In the third issue of Info-RN: a Newsletter for Nurses, we would like to welcome the J.W. Crane Memorial Library (Deer Lodge), the Misericordia Health Centre Library and the Riverview Health Centre Virtual Library to the University of Manitoba Health Sciences Libraries.

In recognition of the recent addition of these new libraries, this issue’s theme is centred on geriatrics. Read some book and video reviews, sharpen your searching skills with PubMed for Nurses Part III, find resources for Falls and Fall Prevention in a mini-webliography, and much more!

**News**

**New University of Manitoba Health Libraries**
Misericordia, Deer Lodge, and Riverview Libraries Join Health Sciences Libraries

**Webliographies: Falls and Fall Prevention**
Like road maps, Webliographies provide a convenient route to various information sources on selected topics!

**Nursing Practice Guidelines for Older Adults**
A list of selected sources for nursing practice guidelines with a focus on geriatrics.

**Selected Databases for Research in Aging**
A listing of databases indexing information on aging.

**PubMed For Nurses: Part III**
In PubMed for Nurses Part III we will tackle a more complex search and show you how to get your hands on those articles.

**Training Opportunity**
Attention BN Students!
Attend this seminar to find out how to get the most out of your library's resources.

Neil John Maclean Health Sciences Library Training
Look here for training sessions offered at the Neil John Maclean Health Sciences Library on the Bannatyne Campus.

**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
New University of Manitoba Health Libraries

Three libraries recently joined the Health Sciences Libraries at the University of Manitoba. The three libraries are located in the long term care centres of the WRHA. The collections of the new libraries complement the clinical and acute care collections of the hospital libraries as they include resources in longterm care, geriatrics, and gerontology. The addition of these three libraries means that WRHA staff and hospital staff across Winnipeg have full access to a range of library services and resources to support evidence-based patient care.

The Misericordia Health Centre Library is located in the basement of the Misericordia Health Centre at 99 Cornish Avenue. The Library supports the patient care activities of the Misericordia Health Centre, especially long-term care, Eye Care Centre, Urgent Care Centre, and Health Links. The Library is also available for use by University of Manitoba faculty, staff, and students. Patients, families, and the general public are also welcome to visit the Library.

The J.W. Crane Memorial Library of Gerontology and Geriatrics is Canada’s largest and best-known special library on aging and long-term care. The Library is located on the 1st floor of the Administration Building of the Deer Lodge Centre at 2109 Portage Avenue. As a branch of the University of Manitoba’s Neil John Maclean Health Sciences Library, the Library supports the research and patient care activities of the staff of Deer Lodge Centre, Riverview Health Centre, Winnipeg’s 39 personal care homes, and the WRHA Long Term Care program. The Library is also available for use by University of Manitoba faculty, staff, and students. Patients, families, and the general public are also welcome to visit the Library. Riverview Health Centre Virtual Library supports the research and patient care activities of the Riverview Health Centre. While there is no onsite collection, a librarian is available two days per week in the E-Learning Resource Centre. Riverview Centre staff can borrow from the J.W. Crane Library collection and the collections of the University of Manitoba Libraries. Materials are delivered daily by courier.

By Tania Gottschalk
J.W. Crane Memorial Library
Deer Lodge Centre

Webliographies: Falls and Fall Prevention

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 Webliographies on the Health Sciences Libraries websites. Each 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 include Handwashing, Geriatric Care, Total Parenteral Nutrition, Prenatal Education, Grief and Bereavement, Wound Care, Orthopedics and many more.

The following resources on Falls & Fall Prevention are available in the Libraries. Please note that this is a selected list only and there are many more books, videos and articles available on this topic. If you require more information, please request a literature search or contact us and we will help you with your request.

