In this issue of Info-RN we highlight interesting Mental Health Resources and introduce you to our featured database PsychInfo and, our Mental Health Toolkit - an easy, one-stop link to key resources.

Peruse the PsycBooks e-resource and don’t forget to check out the new mini webliography on Eating Disorders. Take some time to review the resources focusing on Stress Management and Depression in the Elderly. We encourage you to look at the information “For Your Patient” and the selection of new books and videos. Finally, find out about the Mental Health Journal Club started at the Victoria General Hospital - maybe it’s just what your unit is looking for!

Mental Health Journal Club
Jan 17, 2008 2:34 PM
Journal clubs have been used in medicine and more recently in nursing for a number of years. The Victoria General Hospital Mental Health unit has started an interdisciplinary journal club, why not start one on your unit?

Mental Health Toolkit
Jan 11, 2008 1:41 PM
Looking for the essential online resources in mental health? Check out the Toolkits developed by the University of Manitoba Health Sciences Libraries.

Stress Management Resources at the Library
Jan 10, 2008 1:23 PM
In the 2005 National Survey of the Work and Health of Nurses, it was reported that in Manitoba, 3 in 10 nurses were classified as experiencing high job strain.2 Do not become a statistic; let the libraries help fight stress!

Searching PsycInfo – A How to Guide
Jan 10, 2008 12:24 PM
This article will give you a brief overview of the database PsycInfo. Follow the “Try it Now Steps” if you are interested in following along.
in PsycInfo.

**Webliography: Eating Disorders**

Jan 9, 2008 1:54 PM

This mini webliography focuses on Eating Disorders. Featured below is a selected list of journal articles, books, audiovisual and online resources which are accessible through the Libraries.

More...

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.

**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: Christine Shaw-Daigle, Librarian, Victoria General Hospital Library Contributors: Analyn Cohen Baker, Lisa Demczuk, Angela Osterreicher, Melissa Raynard, Christine Shaw-Daigle, Laurie Blanchard.
Journal clubs have been used in medicine and more recently in nursing for a number of years. Often journal clubs are used as a way to develop critical appraisal skills and review new research. Journal clubs can also be an excellent way to develop scholarship, keep up with the literature, socialize with colleagues and brainstorm about new trends. The mental health unit at the Victoria General Hospital has created a journal club, meeting once a month for one hour. Membership is multidisciplinary, consisting of staff and students from the mental health unit and members from departments closely associated to the unit. Currently membership includes nurses, psychiatrists, social workers, pharmacists, students, researchers and the librarian. Article selection and journal club facilitation rotate through the members. The facilitator of each journal club is responsible for choosing the article and encouraging discussion. Topics originate from clinical dilemmas or personal interest. Discussion is always interesting, collegial and informative.

Why not start a journal club on your unit? Take a look at some of these articles to help get you started.

**Further Reading**

The 6 steps of evidence-based medicine: action plans and changing clinical practice through journal clubs.
Kearley K.

Journal clubs for continued professional development.
Grant MJ.

Nursing research journal clubs: bridging the gap between practice and research.
Luby M, Riley JK, Towne G.

Can a journal club bridge the gap between research and practice?
Goodfellow LM.
It is imperative that nursing students learn to use research as a basis for making clinical decisions. The author discusses how a journal club was structured and designed to promote evidence-based practice and to reduce several of the barriers in utilizing research in the clinical setting. Vignettes illustrate the serendipitous events that also triggered the staff nurses' participation. An informal evaluation of the journal club is presented and suggestions for implementing future journal clubs are provided.

Improving practice with a journal club.
Dyckoff D, Manela J, Valente S.

Developing a journal club in the community setting.
Dobrzanska L, Cromack D.
Nurses are required to deliver care based on current evidence, best practice and, where it is available, validated research. A senior staff nurse in an 18-bed community hospital in North Bradford primary care trust identified a gap whereby there were no defined processes to address the lack of evidence-based material, look at new evidence or provide a forum to discuss new ideas. Following a meeting with the trust's research facilitator, the idea of setting up a journal club began to
take shape. Funding was obtained via a small grant from the Foundation of Nursing Studies. Various approaches were undertaken to increase attendance, and although the purpose of establishing a journal club within a community setting was clear, the reality was very different. A new approach was eventually found to be successful, and is described here so that it may help other people in similar settings develop and run a journal club.

