**Meeting the Information Needs of Winnipeg's Nurses**

**From the Editor**

In this issue of Info-RN we present resources for collaboration and interprofessional care in a mini-webliography, our featured books section, and the dvd *Fish! Tales: Vital Signs*. Are you collaborating on an article or report? We also provide tips on establishing authorship for your paper. Learn about new nursing e-books available from *Books@Ovid* and the free online tool from McMaster University’s Health Information Reserarch Unit, *Nursing+ Best Evidence for Nursing Care*. Find out what health literacy is and how it affects patient care and see how the HONCode can help you direct patients to quality online health information. And finally please help us extend a warm welcome to the new University of Manitoba Faculty of Nursing Liaison Librarian, Katherine Penner.

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**Health Literacy: What It Is and What It Means for Health Professionals**

In Canada, 60% of adults have low health literacy; Research thus far has suggested a strong correlation between health literacy skills and health outcomes.

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**Authorship**

Are you writing an article for publication, but have questions about authorship? Here are some helpful hints.

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**Nursing E-Books from Books@Ovid**

Read any good e-books lately? Many popular nursing books are now available online from the *Books@Ovid*.

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**Mini Webliography: Interprofessional Care**

The following list of resources includes selected, recently-published items that are available from the University of Manitoba Libraries on the topic of collaborative and interprofessional care.

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**Faculty of Nursing Liaison Library at Elizabeth Dafoe**

Welcome the new Faculty of Nursing Liaison Librarian at Elizabeth Dafoe Library.

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**University of Manitoba Libraries**

The [Health Sciences Libraries](http://example.com) 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](http://example.com) supports the research, study, and teaching requirements of the staff and students of the Faculty of Nursing. Other faculties served by the Elizabeth Dafoe

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**Featured Books**

- *Nursing Collaboration Books*
- *Fish! Tales: Vital Signs*

**EResources**

- *Nursing+ Best Evidence for Nursing Care*

**For Your Patient**

- *HONcode*

**Nursing Quote**

"Being a nurse is not just a job, it's an adventure."

~ Anonymous
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 long-term 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

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Regular Contributors: Lisa Demczuk, Christine Shaw-Daigle, Lori Giles-Smith, Angela Osterreicher, Lesley Mackie, Andrea Szwajcer, Sherri Vokey, Janet Rothney
Health Literacy: What It Is and What It Means for Health Professionals

The Health Literacy Expert Panel of the Canadian Public Health Association defines health literacy as “the ability to access, understand, evaluate and communicate information as a way to promote, maintain and improve health in a variety of settings across the life-course”. Although there are many definitions, most involve the patient’s ability to seek out information, to understand the information and to apply it to their own situation. In Canada, 60% of adults have low health literacy; this average varies across the provinces and territories and across different population subgroups, with seniors, immigrants and the unemployed at higher risk for low health literacy. Research thus far has suggested a strong correlation between health literacy skills and health outcomes. Health and education researchers and policy-makers argue that raising health literacy levels will have a positive impact of the health of Canadians and could help to reduce the burden on our healthcare system. As healthcare professionals, you need to recognize its scope and take steps to address it by having a critical eye on every aspect of practice including setting, interprofessional relations, communication and patient education delivery.

Detecting low health literacy in your patients

Be alert for low health literacy in your patients by watching for cues, like frequently missed appointments, missing or incorrectly completed forms, claims of vision problems, ignoring or misinterpreting instructions and advice, and avoiding written information. You should be aware that individuals with adequate reading and literacy skills could still have low health literacy skills. This is supported by the fact that more Canadians have low health literacy (60%) than low prose literacy skills (48%), which illustrates that health literacy is the simultaneous use of a composite of prose, numeracy, and document literacy. There are a number of different tools that can be used to screen patients for low health literacy, including the Rapid Estimate of Adult Literacy in Medicine- Short Form (REALM-SF), and the Newest Vital Sign. These are often the screening tools of choice in the clinical setting because they are quick and easy to deliver. The Newest Vital Sign is named such as it is intended to be administered at the time that other “vitals” are taken. Another useful tool is an interactive map based on the 2003 International Adult Literacy and Life Skills Survey which shows the range of literacy from a provincial/national view down to the individual neighbourhood level.

Tips for Addressing Low Health Literacy

There are a number of ways you can help your patients with low health literacy and address the issue in your every day nursing practice.

