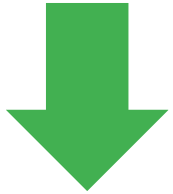
A Library Without Place

Patron Education in an Online-Only Health Library

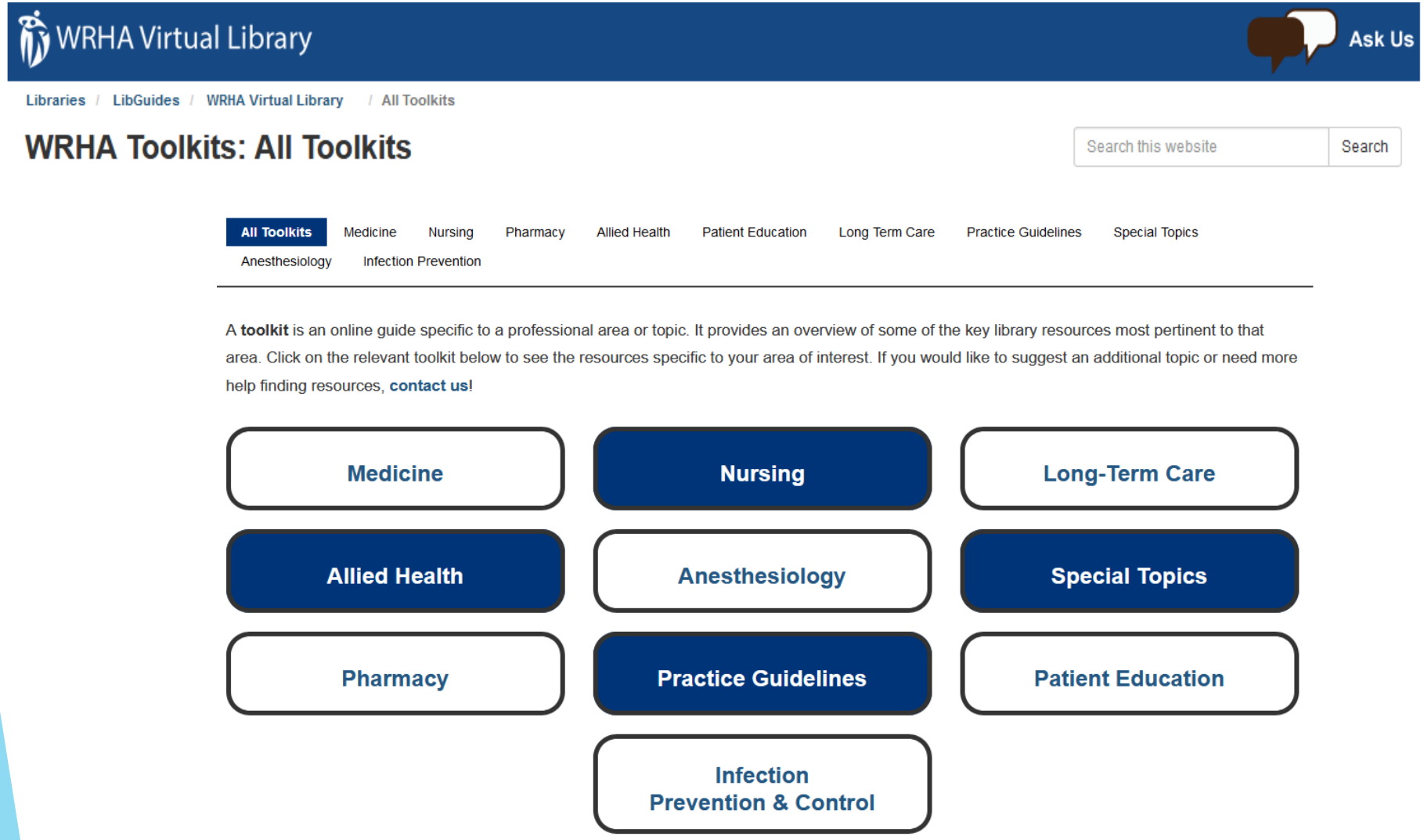
Maureen Babb ● Nicole Askin ● Angela Osterreicher