BOOKS/VIDEOS
Reducing the risk of falls in your health care organization.
Location: St. Boniface General Hospital Library   WA 288 R321r 2005

Prevention of falls and fall injuries in the older adult
Online Access
Location: Deer Lodge Centre Library   WA 288 V813 2005

Avoiding falls: a guidebook for certified nursing assistants / Rein Tideiksaar.
Location: Elizabeth Dafoe Library   RC 952.5 T528 2006
Victoria General Hospital Library   WT 104 T558a 2006

How to avoid falling : a guide for active aging and independence / Eric Fredrikson.
Location: NJM Health Sciences Library   WT 104 F852h 2004

To borrow the following titles please contact the J.W. Crane Memorial Library at Deer Lodge Centre.
Falls: the assessment and prevention of falls in older people
London UK : National Institute for Clinical Excellence,2004
CURRENT REVIEW ARTICLES

Use of a content analysis procedure for the development of a Falls Management Audit Tool.
Wagner LM, Clark PC, Parmelee P, Capezuti E, Ouslander J.

The Falls Management Audit Tool (FMAT) was developed to assess the documentation of the falls management process in nursing homes. The multistep content analysis procedure was used to guide tool development and obtain reliability and validity of the FMAT. Established fall guidelines and national experts were used for item development. Trained gerontological nurse practitioners conducted chart audits in nursing home residents with a fall history. Adequate content validity (content validity index > .88) and interrater and intrarater reliability were established (kappas > .78) in the final version of the 57-item FMAT and pilot testing demonstrated feasibility. This study provided evidence that the FMAT is a reliable and valid tool, which can be used to assess the documentation of the falls management process and for measuring the effect of research or quality improvement interventions.

Deconditioning in the hospitalized elderly.
Gillis A, MacDonald B.

Deconditioning is a complex process of physiological change following a period of inactivity, bedrest or sedentary lifestyle. It results in functional losses in such areas as mental status, degree of continence and ability to accomplish activities of daily living. It is frequently associated with hospitalization in the elderly. The most predictable effects of deconditioning are seen in the musculoskeletal system and include diminished muscle mass, decreases of muscle strength by two to five percent per day, muscle shortening, changes in periarticular and cartilaginous joint structure and marked loss of leg strength that seriously limit mobility. The decline in muscle mass and strength has been linked to falls, functional decline, increased frailty and immobility. The authors describe a three-pronged strategy to combat deconditioning that includes a model of care appropriate to the growing population of elderly clients, the creation of an "elder-friendly" hospital environment and an exercise program.

Preventing falls in acute care: an innovative approach.
McCart-er-Bayer A, Bayer F, Hall K.

Falls among elderly individuals have been significant sources of disability and death. Falls have affected as many as 10% of older adults during an acute care inpatient stay. The acute care environment has contributed to elderly patient falls. Additionally, manifestations of acute illness, polypharmacy, and medication side effects have been risk factors for falls in the acute care setting. Individualized fall prevention strategies, initial patient assessments, and ongoing patient reassessments have been linked to a decrease in falls in the acute care setting. Approaches to fall prevention have included identification of high-risk patients, communication among staff and family members about an individual's risk of falls, and both case-specific and universal interventions for fall prevention. The purpose of this article is to describe a fall prevention program instituted in an acute care setting in southern Arizona that has produced encouraging results. Moreover, this article addresses individualizing interventions through a continuous clinical feedback loop, which provides patient care areas with relevant information about their patients who fell and recommendations for improving fall prevention.
Fear of falling, defined as a lack of self-confidence that one may avoid falls while doing everyday activities, may have serious consequences for elderly people. This article examines the prevalence, risk factors, and consequences of fear of falling in the elderly population; methods for assessing those fears; and suggests evidence-based interventions. Incorporating successful strategies into programs to reduce falling can result in improved patient outcomes as well as decreased healthcare utilization and costs.

