Welcome to the 1st issue of *Info-RN*! This newsletter is designed to provide nurses working in the hospitals, Winnipeg Regional Health Authority, Faculty of Nursing and nursing students with information relevant to the nursing profession. It is also intended to keep nurses informed of the new resources and services offered by the University of Manitoba Health Sciences Libraries and the Elizabeth Dafoe Library. We will provide you with current news and information on nursing related topics three times a year. We will regularly feature new nursing resources such as books, videos and websites, and as well, will provide information on patient education. We welcome any comments or suggestions. Enjoy! And Happy Nursing Week!

### News

**National Nursing Week** pp. 3  
Celebrating Nurses from May 9-15, 2005

**Pubmed for Nurses: Part I** pp. 3  
First of a two part series on effective Pubmed strategies for nurses.

**CRNM Competency Support for You!** pp. 5  
Concerned about competencies? The University of Manitoba Health Sciences Libraries is here to help you meet your College of Registered Nurses of Manitoba continuing competence requirements.

**How the Hospital Libraries Help Nurses** pp. 5  
Read on for information on how the Health Sciences Libraries can benefit nurses.

**Journal News** pp. 6  
New to Cambridge Press in 2005, Nurse Prescriber is a "peer-reviewed free online resource devoted to all nurse prescribers and healthcare professionals in related fields".

### Training Opportunity

**Database Searching Skills** pp. 7  
In conjunction with the Manitoba Nursing Research Institute, Elizabeth Dafoe Library is hosting two workshop sessions in May for faculty and graduate students on the Fort Garry campus.
**About the Health Sciences 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 six Winnipeg hospitals. The Health Sciences Libraries now include the Neil John Maclean Health Sciences Library (Health Sciences Centre), and the hospital libraries of Concordia, Grace, Seven Oaks, St. Boniface, and Victoria.

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. Comments, questions, or letters to the editor should be addressed to: njm_ref@umanitoba.ca
National Nursing Week

By Melissa Raynard
Concordia Hospital Library

National Nursing Week (NNW) provides the chance to raise Canadians’ awareness of the numerous contributions nurses make to society, to promote the role of nurses and to educate the public on important health issues. This year National Nursing Week will run from May 9 – 15, 2005. The theme will be “Patient Safety. Safety Always.”

National Nursing Week grew from International Nurses Day, which in 1971 was designated as May 12th, Florence Nightingale’s birthday, by the International Council of Nurses. The designated day expanded into National Nurses Week “in recognition of the dedication and achievements of the nursing profession”1, and in 1993 it was renamed National Nursing Week.

The Neil John Maclean Library will have a window display and a display set up in the Thorlakson Mall during NNW. It will focus on Consumer Health Resources nurses can use to help their patients and families. A Librarian will be available during lunch hours to answer any questions.

The Victoria General Hospital Library will have a display at the VGH Health Fair on May 7th and a book display outside the Café Vic. The Seven Oaks General Hospital Library is planning a book and bulletin board display, Grace General Hospital Library is having a book display and the Concordia Hospital Library will have a book and window display. Please stop into any of the Hospital Libraries if you have any questions.


Pubmed for Nurses: Part I

By Christine Shaw-Daigle
Victoria General Hospital Library

PubMed is a very large interdisciplinary health sciences database produced by the National Library of Medicine. It contains references to articles from medicine, dentistry, allied health, health administration, veterinary sciences and maintains significant coverage of the nursing literature. PubMed has a sophisticated interface that makes searching the health literature effective and easy. However, because of its depth and breadth in covering the health sciences literature, searching can often produce results that are too numerous, too broad, or just plain overwhelming. Here are a few simple ways to make PubMed work for you.

Choose PubMed from the A-Z list of databases or use the hot link from any of the University of Manitoba Health Libraries homepages.

The simplest way to search PubMed is by keyword. Enter your search terms in the search box and click “Go”; or place your words in quotes to initiate a phrase search. For example “wound care”.

Limits

The default is to search the entire database, this will retrieve articles from 1950 onward and, because PubMed contains references to non English publications, your retrieval list could include reference in a number of different languages. So “Limits” are an important feature in PubMed. By clicking on the “Limits” tab you can choose from a number of ways to focus your search.