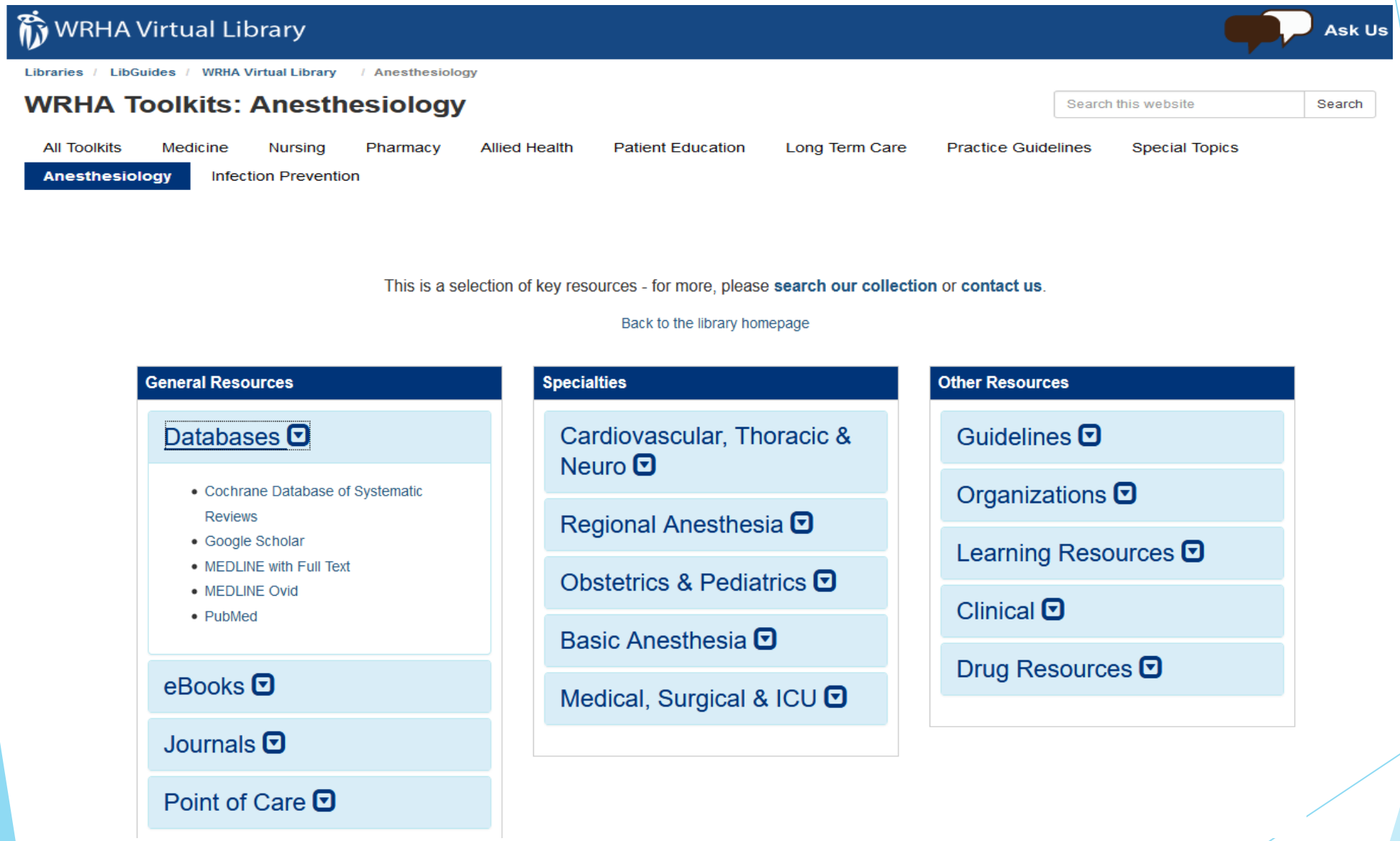
University of Manitoba

History of the WRHA Virtual Library



Educational Offerings


WRHA Virtual Library
Ask Us
Libraries / LibGuides / WRHA Virtual Library / All Toolkits
WRHA Toolkits: All Toolkits
Search this website
Search
All Toolkits
Medicine
Nursing
Pharmacy
Allied Health
Patient Education
Long Term Care
Practice Guidelines
Special Topics
Anesthesiology
Infection Prevention
A toolkit is an online guide specific to a professional area or topic. It provides an overview of some of the key library resources most pertinent to that area. Click on the relevant toolkit below to see the resources specific to your area of interest. If you would like to suggest an additional topic or need more help finding resources, contact us!
Medicine
Nursing
Long-Term Care
Allied Health
Anesthesiology
Special Topics
Pharmacy
Practice Guidelines
Patient Education
Infection Prevention & Control
Back to the library homepage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Ask Us
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WRHA Toolkits: Anesthesiology
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All Toolkits
Medicine
Nursing
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Patient Education
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Practice Guidelines
Special Topics
Anesthesiology
Infection Prevention
This is a selection of key resources - for more, please search our collection or contact us.
Back to the library homepage
General Resources
Databases
Cochrane Database of Systematic Reviews
Google Scholar
MEDLINE with Full Text
MEDLINE Ovid
PubMed
eBooks
Journals
Point of Care
Specialties
Cardiovascular, Thoracic & Neuro
Regional Anesthesia
Obstetrics & Pediatrics
Basic Anesthesia
Medical, Surgical & ICU
Other Resources
Guidelines
Organizations
Learning Resources
Clinical
Drug Resources