BACKGROUND: Falls are a serious health concern for older people and an important issue for nurses. Many factors contribute to the causes of falls. Various combinations of these factors have been incorporated in the fall assessment tools developed so far, but no single tool has been adopted universally. Institutions tend to develop their own assessment tools, which are investigated in these institutions only, and thus have not been independently evaluated for validity and reliability. CONCLUSION: A thorough patient assessment is a vital measure in fall prevention. Nurses, particularly those based in hospitals, have a pivotal role in developing fall prevention strategies, either individually or as part of an interdisciplinary team. Fall prevention strategies have the potential to improve the quality of life for at-risk older patients and their families, as well as provide economic benefits to society.

Falls among older inpatients are a significant cause for concern, yet currently there is no national guidance on falls prevention programmes, and little evidence from the research literature on the effectiveness of hospital prevention programmes. This article explores the unique problems associated with falls in hospital, particularly the issues related to observation and supervision of patients with cognitive impairment. The evidence base for falls risk assessment and prevention strategies is examined. An interprofessional, multidimensional approach to falls and injury prevention is suggested as the most likely approach to be effective in hospital, and the contribution of specific strategies such as exercise and hip protection are examined. Ethical issues are considered and the role of restraint in falls management is rejected. The Kings College Hospital inpatient falls prevention programme is described as a practice example of an interprofessional, multidimensional approach. Finally, the nurse's role in implementing falls prevention strategies and leading future practice development is identified.

By Analyn Cohen Baker
Seven Oaks General Hospital Library
Nursing Practice Guidelines for Older Adults

Clinical practice guidelines, also known as protocols, best practices, practice standards or guidelines, are developed to aid clinical decision-making and guide the care of specified populations (Mezey, 2003). Why use guidelines in practice? According to the Canadian Nurses Association, recent studies have indicated that practice guidelines have improved care for clients (CNA, 2004). The following is a list of selected sources for nursing practice guidelines with a focus on geriatrics.

Books


This book contains the protocols developed by NICHE – Nurses Improving Care for Health System Elders. The practice protocols and guidelines were developed to provide a basis for evidence-based geriatric nursing practice in hospitals. Protocols include: excessive sleepiness, urinary incontinence, preventing falls in acute care, depression in older adults, and pain management, among others. NICHE is a geriatric nursing program of the John A. Hartford Foundation Institute for Geriatric Nursing at New York University with the goal of achieving systematic nursing change to benefit hospitalized older patients.


A wide range of best practices, drawn from published and endorsed guidelines, are covered in this book. The scope is all clinical nursing practice but many conditions and procedures relevant to the care of older adults are included.


This book provides current guidelines to the management of 112 disorders seen in older adults. Designed as a quick reference, the book is organized by anatomic structure in a head-to-toe format. A section on the healthy older adult and physiology of aging is also included.

Web Sites

**National Guideline Clearinghouse**

Produced by the U.S. Agency for Healthcare Research and Quality, the NGC is a database of clinical practice guidelines for physicians, nurses and other health professionals. The NGC provides detailed summaries of guidelines that are produced by medical specialty associations, relevant professional societies, public or private organizations, or government agencies. Each summary has a link to either the full text of the guideline or guideline ordering information. Guidelines specific to nursing geriatric care can quickly be found by using the Advanced Search feature of the database. Relevant guidelines include those for pressure ulcer management, persistent pain in older adults, assessment of dementia, and many more.

**Registered Nurses of Ontario Association Best Practice Guidelines**

The RNAO Best Practice Guidelines Program is responsible for creating, reviewing and disseminating guidelines to support nursing practice. A number of guidelines are available for older adults on topics including promoting continence, preventing constipation, prevention of falls and caregiving strategies for older adults with delirium, dementia and depression. All guidelines are free of charge in PDF format from the web site.

**Clinical Practice Guidelines for Nurses in Primary Care**

These guidelines were developed by Health Canada primarily for nurses working in nursing stations and health centres in First Nations and Inuit communities. Last updated in March 2005, the Guidelines cover 15 body systems and include an assessment and guidelines for diseases or emergency situations seen in that system. While not specifically for geriatrics, the guidelines cover a wide range of relevant nursing assessments and interventions.