Limiting by Date

There are two ways to place a date limit in PubMed. You could enter a date range in the “Publication Date” field, or click the drop down menu from the “Entrez Date” and choose from the list. “Entrez Date” is the date the citation was entered into the database. You can choose from the last 30 days, last 90 days, last year, last 5 years, last 10 years just to name a few. Note: Sometimes older articles that had not previously been in the database are now being
entered into PubMed; using the “Entrez Date” could possibly return a hit list that contains older articles recently entered into the database.

Limiting by Language
PubMed indexes journals in approximately 40 languages. Choose English from the list of “Languages” to retrieve only those article published in English.

Limiting by Age
If your search deals with a specific age group, apply an “Age” limit from the choices on the drop down menu. There are 13 different age categories to choose from.

Limiting by Publication Type
“Publication Types” allows you to specify what type of document you are looking for; review article, clinical trial, letter, or practice guideline are just a few of the choices.

Limiting by Subset
Choosing “nursing journals” from the “Subset” limit will have PubMed retrieve articles only from those journals considered from the nursing field.

How will these limits affect your search results? In our wound care search, a keyword search would produce a results list of 43867 citations, but if we put wound care in quotes making it a phrase search for “wound care” and we apply a few limits:

Language: English
Entrez Date: 5 years
Ages: age 65+
Subset: Nursing journals

Our retrieval will now be 80 citations. By thinking about what you really want and applying a few limits your searching is more effective and less frustrating.

Stay tuned for Part II of PubMed for Nurses in the next Info-RN.

For more information on searching PubMed take a look these recent Info-RX articles, handouts or sign up for a PubMed session available at the Neil John Maclean Health Sciences Library.

Finding PubMed’s most recent citations. Info-RX 2005 Feb, 1(5)
Searching Your Favourite Journals in PubMed. Info-Rx 2005 Jan, 1(4)
Using the MeSH Database in PubMed. Info-Rx 2004 Nov, 1(3)
Obtaining Articles a Handout for PubMed Users.
CRNM Competency Support for You!

By Lisa Demczuk
Grace General Hospital Library

Concerned about competencies?
The University of Manitoba Health Sciences Libraries is here to help you meet your College of Registered Nurses of Manitoba continuing competence requirements.
As members of a profession, nurses in Manitoba are now required to demonstrate that they have kept abreast of technical, research and knowledge developments. Mechanisms to facilitate competency include self-assessment and creation of a self-development plan and learning goals. Resources and services available from the University of Manitoba Health Sciences Libraries can help you achieve your learning goals.

One of the indicators in the competency self-assessment form states that “I use research based information from nursing…to increase and enrich my knowledge base and guide nursing practice.” The Libraries assist in achieving that indicator by providing research based journal articles in nursing and other disciplines. We have access to many online databases for searching the health sciences literature and make available important evidence based practice tools such as the Cochrane Library and clinical practice guidelines.

The competencies self-development plan requires documentation of professional development activities and learning goals. Suggested activities from the Continuing Competence Handbook include:

- Borrow books, journals or articles from your facility’s library
- Conduct literature reviews on nursing issues of interest to your nursing practice
- Complete a self-directed study regarding an aspect of nursing practice
- Watch a video that pertains to nursing practice
- Initiate/participate in a journal club to discuss nursing practice issues
- Enroll in continuing education courses

The Libraries can assist you with all these professional development activities. We offer:

- Current, relevant books, journals and videos in nursing for you to borrow;
- Comprehensive literature searches of the health sciences databases on requested topics in nursing practice;
- Training sessions on searching of health sciences databases and use of electronic journals and books, accompanied by certificates of participation;
- A journal table of contents service that simplifies maintaining current awareness of the health literature.

Visit, call or e-mail your University of Manitoba Health Sciences Libraries today and see how your competency concerns can be answered!

How the Hospital Libraries Help Nurses

by Lori Giles-Smith
Health Sciences Centre Librarian  Neil John Maclean Health Sciences Library

Nurses from Concordia Hospital, Grace General Hospital, Health Sciences Centre, Seven Oaks General Hospital, St. Boniface General Hospital, Victoria General Hospital or Winnipeg Regional Health Authority are eligible to receive library services from the University of Manitoba Health Sciences Libraries. Each hospital, including the WRHA, has a dedicated librarian who can help all hospital staff with their requests. Read on for information on how the Health Sciences Libraries can benefit nurses.