By Christine Shaw-Daigle, Librarian
Victoria General Hospital

Mental Health Toolkit

Friday, January 11, 2008 1:41 PM

Looking for the essential online resources in mental health? Check out the Toolkits developed by the University of Manitoba Health Sciences Libraries. Toolkits are discipline-specific resource pages that provide access to the essential electronic resources needed to study, research, or provide care in a specific health area. Gathering the best resources available to you, a toolkit is your first stop when searching for information. Toolkits developed include: Mental Health, Nursing, Medicine, Medical Residents, Medical Rehabilitation, and Pharmacy.

Look for the Toolkits on the Libraries’ web site.

Features of the Mental Health Toolkit include electronic resources for mental health practice such as the DSM-IV, Handbook of Medical Psychiatry, Tests and Measures resources, tools for finding evidence in mental health, consumer resources, drug information and more. Direct links are provided to electronic journals, e-books, article databases and key web sites. Here are just some of the selected resources:

E-Books for Mental Health Practice
- PsycBOOKS
- DSM-IV
  - Current Diagnosis and Treatment in Psychiatry
  - Treatment of Psychiatric Disorders

Tests & Measures
- Mental Measurements Yearbook
- Testing Information Clearinghouse

Drug Information
- eCPS
- Lexi-Comp Online
- Natural Standard
- Mosby’s Drug Consult

Find the Evidence
- Cochrane Library
- Centre for Evidence Based Mental Health
- National Guideline Clearinghouse

Whether you are providing care, doing research or engaged in continuing education, the Mental Health Toolkit is your first stop for quality resources.

By Lisa Demczuk, Librarian
Grace Hospital

stress Management Resources at the Library

Thursday, January 10, 2008 1:23 PM

In the 2003 Canadian Community Health Survey, 50% of Registered Nursing Assistants, 58% of Registered Nurses, 67% of Head Nurses/Supervisors reported having high work stress. In the 2005 National Survey of the Work and Health of
Nurses, it was reported that in Manitoba, 3 in 10 nurses were classified as experiencing high job strain. Do not become a statistic; let the libraries help fight stress!

Listed below are a number of stress management resources available to borrow from University of Manitoba Libraries. Click on the title link or contact your library to request any of the items listed.

**Stress Management Resources**

**Overcoming secondary stress in medical and nursing practice: a guide to professional resilience and personal well-being** / Robert J. Wicks.
*Description:* Physicians, nurses, and allied health professionals working in today's health care settings must be prepared to offer support in dangerous times despite staffing shortages, financial pressures, and complex legal requirements... is a concise guide for all medical professionals who face these demands. Provides critical information about the dangers of compassion fatigue/burnout and vicarious post-traumatic stress disorder in health care settings.
Grace General Hospital Library WM 172 W637o 2006
NJM Health Sciences Library WM 172 W637o 2006

**Get a grip!: overcoming stress and thriving in the workplace** / Bob Losyk.
Published: Hoboken: John Wiley & Sons, c2005.
*Description:* This reader-friendly guide takes a straightforward approach to conquering stress, presenting quick and easy tactics for relaxing and reviving the mind, body, and spirit. Stress expert Bob Losyk gives you the tools to identify the causes of stress in your life and shows you which stress-busting techniques best fit your lifestyle and schedule. Based on a wide range of influences—including nutrition and diet, meditation and breathing techniques, and relaxation exercises—you'll develop your own effective, personalized stress-fighting regimen.
Concordia Hospital Library Call Number: HF 5548.85 L67g 2005 Consumer Health
Grace General Hospital Library Call Number: HF 5548.85 L67g 2005 Consumer Health

**Stress management: a comprehensive guide to wellness** / Edward A. Charlesworth and Ronald G. Nathan.
*Description:* This guide helps you identify the specific areas of stress in your life—familial, work-related, social, emotional—and offers proven techniques for dealing with every one of them. Includes information on how men and women differ in response to stress, updated statistics on disorders and drugs, the ways terrorism and the information age impact stress, the key benefits of spirituality, alternative medicine, exercise, and nutrition.
Deer Lodge Centre Library Call Number: WM 172 C477s 2004
NJM Health Sciences Library Call Number: WM 172 C477s 2004 Consumer Health