**Joanna Briggs Institute**

The Joanna Briggs Institute in Australia has developed a wide range of evidence-based practice information sheets that cover many topics relevant to nursing with older adults such as reducing medication errors, oral hygiene, managing sleep, oral hydration, and preventing falls. The sheets are available in pdf format from their web site for printing or downloading. The Institute is centered in Australia but has partnered internationally to take a “collaborative approach to the evaluation of evidence derived from a diverse range of sources.”
American Geriatrics Society

A collection of guidelines produced or evaluated by the American Geriatrics Society for clinicians caring for the elderly. Topics include diabetes, alcohol use, pain, falls and dementia. The complete text of the guidelines are available from the web site.

Care Maps for Seniors

This collection care maps are reviewed and evaluated to guide planning care for the elderly. Guidelines have been evaluated and those with the highest ranking are indicated. An abstract of the guideline/care map is given along with the location for the full text. Topic areas cover a broad scope including mental health, continence, wound care, falls, pain and medications.

Geronurse Online

Geronurse Online is part of the Nurse Competence in Aging program. The “geriatric topics” are a selection of guidelines, protocols and best practices that follow the nursing process including assessment, care strategies and outcomes. Also on this web site are the “Try this: best practices in nursing care to older adults” series from the Hartford Institute for Geriatric Nursing which provide assessment tools for the older population.

Published Articles

Guidelines are often published as articles in peer-reviewed journals. A search for published guidelines can be done in databases such as PubMed or CINAHL (Cumulative Index to Nursing & Allied Health Literature). To learn more about searching for guidelines in the databases, call your health library for tips or to set up a personalized training session. Here are some examples of published guidelines for geriatric care:

Gerontologic nurse practitioner care guidelines: isolated systolic hypertension.
Trees J, Luggen A; National Conference of Gerontological Nurse Practitioners

Geriatric nurse practitioner guideline: periodontal disease in older adults.
Momeyer MA, Luggen AS.

Luggen AS, Parton A.

Gerontologic nurse practitioner care guidelines: urinary tract infection.
Frerick J.

COPD guidelines.
Logan N.

*Nurs Times. 2004 Dec 7-13;100(49):28-30.*
NICE guidance on preventing and assessing falls in older people.
Hainsworth T.
Evidence-based protocol: prevention of pressure ulcers.
Frantz RA.

Screening for dementia: recommendations and rationale.
U.S. Preventive Services Task Force.

Further Reading

Interested in knowing more about nursing practice guidelines? Here are a few articles to get you started.

Nursing best practice statements: an exploration of their implementation in clinical practice.
Ring N, Malcolm C, Coull A, Murphy-Black T, Watterson A.

Adherence to practice guidelines: improving quality of care and patient outcomes.
Burns H, Foley SM.

Implementing Nursing Practice Guidelines: A Complex Undertaking.
Wallin L, Profetto-McGrath J, Jo Levers M.

Clinical practice guidelines in nursing: a straightforward route to evidence-based practice?
Wallin L.

References


By Lisa Demczuk
Grace Hospital Library
Selected Databases for Research in Aging

AgeLine

The most comprehensive database in the field of aging, AgeLine indexes the literature from the perspectives of social gerontology, psychology, psychiatry, sociology, social work, demography, economics, public policy, and the health sciences. With references from both academic and general publications, AgeLine begins its coverage in 1978 (selected coverage from 1966 to 1977), indexing and abstracting journal articles as well as books, research reports, and consumer guides. There are currently over 75,000 records in the database.

AgeLine is available through the University of Manitoba’s NETDOC platform, and also freely through the AARP web site: http://www.aarp.org/research/ageline. The web site provides ready-made bibliographies on selected topics as well as tips on researching a term paper. The advantage of searching from NETDOC is the UMLINKS feature which allows you to quickly determine whether UM Libraries has the book or subscribes to the journal you are interested in.