Library Membership Cards

In order to obtain a library card, bring your hospital or WRHA employee ID to any hospital library and a staff member will assist you. You will either be issued a University of Manitoba library card or a barcode will be added to the back of your hospital/WRHA ID. There is no charge for a library card.
What Will My Library Membership Do for Me?

With a library membership you will be able to borrow material from any library at the University of Manitoba and access thousands of e-journals as well as document delivery services. You can also search databases, sign up for table of contents alerts, use the computers, attend training sessions, and access worldwide web-based services.

What if the Material I Want is at Another Library?

Materials located in other libraries at the University of Manitoba can be requested electronically through Bison (the Libraries' online catalogue). They will be sent to the location that is best for you. Ask your Hospital Librarian to assist you with this process.

If the material you want is not at a University of Manitoba Library, the material can be ordered through Document Delivery. There is no charge for this service.

How Do I Get the Articles I Need?

Your Hospital Librarian will be happy to show you how you can obtain articles online. Alternatively, you can provide us with your list of references and we will get the articles for you.

Can I Get Table of Contents Sent to Me Each Month?

The Health Sciences Libraries offers an Electronic Table of Contents service. Let your Librarian know what journals you are interested in and the table of contents of your journals will be sent to you by email each time a new issue is published.

Can You Show Me How to Find Library Material?

Absolutely! You can set up an appointment to come by the Library or ask your librarian to drop by your department to give you an individual training session.

Can You Find Information For Me?

Nurses can request a literature search on a particular topic. Tell us what you are looking for and we will do our best to find the best information available. The cost? None – it's free!

Can I Access Electronic Material from Home?

If you have an affiliation with the University of Manitoba you can access electronic resources through the proxy server. Contact your hospital librarian to find out if you qualify. For more information on connecting to electronic resources from home, go to: umanitoba.ca/libraries/reference/help/remote/ezproxy.shtml

Journal News

By Jan Johnson
Nursing Librarian  Elizabeth Dafoe Library

New to Cambridge Press in 2005, Nurse Prescriber is a "peer-reviewed free online resource devoted to all nurse prescribers and healthcare professionals in related fields". The full contents can be accessed by anyone at www.nurse-prescriber.co.uk.

For a good overview of electronic database searching, be sure to check the October 2004 issue for “Electronic database search skills for nurse prescribers”. The article elucidates the differences between keyword and subject searching, CINAHL and MEDLINE coverage, and points out special search techniques using wildcards, truncation, and Boolean operators (“AND”, “OR”, and “NOT”).

The latest supplement to Canadian Journal of Public Health (January/February 2005) is dedicated to the theme of “First Nations-University Collaboration in Manitoba”. The full-text online issue is available to University-affiliated staff, faculty and students through the BISON catalogue (search Periodical Title: Canadian Journal of Public Health). Don’t hesitate to contact your local librarian if you need assistance with these resources.
Database Searching Skills

By Jan Johnson
Nursing Librarian  Elizabeth Dafoe Library

In conjunction with the Manitoba Nursing Research Institute, Elizabeth Dafoe Library is hosting a workshop session on May 18 (9:00 am - 12:00 pm) for faculty and graduate students on the Fort Garry campus. Registration is through Diane Cepanec of MNRI (474-7185). The session will cover:

1. Conducting a high-quality literature searches using CINAHL.

2. Keeping current: how to be automatically notified of new publications in specific areas of research/teaching interest.

3. Finding online journal articles using Citation Linker.

There is still space available in this workshop. If you can’t attend the workshop, please contact Jan Johnson, Nursing Librarian for the Fort Garry campus, to set up a personal, one-on-one session.