1. Patient Handouts
   It’s more than just using plain language! Other factors such as layout, graphical style (including the selection of font, use of images) and intended audience all play an important role in making effective patient education material. Naturally, language choice and sentence structure are key concerns. As a guide, written materials should fall in between grades four to eight literacy level. To check the accessibility and/or literacy level of your material, consider using tools such as the SMOG Readability Formula, SAM, the Fry Readability Formula and the Flesch-Kincaid Grade Level Index. Having an objective assessment of your handout for its literacy level is advisable as authors tend to overestimate the accessibility of their material. Before considering creating your own material, see what is out there! UpToDate, MDConsult and Access Medicine, which are all University of Manitoba Library licensed resources, all have ready-to-print patient education material repositories. UpToDate also makes their patient resources freely available at www.uptodate.com/patient and has recently revised their materials to adhere to the grade 4-8 literacy level recommendation. For even more impact, consider using multimedia information delivery; more and more health professionals are creating and sharing effective education videos on various topics via YouTube.

2. Online Patient Information
   In 2009, 70% of Canadian home-internet users consulted the web for health information – an 11% increase since 2007. In this age of social media with a myriad of other (online) sources of health information, it is important for health professionals to recognize that “information control” is no longer an option. Keeping an open dialogue with your patients regarding sources consulted will help to create teachable moments and the opportunity to recommend quality web resources. Having an open dialogue means being informed as to what’s out there and having an impact. This includes online patient forums. These communities are an important source of support for some patients. See www.patientslikeme.com for an example.

3. The Teach Back Method
   The teach back method involves giving the patient manageable “bits” of information and then asking them
to “teach” the information back to you in their own words. This is an easy and effective way to gauge patient understanding. Excellent resources including how-to videos and related communication techniques can be found in AHRQ’s Universal Precautions Health Literacy Toolkit.11

4. The It’s Safe to Ask Framework
The ‘It’s Safe to Ask’ program, created by the Manitoba Institute for Patient Safety and modeled on U.S. National Patient Safety Foundation “Ask Me 3” campaign, is intended to encourage patients to ask their healthcare provider three questions: What is my main health problem?; What do I need to do?; Why do I need to do this? Nurses can use this framework to guide them in delivering information to patients. The Institute has a Website specifically designed to assist healthcare providers in implementing this program in the workplace.12

5. Refer Your Patients
Be prepared to refer your patients to the proper community resources or other healthcare professionals. This might include a community access center or disease-specific associations, organizations or foundations. Referrals to other health professionals might include physiotherapists, dieticians, occupational therapists, or health librarians. Working collaboratively is regarded by the Healthy People Curriculum Task Force as an essential component of health prevention.13, 14

The University of Manitoba Health Sciences Libraries provides health information services to all Manitoba residents through their Consumer Health Information Service. See the Webpage at http://umanitoba.ca/libraries/units/health/chis/index.html for more details.

References


7. Health literacy interactive [Internet].: Canadian Council on Learning (CCL-CCA); 2003.


Submitted by
Kerry MacDonald, Seven Oaks General Hospital Libray
Andrea Szajcer, St. Boniface Hospital Library
Authorship

Are you writing an article for publication, but have questions about authorship?

In the large number of nursing and medical journals adhere to the definition and criteria for authorship set up by the International Committee of Medical Journal Editors (ICMJE). ICMJE states that an author is "generally considered to be someone who has made substantive intellectual contributions to a published study... An author must take responsibility for at least one component of the work, should be able to identify who is responsible for each other component, and should ideally be confident in their co-authors' ability and integrity".1

The ICMJE has recommended the following criteria for authorship:

- Authorship credit should be based on all three of the following conditions:
  - Substantial contributions to conception and design, acquisition of data, or analysis and interpretation of data.
  - Drafting the article or revising it critically for important intellectual content.
  - Final approval of the version to be published.
- When a large, multicenter group has conducted the work, the group should identify the individuals who accept direct responsibility for the manuscript. These individuals should fully meet the criteria for authorship defined above.
- Acquisition of funding, collection of data, or general supervision of the research group alone does not constitute authorship.
- All persons designated as authors should qualify for authorship, and all those who qualify should be listed.
- Each author should have participated sufficiently in the work to take public responsibility for appropriate portions of the content.