*Description:* Why Zebras Don't Get Ulcers makes understanding the science of stress an adventure in discovery. "This book is a primer about stress, stress-related disease, and the mechanisms of coping with stress. How is it that our bodies can adapt to some stressful emergencies, while other ones make us sick? Why are some of us especially vulnerable to stress-related diseases, and what does that have to do with our personalities?" Sapolsky, a Stanford University neuroscientist, explores stress's role in heart disease, diabetes, growth retardation, memory loss, and autoimmune diseases such as multiple sclerosis.
NJM Health Sciences Library Call Number: WM 172 S241w3 2004 Consumer Health

Published: Sudbury, Mass. : Jones and Bartlett, c2004.
*Description:* Textbook for stress management offers a holistic approach honoring the integration, balance, and harmony of mind, body, spirit, and emotions. Offers new material on fear and anger, survivor personality, insights on humor, information on chronic pain meditation, and more.
Grace General Hospital Library Call Number: WM 172 S442ma4 2004

**Five good minutes at work: 100 mindful practices to help you relieve stress & bring your best to work** / Jeffrey Brantley, Wendy Millstine.
*Description:* The authors provide meditations, mindfulness exercises and visualizations that the uninspired, tired and stressed-out can do in a few precious minutes to stay calm and feel revitalized during their workday. In less time than it takes to have a coffee break, these practices help readers to relax, focus and reflect on what really matters. They'll learn to deal with difficult co-workers, tyrannical bosses, impossible deadlines and more.
Description: The Little Book of Stress Relief teaches us how to take back control of our lives and regain a satisfying work-life balance. The author proposes that we change our fundamental thinking and lifestyle choices by becoming aware of our behaviour, making informed choices and giving ourselves permission to make the necessary changes in our day-to-day lives. Specific causes of stress are isolated and detailed "prescriptions" for overcoming them are provided; as well as easy-to-follow activities and exercises that will help with everything from getting enough sleep to overcoming procrastination to perfecting the art of prioritizing. You'll also learn how to avoid letting other peoples stress rub off on you. The Little Book of Stress Relief guides us through making small changes every day, changes that once implemented can have a profound positive effect on the quality of our lives.

Description: Stress can infect every aspect of your life if it is not kept in check. Teach Yourself: Managing Stress provides the knowledge you need to identify and assess stressors and develop your own stress-management plan. You will come away with practical skills for coping with the inevitable demands, pressures, and changes you'll encounter on the job and in your personal life.

Description: This book distinctively links together the issues of stress, self-esteem, health and work as a way to develop individual and organizational strategies for dealing with stress.

Description: On-the-job stress has two basic causes: other people and you. This DVD presents techniques to cut the stress and ease the strain.

Description: Different stress management techniques work for different people. Go through the range offered here and you will be certain to find some that will work for you!

Please contact your library for more stress management resources.


Melissa Raynard, Librarian
Concordia Hospital

Searching PsycInfo – A How to GuideThursday, January 10, 2008 12:24 PM
This article will give you a brief overview of the database PsycInfo. Follow the “Try it Now Steps” if you are interested in following along in PsycInfo.
What is PsycInfo?
PsycINFO(R) is an electronic bibliographic database providing abstracts and citations to the scholarly literature in the psychological, social, behavioral, and health sciences. The database includes material of relevance to psychologists and
professionals in related fields such as psychiatry, management, business, education, social science, neuroscience, law, medicine, and social work.

**How to Access PsycInfo and Start Searching?**

From the Health Sciences Libraries Webpage, under the section Health databases click on More databases. Under Databases A-Z, click on P. Scroll down the list and click on PsycInfo. This will open the search screen for PsycINFO.

You will be prompted for your Library username and password. If you are not sure what your ID and/or pin number is, you can call or drop by any University of Manitoba Library, including the Hospital Libraries.

Once you are in the Webspirs/Silverplatter site you must scroll down to select the PsycINFO box and then click the Start Searching box located in the top right hand corner. This will open the search browser for PsycINFO.

**What is the difference between Basic and Advanced searching?**

PsycINFO defaults to the Basic Search feature. A keyword or free text search can be performed on the search screen by inputting words or phrases, then using the Enter button or clicking Search. Advanced searching provides you with more options than Basic Searching and will not be covered in this article.

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**Try It Now…**

Type “Bipolar Disorder” in the search box. Click on Search. The database will return a list of search results that contain your entered term.

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The Search Results section tells the number of items found with the basic search “Bipolar Disorder”.