Bibliographies/Webliographies

By Analyn Cohen Baker
Seven Oaks General Hospital Library

Bibliographies/Webliographies are springing up all across the Health Sciences Libraries web site. Like road maps, Bibliographies/ Webliographies provide a convenient route to various information sources on selected topics! Nursing students will find these an efficient way to access multi-genre and current information on a given topic. Practicing nurses can use them as a professional development tool in the CRNM Continuing Competence Program. You can find the Bibliographies/Webliographies on the Health Sciences Libraries websites under HEALTH TOPICS. Each Bibliography/ Webliography features a selected listing of book titles, annotated review articles, relevant journals, and web sites. Wherever possible, hyperlinks provide quick and easy access to these resources. Topics covered to date include Geriatric Care, Total Parenteral Nutrition, Prenatal Education, Grief and Bereavement, Wound Care, and Orthopedics. Future Bibliographies/Webliographies are planned on Nursing Theory, and Falls in the Elderly.

If you have any questions/comments, or would like to suggest a topic for a Bibliography/Webliography, please contact the hospital librarian in your facility.

Divided into six units, this book is designed to lead the reader through the steps for implementing evidence-based practice (EBP). Unit 1 introduces the concept of EBP and includes a chapter discussing finding the evidence. Unit 2 undertakes the topic of critically appraising evidence. Strategies for applying evidence into practice are provided in the third unit, with Unit 4 discussing the ways of generating and disseminating the evidence. Unit 5 focuses on getting EBP established, teaching EBP, and motivating your organization to employ EBP principles. Appendices in Unit six incorporate real-life case studies as examples that will help the reader implement EBP strategies. Each chapter is referenced and "web alerts" appear throughout the book highlighting available web resources for further reader exploration.

If you wish to see this book, visit your University of Manitoba Library or click here to place a copy on hold, and have it sent to the library of your choice.

This book is available at the Elizabeth Dafoe Library, the Grace General Hospital Library, the Neil John Maclean Health Sciences Library, and the Victoria General Hospital Library.

Title: Rapid assessment: a flowchart guide to evaluating signs and symptoms. Published: Philadelphia: Lippincott Williams & Wilkins, c2004.

Designed as a tool for nurses to use for patient assessments, contributors include a number of nurse practitioners, nursing instructors and professors of nursing. Over 200 signs and symptoms are arranged alphabetically; definitions, possible causes, suggestions for history taking and physical assessment techniques are all presented. "Special Consideration" provide alerts when dealing with a specific population, pediatric or elderly. Each sign or symptom is accompanied by a flowchart detailing assessment evidence leading towards a possible diagnosis. Suggested diagnostic tests, treatment and care are listed.

If you wish to see this book, visit your University of Manitoba Library or click here to place a copy on hold, and have it sent to the library of your choice.

This book is available at the Concordia Hospital Library, Grace General Hospital Library, Neil John Maclean Health Sciences Library and the Victoria General Hospital Library.

Title: Unit-based staff development for clinical nurses / Joan Such Lockhart. Published: Pittsburgh, PA: Oncology Nursing Society, c2004.

This book was written for nurse educators, nurses who would like to pursue a career in staff development, and for those nurses wishing to take on a leadership role within the nursing profession. The first three of the book's four units focus on the staff development role of the unit-based educator. Beginning chapters explain the role and responsibilities of the nurse educator. Later chapters provide guidance for developing orientation programs, preceptorship programs, meeting the learning needs of nursing staff, and setting up in-service educational programs. The fourth unit addresses professional...
development activities including getting involved in professional organizations, publishing, presentations, creating a professional portfolio, and developing a career plan. The book can be used as a guide for the nurse educator or it can be used as a framework for nurses who want to strengthen and expand their professional careers.

If you wish to see this book, visit your University of Manitoba Library or click here to place a copy on hold, and have it sent to the library of your choice.

This book is available at the Grace General Hospital Library, Seven Oaks General Hospital Library and the Victoria General Hospital Library.

**New Videos**

**Mastering 12-Lead ECG's**

**By Analyn Cohen Baker**
**Seven Oaks General Hospital**

Presented by Springhouse Corporation in consultation with Barbara McLean and Robert Shepard
Springhouse, PA: Springhouse Corporation, 2001

This video is available for loan at Seven Oaks General Hospital Library. Contact your nearest Health Sciences Library if you wish to borrow this video.