Other practices suggested by Graff2 include:

- Establish who will receive authorship at the beginning of the research study/project.
- The list of authors should accurately reflect who did the work.
- Authors should routinely include information about research funding in all papers they prepare for publication. Readers have a right to know who funded a research project or the publication of documents, as such, research funders, their role in the research and the funder type (e.g. commercial, governmental, and non-profit) should be listed in the publication.
- Listing individuals' contributions to the research and the publication provides a greater transparency than the traditional listing of authors.
- Follow ICMJE guidance for establishing authorship.

In what order should the author names appear? According to Colorado State University, "traditionally, there is a value and reason attached to the order in which author names are listed... [which is] varied across academic subjects."3 They suggest consulting other publications in your field, especially the journal to which you are submitting. ICMJE notes that the order of authorship should be a joint discussion of the coauthors and that they should be prepared to explain the order in which authors are listed.

References


Other sources

BMJ. Authorship & contributorship.


Submitted by,
Melissa Raynard, Concordia Hospital Library
Read any good **e-books** lately? Many popular nursing books are now available online from the Books@Ovid collection at the University of Manitoba Libraries. E-books have the advantage of being accessible from any computer at your convenience and often have additional features not found in the print version of the title such as links to related content, embedded glossary terms and online question and answer sections.

Each Books@Ovid e-book is displayed with the following options and functions:

- **Search Box:** Run a basic search for a specific topic through the full text of the book.

- **Table of Contents:** Click a topic and OvidSP displays the full text.

- **Index:** Click a letter to open the topics listed for that section. Choose the link to the corresponding page in the book for the full text.
- Full Text Display: Read the text as it appears in the printed version of the book. In addition, you can output book text by printing or downloading portions of the full-text. Page numbers correspond to the actual pages in the printed book.

Titles from Books@Ovid can be accessed with a University of Manitoba faculty, staff or student ID or a valid UM Library card. Look for the Books@Ovid titles in:

- The University of Maminota Library catalogue:
  - Search on a specific e-book title in the catalogue, for example: Cardiac Nursing.
  - Search using the keywords ebooks ovidsp to retrieve a list of Books@Ovid e-books.

- The Health Sciences Libraries E-Books page:
  - By subject – to view a select list of nursing titles.
  - By keyword – to search within all the University of Manitoba Libraries e-books.
  - By collection – to browse all Books@Ovid titles.

Please contact any University of Manitoba Library for assistance with accessing e-books.

Below are Books@Ovid nursing titles currently available:

- Cardiac nursing Code of ethics for nurses with interpretive statements
- Faith community nursing: developing a quality practice
- Guide to the code of ethics for nurses: interpretation and application
- Home health nursing: scope and standards of practice Lippincott manual of nursing practice
- Lippincott's manual of psychiatric nursing care plans
- Lippincott's nursing procedures Magnet hospitals revisited: attraction and retention of professional nurses
- Nurses legal handbook
- Nursing administration: scope and standards of practice
- Nursing and health care ethics: a legacy and a vision
- Nursing care plans & documentation nursing diagnoses and collaborative problems
- Nursing informatics: scope and standards of practice
- Nursing: scope and standards of practice
- Nursing's social policy statement: the essence of the profession
- Public health nursing: scope and standards of practice
• *Scope and standards of practice for nursing professional development*
• *Specialization and credentialing in nursing revisited: understanding issues, advancing the profession*
• *Sustained improvement in nursing quality: hospital performance on NDNQI indicators, 2007-2008*
• *Teaching IOM: implications of the Institute of Medicine reports for nursing education*
• *Transforming nursing data into quality care: profiles of quality improvement in U.S. Healthcare facilities*

Submitted by,
Lisa Demczuk, Victoria General Hospital Library
Mini Webliography: Interprofessional Care

The following list of resources includes selected, recently-published items that are available from the University of Manitoba Libraries on the topic of collaborative and interprofessional care. Book titles are linked directly to the library catalogue where a request can be placed for pickup at any of the University of Manitoba 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

**Leadership in interprofessional health education and practice.**
*NJM Health Sciences Library: WA 18 L434L 2009*

**Urban health and society: interdisciplinary approaches to research and practice.**
*NJM Health Sciences Library: WA 18 L434L 2009*

Online Reports


Journal Articles


Submitted by,
Sherri Vokey, Neil John Maclean Health Sciences Library
Faculty of Nursing Liaison Library at Elizabeth Dafoe

Katherine Penner began with the Elizabeth Dafoe Library in the fall of 2009 as a Sessional Reference Librarian, and in February of 2011, Katherine moved into the position of Liaison Librarian for the Faculty of Nursing. Since that time, she has been working with students and faculty helping them develop their research and information skills through individual appointments and classroom sessions. In May, Katherine will be conducting two sessions with the Manitoba Centre for Nursing and Health Research on advanced search skills and resource management with RefWorks.