Other Useful databases:

Academic Search Elite

This database has full text for approximately 2,050 scholarly journals, including 1,500 peer-reviewed titles. This database covers virtually every area of academic study, but lacks the depth or comprehensiveness for upper-level or graduate research. For some multi-disciplinary topics, it can be a good starting point because of its breadth of scope.

CINAHL (Cumulative Index to Nursing and Allied Health)

An authoritative indexing source for nursing and allied healthcare literature, CINAHL includes citations from resources in 17 allied health disciplines, plus behavioural sciences, management, education, and consumer health. Online coverage begins in 1982. Indexing approximately 1,800 periodicals, CINAHL now exceeds 1 million records.

Family & Society Studies Worldwide

There is coverage of research, policy and practice literature in the fields of family science, human ecology, human development and social welfare. Spanning from 1970 to the present, and containing nearly 850,000 records, publications are indexed from a wide range of social sciences including anthropology, sociology, psychology, demography, health sciences, education, economics, law, history and social work.

PsycINFO

Citations and summaries of peer-reviewed journal articles, book chapters, books, dissertations, and technical reports pertaining to psychology and the psychological aspects of related disciplines such as medicine, psychiatry, nursing, sociology, social work, criminology, education, physiology, linguistics, anthropology, business and law. Over 2 million records are included, spanning 1887 to the present, with articles indexed from more than 1,900 periodicals.

PubMed

PubMed is a vast, freely-accessible database with more than 11 million citations from MEDLINE and additional life sciences journals. Its primary audience is physicians and clinical practice and would be the foremost search choice for materials on the biological or physiological aspects of aging.

Social Sciences Abstracts Full Text

Social Sciences Abstracts full text covers the latest concepts, trends, opinions, theories, and methods from both applied and theoretical aspects of the social sciences including the full text of over 163 periodicals. Additional indexing includes more than 500 English language periodicals published in the United States and elsewhere. Coverage begins in 1983 and includes a wide range of interdisciplinary fields such as community health and medical care, economics, ethics, family studies, gerontology, planning and public administration, and policy studies. There are currently more than 750,000 records in this database.
Social Services Abstracts

Bibliographic coverage of current research focused on social work, human services, and related areas, including mental health services, gerontology, social welfare, social policy, and community development. Abstracts and indexes over 1,300 serial publications and includes abstracts of journal articles and dissertations, and citations to book reviews. More than 107,000 records are included in this database.

Social Work Abstracts

More than 74,000 records spanning 1977 to the present, from over 450 social work and related journals, on topics such as homelessness, AIDS, child and family welfare, aging, substance abuse, legislation, and community organization.

Sociological Abstracts

Abstracts of journal articles and citations to book reviews drawn from over 1,809 serials, as well as books, book chapters, dissertations, and conference papers. Coverage begins in 1952 and includes more than 680,000 records on subjects such as aging, criminology, death, demography, gerontology, health care, marriage and the family, public health, religion, social issues, substance abuse and social welfare.

Women's Studies International

Supports research related to women and feminist studies in arts & humanities, sociology, history, political science & economy, international relations, public policy, business and education. With over 2,000 periodical sources represented, more than 548,000 records are included from 1972 onward.

By Jan Johnson
Nursing Librarian
Fort Garry campus

PubMed For Nurses: Part III

In PubMed for Nurses: Part I, we looked at ways to produce effective results in PubMed by using phrase searching and setting limits. In Part II we explained the advantages of subject searching, using MeSH, over keyword searching. We learned that by thinking about your research question, you can retrieve relevant articles, on a large topic by applying a subheading and a few limits. In PubMed for Nurses Part III we will tackle a more complex search and show you how to get your hands on those articles.