Do you want to sharpen your skills in recording and interpreting 12-lead ECGs? This video, part of the Expert Nurse Video Series, offers a sight and sound approach to learning about 12-lead ECGs. It provides information on how to operate 12-lead ECG equipment, how to prepare the patient, how to place the electrodes, and how to record a 12-lead ECG. The video also describes how to examine and accurately interpret a 12-lead ECG and how to document your findings. Accompanying material includes a reference booklet and a self-test questionnaire.

**E-Journal**

**Featured E-Journal**

**By Lisa Demczuk**
**Grace General Hospital Library**

**Nursing made Incredibly Easy!**

From Lippincott, Williams & Wilkins, publishers of the popular Incredibly Easy book series, comes this journal with a similar format and features. This new journal began publishing in the Fall of 2003 and comes out six times a year.

Readers, who enjoy the books’ light-hearted, breezy style and eye-catching illustrations, will find the articles in this journal just as appealing. But more importantly, the content of the articles is directed at answering and explaining concrete issues of nursing practice. In the words of the editor, “the journal's aim is to make your life easier by explaining the really challenging clinical concepts in a refreshingly original, easily understood way.”

Some recent articles include “Ease the stress of managing ARDS”, an in-depth look at acute respiratory distress syndrome; “Ports: the gateway to central lines,” a step-by-step guide to
accessing central lines; and “Slow the flow with proton pump inhibitors,” a discussion of the potential problems of the commonly-used medications to treat gastroesophageal reflux disease. Each issue of the journal is accompanied by continuing education quizzes and detailed clinical artwork. A “Learn more about it” feature at the end of each article provides a brief list of current articles, books or Web sites for further education.

While *Nursing made Incredibly Easy* is a peer-reviewed journal and features a strong editorial board and well-known contributors, it is not yet indexed in either CINAHL (Cumulative Index to Nursing and Allied Health Literature) or MEDLINE. Access to the journal online is available through BISON, the University of Manitoba Libraries catalogue, or through the [E-Journals A-Z list](http://www.lib.umanitoba.ca/journals) on the Libraries Web site. The Grace and Concordia Hospital libraries also hold paper subscriptions to the journal.

**For Your Patient**

**PsychDirect: Evidence Based Mental Health Education and Information**

By Melissa Raynard  
Concordia Hospital Library

*May is Mental Health Month!*

**PsychDirect: Evidence Based Mental Health Education and Information**

PsychDirect is a public education and information website designed to raise awareness of mental health issues, reduce the stigma associated with mental illness and encourage early detection and treatment. This site was developed by the Department of Psychiatry and Behavioral Neurosciences at McMaster University in Ontario. Each section is written by an expert in the field.

Look for information written for the general public in the Mental Health Topics menu. Each topic is divided into subtopics, and each subtopic addresses definitions, different symptoms, causes, treatments, risks etc. At the end of most sections there are suggested readings and Websites for both the patient and the professional.

Below is a breakdown of the subjects included in the Mental Health Topics menu:

- **Anxiety Disorders**: View information on Generalized Anxiety Disorder, Obsessive-Compulsive Disorder, Panic Disorder/Agoraphobia, Posttraumatic Stress Disorder or Social Anxiety Disorder.
- **Children’s Issues**: This subject includes eight subtopics: Autism, First Episode Psychosis, Depression, Maltreatment of Children, Offord Centre for Child Studies, School Violence and Selective Mutism.
- **Depression**: Along with an overview you can find information on signs and symptoms, depression in women, depression in children and adolescents, depression in older adults, treatment options, resources and famous people who have depression.
- **Eating Disorders**: Unfortunately, this section is lacking in content. The only information provided is for Bulimia.
- **Forensic Psychiatry**: This section covers forensic psychiatry, psychiatry and the law, forensic issues, and clinical criminology, including information on aggression, impulse control disorders (eg. gambling and kleptomania) and paraphilias.
- **Psychosis**: This segment contains information and readings for young people with psychosis and schizophrenia.
- **Women’s Mental Health**: From the fly-out menu select Pre-menstrual mood disorder, peri/post natal mood disorder or menopausal mood disorder to view information on a particular topic.

[www.psychdirect.com](http://www.psychdirect.com)