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With keyword or free text searches, PsycINFO will search for the term or phrase from anywhere in the record – title, abstract, descriptor, author, or even reference fields. This way of searching is useful when you have a very specific term or when there are no matching subject headings. Doing a subject heading search finds all articles which have been assigned a particular subject heading. This will result in a more comprehensive and precise search.

**Try It Now…**
Type the term “Bipolar Disorder” in the search box. From the drop down menu beside the search box change the selection to “Subject”. Click on Search.

![Search interface](image)

Click on the Display icon in order to view the citations for this second search.

**How do I get the full text of an article?**

You can find out if an article is available online in full text format by clicking on this button while in a citation. If the article is online, the UMLinks box will provide you with a link. If there is no full text option, you can order a copy to be delivered to any Health Science Library for pick up. If you need help while trying to access the full text or ordering a copy of the article, please call the Neil John Maclean Health Sciences Library at 789-3464 or contact one of the Hospital Libraries.

![UM Links](image)

**How do I find articles published in the last year?**

You will need to limit your search in order to find articles published in a certain year. You can also limit your search by language, publication type, age groups, etc.

**Try It Now…**

![Limit Search To](image)

In the Limit Search To section, click on the More button. Under Frequently Used Limits, click on Publication Year. Use the drop down menu to change the publication date from: 2007 and to: 2008. Click on OK. This will narrow your search results. Click on Display to view the citations.

**How do I print, save or email a list of specific articles?**
The first step is to mark the articles that you are interested in. In the toolbar in the middle of the page, you will find the icons for Print, Save, Email.

Try It Now...

Select a handful of articles from your search by placing a check mark in the box to the left of the citation. Go to the toolbar and select Print. PsycINFO defaults to the citation format for printing. Click on the Print button.

I tried to follow along, but I need more help.

A librarian at the Health Sciences Library would be happy to help you in person or even over the phone. House calls or small group training can also be arranged. Please call a librarian at your local hospital or call the Neil John Maclean Health Sciences Library at 789-3464

By Angela Osterreicher, Librarian
Deer Lodge Centre

Webliography: Eating Disorders Wednesday, January 9, 2008 1:54 PM

This mini webliography focuses on Eating Disorders. Featured below is a selected list of journal articles, books, audiovisual and online resources which are accessible through the Libraries.

More webliographies can be found on the Health Sciences Libraries website. Webliographies can be used by practicing nurses for continuing education and professional development purposes. Nursing students and other health professionals may find them useful as a starting point for research on a particular topic.

If you are interested in receiving a copy of an article, click on the UM Links button to access the article online. If you are interested in requesting a featured book or audiovisual resource, click on the title to use the Library catalogue’s “Request this title” feature. If you require more information, please contact any Health Sciences library for assistance.

Journal Articles

Disordered eating: young women’s search for control and connection.
Budd G.

PROBLEM: Approximately 5% of American women suffer from eating disorders and scores more exhibit signs of disordered eating. The purpose of this study was to gain an understanding of disordered eating in adolescence. METHODS: Grounded theory method was employed. In-depth interviews were conducted with 15 college women to explore their experiences with disordered eating. FINDINGS: Choosing disordered eating behaviors as a method of control occurred when the young women lacked connected and close relationships with others. Conversely, when meaningful relationships were present in their lives, the dysfunction abated. CONCLUSIONS: Psychosocial and dietary assessments are necessary to identify youngsters without connected relationships and/or predispositions to disordered eating.
OBJECTIVE: Eating disorder (ED) specialists increasingly see anorexia nervosa and bulimia nervosa as complex mental illnesses with both genetic and social roots. The public, however, tends to view EDs more simply as a manifestation of personal or social problems among female, white, young women. This disconnect potentially prevents timely ED diagnosis and reinforces a stigma that limits treatment availability. We examine the presentation of EDs in daily newspapers, an important contributor to shaping public perception of EDs.

METHODS: We analyze 1 year of coverage about EDs by seven daily U.S. newspapers (252 articles focusing on the messages conveyed about epidemiology, etiology, severity and treatment.

RESULTS: The highest proportion of articles about EDs (48%) ran in arts and entertainment sections. Articles primarily covered those who are female, young and white, and mentioned mainly environmental causal factors. Only 8% of patient profiles discussed treatment and recovery within a medical context.