Choose PubMed from the A-Z list of databases, or use the hot link from any of the University of Manitoba Health Libraries homepages. http://www.umanitoba.ca/libraries/health/

Example:

You want to know about breast cancer and nutrition. Now think about what you want. Do you want articles about how diet can prevent breast cancer, or are you looking for nutritional support of patients undergoing treatment for breast cancer? For this example, we will look for “how diet can prevent or decrease your risk of getting breast cancer”. Dividing your search into major concepts will help produce a search statement. We can divide this question into two concepts, breast cancer and diet. With our two concepts go into the MeSH Database to begin building the search statement one concept at a time.

From the Left hand menu choose “MeSH Database”.
In the search box type “Breast Cancer”.

We are taken to the correct MeSH subject “Breast Neoplasm”
Clicking on the hyperlink will display the subheading for this subject.
Now stop and look at the subheadings. Is there one that would focus your search? Our question involves diet as a prevention of breast cancer.

Place a check next to the subheading "prevention and control". Place a check next to "Restrict Search to Major Topic headings only".

From the "Send to" drop down menu choose "Search Box with AND".

You have now placed the major topic heading "Breast Neoplasms" with a "prevention and control" subheading into your search box. This is the first concept in our search, now we need to add our second term "Diet".

In the "Search MeSH" box enter "Diet" and click "Go".
Click on the hyperlinked term “Diet” to expand.
Place a check next to “Restrict Search to Major Topic headings only”.

From the “Send to” drop down menu choose “Search Box with AND”.

You have now placed the major topic heading “Breast Neoplasms” with a “prevention and control” subheading and the major topic heading “Diet” into the search box.

Click on the “Search PubMed” button.

If you need to, you can set limits.

In the “Limits” tab choose “English” language, set a “Publication Date” of 2000 to 2006, and Humans.

Scan through your search, placing check marks in the box next to articles you are interested in.

From the “Send to” drop down menu choose “Clipboard”.

This will place your references into a saved list. You can now continue searching for more articles, trying new terms or combinations of terms, or click on the “Clipboard” tab to display all your marked articles.

Change the “Display” by choosing “Abstract” from the drop down menu.
The green icons indicate a University of Manitoba health library with a print subscription to the journal.

Click on the UM Links to access the full text of the article electronically.

OR

For items not available electronically; complete a “document delivery request” by selecting your favorite pick-up library location and complete the online form. You will be notified when a copy of your article has arrived.
Remember, if you're having problems searching, don't suffer. Come into one of the University of Manitoba Libraries and ask for help, or try using the online chat help.

Pubed for Nurses Part II. Info-RN. 2005 Sept
http://myuminfo.umanitoba.ca/index.asp?sec=1008&too=100&dat=12/14/2005&sta=3&wee=3&eve=8&npa=8992

PubMed for Nurses Part I. Info-RN. 2005 May
http://myuminfo.umanitoba.ca/index.asp?sec=1008&too=100&dat=8/19/2005&sta=3&wee=3&eve=8&npa=8385


Finding PubMed’s most recent citations. Info-RX 2005 Feb, 1(5)


By Christine Shaw-Daigle
Victoria General Hospital Library
Attention BN Nursing Students

Attend this seminar to find out how to get the most out of your library's resources.

Are you returning to university this spring to complete your BN?
Are you interested in learning how to access the libraries’ many resources?
Are you confused about how and where to find reliable health information?

“BN BACK TO SCHOOL”

is
what you need
to
succeed!

Date: Thursday, February 9, 2006
Time: 9:30 am – 11:30 am
Where: Grace Hospital -- Dorothy Wood Building, 300 Booth Dr. Rm 206

Register by calling: (204) 837-0127
To register now use our [online registration form](#).

Date: Tuesday, February 14, 2006
Time: 9:30 am - 11:00 am
Where: Neil John Maclean Health Sciences Library -- Ross Lab

To register now use our [online registration form](#).