This summer, Katherine’s article “Mobile Technologies and Roving Reference” will be published in Public Services Quarterly. The article reviews the process and offers tips for delivering reference services away from the main Reference Desk and bringing it directly to the patron with the use of various handheld devices. Katherine’s research interests focus on alternative reference, and teaching for emerging groups and generations in academic library systems. Katherine received her MLIS from the University of Western Ontario in August of 2009.

Submitted by,
Katherine Penner, Elizabeth Dafoe Library

Collaboration across the disciplines in health care brings together seasoned professionals from the disciplines of medicine, nursing, public health, health services and administration, as well as other areas in the healthcare fields. Using a learning-centred approach, this timely resource helps the reader develop communication skills and prepares them to work inter-professionally with those who have different perspectives and thought processes. Each chapter is written by a discipline expert and provides examples of collaborative strategies and tactics. This text has cases in each chapter that can be used in student learning assessments and other experiential learning exercises. Online teaching aids to facilitate instruction are also available.

Location:
Victoria General Hospital Library: W 84.8 C697c 2010


This critically acclaimed work makes the case for collaboration and shows that it can be greatly enhanced with conscious understanding and systematic effort. The author, an experienced healthcare specialist, is able to show how to build trust and communication and demonstrates specific opportunities where collaboration can make all the difference. This text identifies ways that quality of care and financial factors overlap and the advantages that can be garnered through an understanding of this. The author explains how those in different roles view information through different types of knowledge and how an understanding of each perspective makes it easier to find the best source for important answers. The author also covers the education and ever-increasing role of the clinical documentation specialist who is often involved in all facets of a patient’s progress, from intake and admission right up through discharge.

Location:
Elizabeth Dafoe Library: RA 976.5 S78 2010


As modern healthcare rapidly changes, it is essential for nurses to work with a wide range of people to provide quality, holistic care to their patients. However, it is often difficult to grasp the many differing roles involved in healthcare services, and to understand how to work with others to improve care. This book provides a clear, practical and up-to-date guide to various individuals, professionals and groups working with nurses and considers why collaborative working is so important. It goes beyond interprofessional work to explore the essential role of service users themselves in any effective collaborative practice.

Location:
Elizabeth Dafoe Library: RT 86.3 G65 2010

To find more resources on this topic, search the University of Manitoba Libraries catalogue with these terms:

- Interprofessional Relations
- Cooperative Behavior
- Health Care Teams
- Patient Care Teams

Submitted by,
Angela Osterreicher, J.W. Crane Memorial Library
Fish! Tales: Vital Signs / produced and distributed by ChartHouse International Learning Corporation. Published: Burnsville, MN: ChartHouse International Learning, 2003. (18 minutes)

Fish! Tales: Vital Signs focuses on team building and service through inspiring stories. It shows the FISH philosophy (Be There, Play, Make Their Day, and Choose Your Attitude) in action at one healthcare establishment. Hospital staff at Missouri Baptist Medical Center learned how to refocus on serving people rather than tasks—even in difficult situations. The end result was greater support and communication with increased patient and employee satisfaction. A short conversation guide accompanies the Vital Signs DVD. This booklet contains questions and ideas to help start conversations about how Fish! can be implemented in your workplace. For more on the Fish! philosophy, other videos, and books visit www.fishphilosophy.com.

Location:
Bill Larson Library HF 5549.5 M63 F532f 2003 AV
Deer Lodge Centre Library HF 5549.5 M63 F532f 2003 AV

Submitted by,
Lori Giles-Smith, Bill Larson Library, Grace Hospital
Best Evidence for Nursing+ is a service designed to help nurses stay current with the most relevant articles published for evidence-based practice. The service is made available for free by McMaster University’s Health Information Research Unit (http://hiru.mcmaster.ca) with the goal of providing access to current best evidence from research, tailored to individual practice interests, to support evidence-based clinical decisions.