CONCLUSION: News coverage rarely presents EDs as complex medical phenomena, but rather simplifies and sensationalizes these conditions. PRACTICE IMPLICATIONS: Educators would benefit from recognizing the news media's role in shaping public perceptions of EDs in ways that differ from clinical perspectives, potentially limiting diagnosis and treatment. Three communication improvements are suggested.

Eating disorders are increasing in frequency among adolescents. The active duty military population has a high prevalence of eating disorders. This study conducted at a major medical center, determined the prevalence of disordered eating among military dependents and the correlation between adolescent and parent eating behaviors. Three hundred forty adolescent and parent pairs completed the Eating Attitude Test-26 question-based survey. Twenty-one percent of the adolescents and 26% of the parents met the criteria for disordered eating, with a strong correlation between at-risk parents and their adolescent daughters. Overall, the rate of disordered eating in this military sample was significantly higher than the comparable civilian population. Military families should be considered at high risk for disordered eating and eating disorders.

Screening for disordered eating should be incorporated into routine practice to identify at-risk individuals.

This article gives an overview of the nurse's role when caring for patients with eating disorders. While mental health nurses are more likely than general nurses to be dealing with patients with eating disorders, such disorders can influence an individual's ability to recover from other illnesses so knowledge of this area is relevant in all settings.

The phenomenon of 'pro-eating disorder' websites remains relatively unexplored by researchers in published formats. Supporters of the sites claim beneficial effects but health professionals worry that the sites propagate disordered behaviours. The present study addressed visitor characteristics and perceived impact of visits. A 24-item questionnaire supplemented with the Eating Attitudes Test-26 (EAT-26) was developed and posted on the website of the UK mental health charity SANE. Participants who interacted with others on the sites and sought emotional support reported improved
mental state after visiting, and for them, evidence was found of reduced impact from potentially damaging content. ‘Silent browsing’ in order to sustain a disorder was found to be mainly harmful. ‘Silent browsers’ may be particularly vulnerable to a worsening of their symptoms in the absence of beneficial effects from emotional support, but those who interact and find support could face a danger of a different sort.

Impact of eating disorders on family life: individual parents' stories.
Hillege S, Beale B, McMaster R.

AIMS AND OBJECTIVES: The aim of this study was to consider the impact that an eating disorder had on the family, particularly the parents. The objective was to give a voice to parents in order to develop new understandings of their experience leading to more appropriate clinical decision-making. BACKGROUND: The impact of an eating disorder on family life has not been well-documented in the published literature. There are numerous articles from the sufferer's perspective and treatment modalities. The following paper describes a component of a larger study that explored the parent's perspective of having a child with an eating disorder. DESIGN: Nineteen mothers and three fathers from Sydney, Australia, volunteered to be interviewed as the result of advertisements placed in parent support organization newsletters and by using the snowballing technique. METHODS: A qualitative approach using semi-structured interviews was used to explore parents' experiences of having a child/adult child with an eating disorder. Themes were identified through in depth analysis. RESULTS: Themes that were extrapolated from this research included, family unification or disintegration, parent's inability to cope, inconsiderate comments from significant others, social isolation and financial impacts. CONCLUSIONS: This study reports five overarching effects on family life. The authors conclude that one way in which the life of parents and families could be improved would be increased involvement and integration into the treatment process. For this to happen, health professionals would need to acknowledge the family as a resource. RELEVANCE TO CLINICAL PRACTICE: This research documents the family struggle and highlights the current omissions concerning the family's role. The need for changes to clinical practice is substantiated. It requires health professionals to scrutinize their own clinical practice and consider modification of the treatment process.

Eating disorders and women's health: an update.
Mitchell AM, Bulik CM.

Anorexia nervosa, bulimia nervosa, and eating disorders not otherwise specified have a significant impact on the health care and childbearing outcomes of the female population. Primary care contact for gynecologic care, childbearing, or infertility can serve as a critical entry point for the initial recognition of potentially devastating disorders that may result in permanent impairment and/or chronic debilitation. This review addresses the nature and prevalence of eating disorders and the management of pregnancy complicated by an active eating disorder or a history of an eating disorder. Genetic influences and intergenerational transmission of eating disorders are discussed. Finally, the increased risk for postpartum depression among women with a current or past eating disorder is examined. Factors critical to improving pregnancy outcome and reducing the risk for exacerbation or, relapse in the postpartum period are identified.

Eating disorders across the life span.
Harris M, Cumella EJ.