Registration is limited
New Books

**Title: Delmar's Geriatric Nursing Care Plans /** Sheree Raye Comer. Published: Australia ; Clifton Park, NY : Delmar Learning, c2005.

Written for nurses in any health care setting that treats geriatric patients, *Delmar's Geriatric Nursing Care Plans* provides the basis for developing specific nursing care plans. The book contains 47 of the most commonly encountered conditions seen in the elderly population such as chronic obstructive pulmonary disease, urinary tract infections, bowel disorders, diabetes mellitus and arthritis.

The book is conveniently divided into units of body systems to aid in quickly locating information and disorders. Within each unit, each disorder has its own chapter which follows the same format: a description of the disorder, anticipated medical treatment and nursing care, including interventions, rationales and discharge and maintenance instructions. Flowcharts at the end of the chapter summarize the pathophysiology of the disorder, effects on the body system and resulting signs and symptoms.

A multimedia CD that comes with the book is a customizable care plan maker and provides users with the tools to create and build their own individualized care plans.

If you wish to see this book [click here](#) to request a copy and have it sent to the University of Manitoba library of your choice.

The book is available at the [Elizabeth Dafoe Library](#), [Grace Hospital Library](#), and the [Neil John Maclean Health Sciences Library](#).

By Lisa Demczuk
Grace Hospital Library

**Title: Nursing Care of Older People with Diabetes /** edited by Trisha Dunning. Published: Oxford, UK ; Malden, MA : Blackwell Pub., 2005.

*Nursing Care of Older People with Diabetes* is a useful guide for nurses working in the community, acute and residential care settings. While diabetes can be difficult to manage in any population, this book looks at the unique challenges of caring for the elderly diabetic patient. Its aim is to examine prevention, health maintenance and rehabilitation that can improve quality of life. This is a companion book to *Care of People with Diabetes* (2003, Blackwell Publishing).

Using evidence-based care, each chapter in *Nursing Care of Older People with Diabetes* provides detailed explanations, recommendations and highlights key practice points. Chapter topics include:

- Short term complications
- Long term complications
- Educating and communicating
- Sexuality
- Rehabilitation, respite and palliative care
- Complimentary therapy

If you wish to see this book [click here](#) to request a copy and have it sent to the University of Manitoba library of your choice.

The book is available at the [Grace Hospital Library](#) and the [Neil John Maclean Health Sciences Library](#).

By Lori Giles-Smith
Neil John Maclean Health Sciences Library
The elderly manifest pain differently from other populations. Elders with dementia are unable to adequately voice descriptions of pain and often use facial expressions or have behavioural changes associated with their pain. Clinicians need to understand how to question elders about their pain in order to accurately treat the elder effectively. This video discusses the topic of pain management in the elderly with emphasis on the safe use of non-opioid and opioid medications. The target audience includes physicians, nurses, pharmacists and long term care providers.

Pain Management is Part 3 in the Pharmacology and the Elderly series. Other topics in this series include:

Part 1: Drug Actions - Concordia Hospital Library
Part 2: Central Nervous System,
Part 4: Cardiovascular Drugs – Seven Oaks General Hospital Library,
Part 5: Respiratory Disorders
Part 6: Antibiotics
Part 7: Pharmacology Applications.

Contact the Seven Oaks General Hospital Library or the nearest Health Sciences Library if you are interested in viewing this DVD or others in the series.

If you wish to see this DVD click here to request a copy and have it sent to the University of Manitoba library of your choice.

By Analyn Cohen Baker
Seven Oaks General Hospital

E-Resources
Agelit, Current Perspectives and Web Pick of the Week from the J.W. Crane Memorial Library

The J.W. Crane Library at Deer Lodge Centre can help you keep up on new resources in aging, geriatrics and longterm care. The J.W. Crane Memorial Library of Gerontology and Geriatrics is Canada's largest and best-known special library on aging and long-term care. The Library is located on the 1st floor of the Administration Building of the Deer Lodge Centre at 2109 Portage Avenue. As a branch of the University of Manitoba's Neil John Maclean Health Sciences Library, the library supports the research and patient care activities of the staff of Deer Lodge Centre, Riverview Health Centre, Winnipeg's 39 personal care homes, and the WRHA Long Term Care program.