This service is unique: all citations (from over 130 premier clinical journals) are pre-rated for quality by research staff, then rated for clinical relevance and interest by at least 3 members of a worldwide panel of practicing nurses. The raters assign each article two scores on a 7-point scale for relevance and interest. Features of the service include:

- A searchable database of the best evidence from the medical literature.
- An email alerting system.
- Links to selected evidence-based resource.

Registering and using this service is simple. At the register page, create a profile with name, email address and basic profession and organization information. Then select personalized alert settings. These settings include:

- patient population of interest, from neonates to geriatrics.
- clinical setting and specialty, including hospital, long-term care, ambulatory, community and hospice.
- specialty of interest, with many choices across the spectrum of health care, including cardiology, critical care, elderly care, family care, emergency, mental health, obstetrics, surgery, women’s health, and wound care.

Select a frequency for receiving email alerts from the service and choose a cut-off score for alerts based on the relevance and interest ratings. Creating a username and password completes the registration process.

Each email alert received from the service will highlight the articles that match the personalized alert settings.

<table>
<thead>
<tr>
<th>Article Title</th>
<th>Specialty</th>
<th>Relevance</th>
<th>Newsworthiness</th>
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<tr>
<td>Effect on pain of changing the needle prior to administering medicine intramuscularly: a randomized controlled trial.</td>
<td>Pain Management</td>
<td>6</td>
<td>5</td>
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<td>J Adv Nurs</td>
<td></td>
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<tr>
<td>Effect of subsequent pregnancies on the risk of developing diabetes following a first pregnancy complicated by gestational diabetes: a population-based study.</td>
<td>Women’s Health</td>
<td>7</td>
<td>8</td>
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<tr>
<td>Diabet Med</td>
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Clicking on the article title in the alert links to the Best Evidence for Nursing+ website where the article’s citation information and abstract are displayed, along with the relevance to practice and newsworthiness scores. Comments from the clinical raters are also provided with brief critiques of the article and its implications for practice. Each featured article can be saved in the My Alerts area of the website and citations can be downloaded into programs such as RefWorks or EndNote.

The Best Evidence for Nursing+ website also offers the following additional resources:
• Hit Parade – the most often read articles of the past 30 days in the chosen specialty areas.
• Cumulative searchable database of all alerts that is continuously updated.
• Links to free tools for evidence-based clinical practice.

The Best Evidence for Nursing+ service is another useful tool for staying informed and up-to-date in clinical practice. For any assistance in using this service or obtaining the featured articles contact your nearest University of Manitoba Health Library.

Submitted by,
Lisa Demczuk, Victoria General Hospital Library
HONcode: Health on the Net Foundation

Need a helping hand to determine if the health website you found is reliable? Look for the HONcode.

In response to vast amount of medical/health information available on the internet, and the problem of assessing the credibility of the author as well as the relevance and accuracy of the information, Health On the Net Foundation (HON), a non-profit, non-governmental organization, created a Code of Conduct (HONcode) certification to help standardize the reliability of medical and health information on the internet.

The HONCode certification is free of charge; any medical/health website can apply. Each request for certification is examined by a HONcode review committee including medical professionals. HON makes a thorough review of the site and verifies if all eight of the HONcode ethical principles are respected. If a site is found to respect the principles it is given a unique dynamic seal to place on their pages. A certified site receives a check-up visit periodically, beginning one year after the initial certification, following a complaint, or a technical malfunction detected by HON’s monitoring services.

The HONcode is not an award system, nor does it rate the quality of the information provided by a website. It only defines a set of rules to:

- hold website developers to basic ethical standards in the presentation of information;
- help ensure readers always know the source and the purpose of the data they are reading.

HON also provides a “google-like” search tool where you can search for your medical/health information from the collection of HONcode certified websites (http://www.hon.ch/HONsearch/Patients/hunt.html).

You can make your information searching even easier by downloading the HONcode toolbar for Internet Explorer or FireFox (http://www.hon.ch/HONtools/Patients/Plugin/Plugins.html).

To help get you started on your medical/health information search, here are a few HONcode certified websites:

- MedlinePlus
- Mayo Clinic
- Quackwatch
- eMedicinehealth
- KidsHealth.org
- MedicineNet.com
- Lab Tests Online
- Cleveland Clinic: Health Information
- UCSF Medical Centre
- Health Canada
- BabyCenter Canada

Submitted by,
Melissa Raynard, Concordia Hospital Library