

Library and Knowledge Services Newsletter

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Our newsletter will keep you up to date with new resources and service developments as well as news from our team members.

Health Information Week 4th - 10th July

Health Information Week is a national, multi-sector campaign promoting high quality information for patients and the public. High quality health information can have a huge impact on people's ability to stay healthy and manage illnesses effectively, giving them a better quality of life.



One of the easiest ways to get reliable health information is to use trusted sources. There is lots of information available, particularly online, but it can be hard to verify information which has been shared on a social media site.

What to ask

There are a few simple questions you can ask yourself when looking at health information:

1. **Where did the information come from?** Who produced it? Was it the NHS or a trusted charity or health organisation? Is the information relevant to the UK?
2. **How current is the information?** When was it published or last updated? Health information changes over time – make sure it is up to date.
3. **Is it easy to use and understand?**
4. **Is it based on multiple evidence reviews or case studies?** Look for clear references.
5. **Why has it been produced?** Is it to inform or is there an agenda? Is the website profit driven?

It is also a good idea to cross-check information. This means looking to see if it is repeated by more than one reliable source.



OUTSTANDING CARE
personally DELIVERED

There is also a list of resources available to support people in understanding and managing their health. All the online tools are free to access. A selection is available below and the full collection is available at library.nhs.uk/yhc/

- **Balance: menopause library.** Contains articles, podcasts and videos. Now certified by the leading digital health organisation, ORCHA, who review and approve health apps for the NHS and multiple national health bodies around the world.
balance-menopause.com/menopause-library
- **Carers UK.** Information and advice to support carers, including asking for help, finances, practical support and health.
www.carersuk.org/help-and-advice
- **Health Talk: stories of health experiences.** Real stories, collected by researchers to share information and personal stories about what it's like to live with a health condition.
healthtalk.org/
- **Independent Age: Living Well with long-term health conditions.** Information and advice on living well with long-term conditions.
www.independentage.org/get-advice/living-well-long-term-health-conditions
- **NHS: Better Health – Every Mind Matters.** Advice and practical tips to help people look after their mental health and wellbeing.
www.nhs.uk/every-mind-matters/

New books for the library collection

	<u>Aphasia in clinical practice</u> (2022)		<u>Health literacy in nursing</u> (2015)
	<u>Collaborative learning in practice: coaching to support student learners in healthcare</u> (2021)		<u>Principles and practices of phytotherapy</u> (2013)
	<u>Diagnosis and management of adult congenital heart disease</u> (2018)		<u>Vascular ultrasound: how, why and when</u> (2023)

If you would like to borrow any of the books we have in our collection go to the [library catalogue](#). You need to [register](#) with the library to take books out.

New current awareness bulletins

Library staff produce a range of **current awareness bulletins** that cover general topics. We have recently developed some new bulletins on:

- Equality, diversity and inclusion
- Frailty and falls
- Organisational development
- Nutrition and dietetics
- Paediatrics and child health
- Physiotherapy

If you would like to be added to the mailing lists of any of these bulletins please email clinical.librarian@ulh.nhs.uk

Monthly dashboard

Literature Searches

In **May** and **June** we completed **24** searches on a variety of topics including:

- Diagnosing and treating childhood asthma
- Dermatological symptoms in acute myeloid leukaemia
- Action learning approaches

Article Requests

In **May** we provided access to **393** articles.

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