Clearly, eating disorders appear in both men and women across the entire life span. Nurses must be aware of eating disorder issues in populations such as children and adolescents, adult men, middle-aged women, and older adults so that proper screening and treatment can occur to reduce the consequences of these potentially life-threatening illnesses.
Books

Published: New York : Guilford Press, c2007.
Victoria General Hospital Library   WD 212 S465s 2007

**100 questions & answers about eating disorders** / Carolyn Costin.
Published: Sudbury, Mass.: Jones and Bartlett Publishers, c2007.
Deer Lodge Centre Library   CH WM 175 C842o 2007
Victoria General Hospital Library   CH WM 175 C842o 2007

**Clinical manual of eating disorders** / edited by Joel Yager, Pauline S. Powers.
Seven Oaks General Hospital Library   WM 175 C641m 2007
Victoria General Hospital Library   WM 175 C641m 2007

**The cult of thinness** / Sharlene Nagy Hesse-Biber.
Elizabeth Dafoe Library     BF 697.5 B63 H47 2007

AV Resources

**Battling eating disorders [videorecording]** / director/editor, Diane Paragas ; producer/writer, Eva Nagorski ; a Meredian production.
Seven Oaks General Hospital Library   WM 175 B336b 2006 AV

**Thin [videorecording]: death by eating disorder** / HBO ; producers, R.J. Culter ... [et al.] ; directed by Lauren Greenfield.
Seven Oaks General Hospital Library   WM 175 T443t 2006 AV

Online Resources

**American Psychiatric Association: Practice Guideline for the Treatment of Patients With Eating Disorders**
The third edition of this guideline consists of three parts. Part A, "Treatment Recommendations," is published as a supplement to the American Journal of Psychiatry and contains general and specific treatment recommendations. Part B provides an overview of eating disorders, including general information on their natural history, course, and epidemiology. It also provides a structured review and synthesis of the evidence that underlies the recommendations made in Part A. Part C draws from the previous sections and summarizes areas for which more research data are needed to guide clinical decisions.

**National Eating Disorder Information Centre**
The National Eating Disorder Information Centre (NEDIC) is a Canadian, non-profit organization, established in 1985 to provide information and resources on eating disorders and weight preoccupation. Their goal is to promote healthy lifestyles that allow people to be fully engaged in their lives.

Analyn Cohen Baker, Librarian
Seven Oaks General Hospital

Traditionally, people who suffer from severe mental illness are a powerless group, however Donald Linhorst's book Empowering people with severe mental illness offers mental health professionals a planning guide to foster empowerment in this group of people. Linhorst describes conditions that facilitate empowerment; internal conditions such as symptom management and external conditions such as access to resources needed. Illustrated through case studies from a public psychiatric hospital and community mental health agency, readers are lead through seven activities that have the ability to empower people with mental illness. Checklists, step by step instructions, and historical overviews are provided to help mental health professionals implement this approach.

Available at the Elizabeth Dafoe Library and Victoria General Hospital Library


As the population continues to age the issue of mental health services to the elderly becomes essential. Steven Zarit’s book Mental disorders in older adults: fundamentals of assessment and treatment provides a foundation for working with older adults with mental disorders. This book begins with an overview of the normal psychological process of aging and expected changes in intellectual functioning, memory, and personality. Zarit reviews the symptoms, prevalence, etiology, assessment and treatment of mental disorders prevalent in the elderly. Dementia, delirium, depression, and anxiety, the most common mental health disorders found in later life, are followed by the more disabling conditions of personality and psychotic disorders. Chapters on psychological testing and the clinical interview are provided along with issues related to caregivers and the family. Ethical matters regarding informed consent, end-of-life decisions and confidentiality are also addressed.

Available at: Concordia Hospital Library; Elizabeth Dafoe Library, Deer Lodge Centre Library, Grace General Hospital Library, and Victoria General Hospital Library

Recovery from severe mental illnesses: research evidence and implications for practice / edited by Larry Davidson, Courtenay Harding, and LeRoy Spaniol. Published: Boston, MA : Center for Psychiatric Rehabilitation, Sargent College of Health and Rehabilitation Sciences, Boston University, 2005-

Schizophrenia is usually thought of as a progressive deteriorating disease, Recovery from severe mental illnesses: research evidence and implications for practice challenges this thought by bringing together in two volumes, research, expert opinion, and patient experiences. The first volume, explores the concept of recovery, revealing that people with severe mental illnesses can achieve higher levels of functioning, adjustment, and well-being than previously thought. The second volume investigates the range of interventions that have been found to promote recovery including psychiatric rehabilitation, community integration, treatment, case management, and advocacy. The role of family and other supports, how mental health systems can become recovery-oriented systems of care, and future directions for research and practice are described.

