyone.

From WIHI Website:

WIHI designed to help dedicated legions of health care improvers worldwide keep up with some of the freshest and most robust thinking and strategies for improving patient care. The quality improvement movement has reached a tipping point in terms of global reach, provider and payer consciousness, and bold new ideas for health care reform. The opportunity to influence and shape what fundamental change looks like has never been greater. We invite you to sharpen your thinking and add to the momentum for system redesign.

The issues may be complex, but the format of WIHI is simple. It’s 60 minutes, every other week. There’s a host, one or more carefully chosen guests, and you — with your questions and comments. All we ask is that you register for the program in advance. You can join the program live — via computer or telephone or both — or you can listen to or download an archived audio file for listening later.

Your host is IHI’s Madge Kaplan, who brings a wealth of experience to WIHI from her years reporting on health care for public radio. IHI’s Director of Communications since 2004, and the regular "voice" of the 100,000 Lives and 5 Million Lives Campaign conference calls, Madge is known for her ability to create a shared space for lively and enriching discussions.

If you want to catch an episode, all broadcast times are 2:00 – 3:00 PM Eastern Time, unless otherwise noted.

**Upcoming broadcasts** include:

- Large-Scale Change Across a Country: Learning from Scotland, June 20, 2013
- Bending the Cost Curve? Sorting out the Slowdown in US Health Care Spending, July 11, 2013

You can also go to the WIHI website to listen to past broadcasts, and login to access additional documents (e.g. slides, resources). Some examples of previous episodes include:

- Home for Life, Aging, and Aging in Place
- No Excuses, No Slack! The Latest from the Front Lines on Hand Hygiene
- Engaging Patients in Safety — Live from London and the International Forum on Quality and Safety
- Integrated Care Pathway for Total Joint Arthroplasty

You can access all the past episodes in the WIHI Archive.

Submitted by:
Melissa Raynard, Librarian, Concordia Hospital
Kapow! Zwosh! Craaack! - How Graphic Novels Can ‘Punch Up’ Delivery of Patient Care Information

The old adage that a picture is worth a thousand words is no more evident than in the growing use of graphic novels as a means to help patients and their families cope with and understand their health conditions. Also called ‘graphic pathographies’, these resources are not like traditional versions of comics or graphic novels – filled with far-fetched worlds and characters – but instead act as moving and thought-provoking visual representations of real-life situations on a wide variety of health related topics, including infertility, epilepsy, autism, cancer, depression, post-traumatic stress disorder, and more.

Graphic novels can serve a number of purposes in health care, but one of the most important is in the delivery of patient care. They can aid patients and their families in learning more about their condition in an unintimidating (and sometimes humorous) way, promote open dialogues between a patient and health care professionals, and let patients know that they are not alone in their struggles.1-3

Graphic novels serve as effective communication tools for a diverse patient population that may struggle with verbal communication or low literacy.2 In some cases, they portray a more accurate description of what living with certain medical conditions is actually like in the day-to-day3 – something that health care providers may struggle to convey, whether from lack of time or simply unfamiliarity with at-home issues related to health.

“[Graphic novels’] powerful visual messages convey immediate visceral understanding in ways that conventional texts cannot” 2, (p574)

In order to provide health care providers with access to this valuable patient-care resource, the Neil John Maclean Library has developed a Graphic Novel Collection. Housed in the Consumer Health Collection, the graphic novels can be taken out by anyone – including members of the public. The Graphic Novels Collection is housed at the Neil John Maclean Library but items can be delivered to any hospital library location. Follow the instructions here to order books.

A few of the items in the collection include:

- **Special Exits: A Graphic Memoir** (Joyce Farmer, 2010): An older couple and their family struggle with the complications inherent with growing older.

  Get It @ UML

- **Mom’s Cancer** (Brian Fies, 2006): An award-winning autobiographical account of the author’s experience dealing with his mother’s diagnosis of metastatic lung cancer.

  Get It @ UML

- **Cancer Vixen** (Marisa Marchetto, 2006): A humorous autobiographical account of a high-powered Manhattan woman suddenly diagnosed with breast cancer.

  Get It @ UML

- **The Long Road Home** (Gary Trudeau, 2005): A compilation featuring a war-wounded veteran from Trudeau’s famed Doonesbury comicstrip who is struggling with returning home after fighting in
Iraq.

References


Submitted by:
Mê-Linh Lê, Health Sciences Centre Librarian