Agelit is published quarterly as an information alerting service for long term care providers, and others interested in geriatrics, gerontology or long-term care. This select bibliography of articles, books, websites, and audiovisual resources in geriatrics, gerontology and long term care is distributed automatically to all Deer Lodge Centre, Riverview Health Centre, Winnipeg Personal Care Homes and WRHA Long-Term Care facilities.

Our Current Perspectives Series is updated several times a year, highlights current articles, books and Internet resources on specific topics of interest to long-term care professionals:

- Challenging Behaviour
- Communication and Dementia
- Continence
- Depression in Long Term Care
- End of Life
- Environmental design
- Falls
- Family Involvement in Long Term Care
- Institutional Elder Abuse
- Managing Pain in Long Term Care
- Pressure Ulcers
- Restraints in Long Term Care
- Sexuality in Long Term Care
- Transitioning to Long Term Care
Web Pick of the Week highlights is a weekly alerting service. Every week, the library sends an e-mail notice of Internet resource(s) of interest on long-term care and gerontology. Keep up-to-date on new resources of value to you or your staff.

To receive notifications about new issues of AgeLit, updates to the Current Perspective Series, and receive Web Pick of the Week, please subscribe to our listserv, info-ltc. To subscribe go to:

http://lists.umanitoba.ca/mailman/listinfo/info-ltc

A website listing our publications may be found at:

http://www.umanitoba.ca/libraries/units/health/internet/aging.shtml

By Tania Gottschalk
J.W. Crane Memorial Library
Deer Lodge Centre

For Your Patient
Alzheimer's Disease

Alzheimer's Disease is a progressive, degenerative disease and is the most common type of dementia. Over time, the disease destroys vital nerve cells in the brain causing irreversible damage and eventually death. It is estimated that 420,600 Canadians over the age of 65 have Alzheimer Disease and related dementias. Due to the aging population, the number of people in Canada with dementia is expected to grow to over ¾ million people by the year 2031.

Below is a list of Consumer Health books and online resources for patients and/or caregivers who have an interest in Alzheimer Disease. A free Consumer Health Borrower's Card, available to all Manitobans, allows material from the Consumer Health Collection to be borrowed for two weeks.

Books:

Location:
Concordia Hospital Library Consumer Health WT 155 D229a 2005
Grace General Hospital Library Consumer Health WT 155 D229a 2005

Location:
Grace General Hospital Library Consumer Health WT 155 B362a 2005

Location:
NJM Health Sciences Library Consumer Health WT 155 S126o 2004

Location:
Concordia Hospital Library Consumer Health WT 155 B951s 2005
Deer Lodge Centre Library Consumer Health WM 220 B951s 2005

Location:
NJM Health Sciences Library Consumer Health WT 155 B812s 2003
Online Resources:

**Alzheimer Society of Canada**
Since 1979 The Alzheimer Society of Canada has been dedicated to helping people with Alzheimer Disease and their caregivers. Its web site provides information about the disease, treatment, care and research.

**Alzheimer’s Association**
The Alzheimer’s Association is a not-for-profit organization that provides reliable information and care consultation. On the website you will find information about causes, warning signs, diagnosis, treatment, stages myths and statistics.

**Caregiver guide: Tips for caregivers of people with Alzheimer’s disease**
This guide for caregivers of people with Alzheimer Disease is produced by the National Institutes of Health, the National Institute on Aging and the Alzheimer’s Disease Education and Referral Center. It covers topics such as dealing with the diagnosis, communicating, bathing, dressing, eating, wandering, home safety and sleep problems.


By Melissa Raynard
Concordia Hospital Library