Available at: Victoria General Hospital Library
Delirium in the Older Person: A Medical Emergency

Delirium is four times more common in older people than in younger, and as many as 70% of cases go undetected. Undiagnosed and untreated, delirium can lead to permanent cognitive and functional decline and a greater risk of illness and death.

Delirium is a medical emergency! In this best-practice evidence-based DVD, you will learn how to define delirium, recognize its symptoms, identify its causes and draw from a selection of effective intervention.

This production contains an overview of expert information about delirium in the older person, and specific care information for:

- Acute care
- Home and community care
- Residential care
- Delirium at end of life

This DVD was the winner of the 2006 International Medical Media Award for Geriatrics (The Freddies), Victoria Island Health Authority MultiMedia Services and Mental Health & Addiction Services collaborated to produce this useful teaching resource for health care professionals in all sectors of care.¹

¹ Delirium in the Older Person: DVD information

Melissa Raynard
Concordia Hospital Librarian

PsycBOOKS

The Libraries now have access to a new electronic resource called PsycBOOKS. This is a collection of over 600 full-text books published by the American Psychological Association, as well as over 1500 entries from the Encyclopedia of Psychology. The collection contains both recently-published materials as well as classic and out-of-print titles dating back to 1806.

How to Access PsycBOOKS

On the Health Sciences Libraries' web pages, select “E-Books” then scroll down to Health Sciences E-Books Collections & Directories. Click on "PsycBOOKS". You can also access any Libraries’ electronic resources by clicking on the “E-Library” link on the blue menu on the left side of any UML page. Individual PsycBOOKS titles will also be found when searching in BISON, the Libraries catalogue.
How to Search PsycBOOKS

The content in PsycBOOKS is accessible by searching or browsing.

Browsing
To browse, click on Browse Contents from the main search page. The available options are:

- **Books by Title**, to browse an alphabetical list of book titles
  Example: Browse forward to find the book *Bipolar Disorder: a Cognitive Therapy Approach*. Click in the check-box to the left of the title and click on the red “Perform Search” at the top of the page. A brief record for the book, showing authors, title, publisher and date will be returned. Click on Table of Contents to view the chapters in the book. A PDF document is available for each chapter. Click on the PDF link to view the full-text content of the chapter.

- **Books by Subject**, to browse PsycBOOKS subject areas
  Example: Browse forward through the list of subject terms or use the search box to find “cognitive therapy”. Click in the check-box to the left of the subject heading and click on “Perform Search”. A number of book chapters on this subject are returned. Click on the PDF link to access the full-text of the book.

- **Classic Books**, to browse alphabetical list of Classic Books by title

Searching
To search the contents of PsycBOOKS, enter keywords or phrases in the search box. The search can be limited in a number of ways including by publication year, to specific types of information such as tests & measures, or to human or animal subjects. The results of the search will be displayed with a brief record for the book chapter and a link to the PDF full-text. Searches can also be done for specific authors or book titles. Advanced search features such as combining searches or using AND, OR to narrow or expand search terms is also available.

Example: In the search box, enter “bipolar disorder” (without quotations). In the Limits area, select 2000-2007 to limit by Publication Year. Click on the “Search” button. The search will be mapped to an appropriate subject heading, if available. At this point you may also select the box to search the term as keywords, which will expand the number of results retrieved. Click on the “Continue” button to perform the search. The results will be displayed with the PDF link to the full-text of relevant book chapters.

Contact any of the [Health Sciences Libraries](#) for assistance in using PsycBOOKS.

By Lisa Demczuk, Librarian,
Grace Hospital

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For Your Patient: Mental Health

**Wednesday, January 9, 2008 11:00 AM**

The following consumer health resources are available from the University of Manitoba Health Sciences Libraries.

**Books:**

- [Emotional fitness : discovering our natural healing power](#) / Janice Berger ; in collaboration with Harry Hall.
  Location: Seven Oaks General Hospital Library WB 105 B496e 2005

- [Coping with depression in young people : a guide for parents](#) / Carol Fitzpatrick, John Sharry.
  Location: Seven Oaks General Hospital Library WM 171 F559c 2004


Anxiety disorders: an information guide / Neil A. Rector ... [et al.]. Toronto: Centre for Addiction and Mental Health, 2005. Location: Grace General Hospital Library WM 172 A637af 2005


Online Resources

CMHA Manitoba

The Manitoba Division of the Canadian Mental Health Association is part of a nationwide, charitable organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental health illness.

Anxiety Disorders Association of Manitoba

ADAM is a registered self-help charity committed to helping individuals who struggle with anxiety disorders.

Manitoba Schizophrenia Society

The Manitoba Schizophrenia Society, Inc. is a consumer-focused, family sensitive mental health self-help organization whose mission is to improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy and research.

The Mood Disorders Association of Manitoba

A self-help organization whose purpose is helping others to help themselves through peer support, education and advocacy.

Angela Osterreicher, Librarian
Deer Lodge Centre

Depression in the Elderly: A Webliography Tuesday, January 8, 2008 2:57 PM

Journal Articles

Depression and older adults.
Cyr NC

Perioperative nurses often are faced with complex, clinical presentations when assessing patients who may have comorbid mental disorders, for example, depression. Nearly one-third of all older adults may have symptoms of depression and five million are known to be clinically depressed. Perioperative nurses may have a unique opportunity to address the issue of depression with their older patients.
Prevalence of mental illness and its impact on the use of home care and nursing homes: a population-based study of older adults in Manitoba.
The purpose of this study was to determine the prevalence of mental illness in older adults and its effect on home care and personal care home (PCH) use.

Is your older patient depressed?
Murphy K.
Depression, the most common psychiatric disorder in older adults, is often overlooked or misdiagnosed. Some signs and symptoms, such as lack of concentration, memory loss, and difficulty making decisions, may be mistakenly attributed to dementia rather than depression. Some health care providers believe that depression is a normal and unavoidable response to chronic illness.

Dementia, delirium, or depression?
Pountney D.
The article presents information on the causes of cognitive impairment in older people. Dementia, delirium, and depression are the three most prevalent psychiatric disorders in older people. The incidence of all the three condition increases sharply with age, though they are not found to be synonymous with ageing. Many older people are reluctant to report symptoms, afraid of the stigmas attached to ageing. Diagnosing cognitive decline involves understanding the reasons of cognitive impairment.

Books:

Detection of depression in older adults with dementia.
Published: Iowa City: University of Iowa, Gerontological Nursing Interventions Research Center, Research Translation and Dissemination Core; 2007.
In Process

Mental disorders in older adults : fundamentals of assessment and treatment. 2nd ed.
Elizabeth Dafoe Library Call Number: RC 451.4 A5 Z374 2007
Concordia Hospital Library Call Number: WT 150 Z37m2 2007
Deer Lodge Centre Library Call Number: WT 150 Z37m2 2007
Grace General Hospital Library Call Number: WT 150 Z37m2 2007
Victoria General Hospital Library Call Number: WT 150 Z37m2 2007

Older people and mental health nursing : a handbook of care.
Elizabeth Dafoe Library Call Number: RC 440 O53 2007

Practical psychiatry in the long-term care home : a handbook for staff. 3rd ed.
Published: Cambridge, MA: Hogrefe; 2007.
Elizabeth Dafoe Library Call Number: RC 451.4 A5 P69
Deer Lodge Centre Library Call Number: WT 160 P895p3 2007
On the Web:

Iowa Geriatric Education Center, University of Iowa E-News, October 2005. [Depression in the older adult](#).

Hartford Institute for Geriatric Nursing, New York University, School of Nursing. [Try This Best Practices in Nursing Care to Older Adults Series: Geriatric Depression Scale](#).

John A. Hartford Center of Geriatric Nursing Excellence, University of Iowa. Geriatric Mental Health Training Series. [When You Are More Than Just “Down in the Dumps” : Depression in Older Adults: Supportive Materials](#).

J. W. Crane Memorial Library, University of Manitoba Health Sciences Libraries. [Depression in Long Term Care: Current Perspectives Series](#).


U. S. National Institute of Mental Health. [Older Adults: Depression and Suicide Facts](#).

Laurie Blanchard, Librarian
Deer Lodge Centre