WRHA Virtual Library

Ask Us

Libraries / LibGuides / WRHA Virtual Library / Patient Education

WRHA Toolkits: Patient Education

Search this website Search

All Toolkits | Medicine | Nursing | Pharmacy | Allied Health | **Patient Education** | Long Term Care | Practice Guidelines | Special Topics | Anesthesiology | Infection Prevention

This is a selection of key resources - for more, please **search our collection** or **contact us**.

Back to the library homepage

General Websites

- WRHA Health Information Index
- Manitoba 211
- Winnipeg Public Library Health Information Guide
- MedlinePlus
- It's Your Health (Government of Canada)
- It's Safe to Ask (Manitoba Institute for Patient Safety)

Tools

- Medical Translation Apps
- Patient Health Apps
- Decision Box
- Mayo Clinic Shared Decision Making

Subject-Specific Handouts

- Addiction (doc)
- Advance Care Planning (doc)
- Allergy (doc)
- Anxiety and Stress (doc)
- Arthritis (doc)
- Asthma (doc)
- Bone Health (doc)
- Brain Injury (doc)
- Cancer (doc)
- Caregiving (doc)
- Complementary Medicine (doc)
- Dementia (doc)
- Diabetes (doc)
- End of Life (doc)
- Grief (doc)
- Hearing (doc)

Multilingual Patient Education

Available in other formats on request.

- Multilingual Health Websites (PDF)
- Addiction (PDF)
- Cancer (PDF)
- Diabetes (PDF)
- Falls (PDF)
- Heart Health (PDF)
- HIV (PDF)
- Immunization (PDF)
- Kidney Disease (PDF)
- Liver Health (PDF)
- Lung Disease (PDF)
- Mental Health (PDF)
- Nutrition (PDF)
- Pregnancy (PDF)
- Smoking Cessation (PDF)

WRHA Virtual Library

PROVIDING INFORMATION AND ACCESS

Multilingual Resource Guide… *Cancer*

We have compiled online resource lists for patients who speak languages other than English. This topic includes the following languages:

- Amharic
- Arabic
- Bengali
- Bosnian
- Chinese
- Cree
- French
- Greek
- Hindi
- Inuktitut
- Italian
- Japanese
- Korean
- Nepali
- Oji-Cree
- Ojibwe
- Polish
- Portuguese
- Punjabi
- Russian
- Somali
- Spanish
- Tagalog
- Ukrainian
- Urdu
- Vietnamese

To see other available resource lists, or to request other topics or languages, please contact us: https://libguides.lib.umanitoba.ca/wrha

Available in alternate format on request

Multilingual Resource Guide… *Cancer: Cree*

These sites give information in Cree on topics related to Cancer.

- Treatment tips: https://bit.ly/2TCZ2hT
- Nausea and vomiting: https://bit.ly/2HoqFVd
- Nutrition: https://bit.ly/2u9MzmB
- Emotional impact: https://bit.ly/2uaUPD2
- Prostate cancer (video): https://bit.ly/2Hoeqbg
- Mammograms: https://bit.ly/2VXguu0
- Pap testing: https://bit.ly/2HozcaX
- Colorectal cancer screening: https://bit.ly/2uamfsL

WRHA Virtual Library: UpToDate Anywhere

Search UpToDate

App

Type of App: Point of Care

Free for WRHA staff

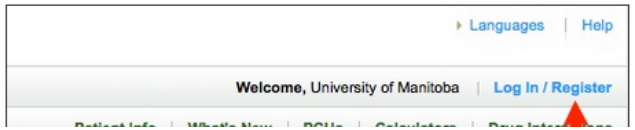
1. Visit iTunes or Google Play Store and download UpToDate.
2. Once you've installed the app open it and you will be prompted to enter the login and password you created in UpToDate to activate the app.
3. Sign in to UpToDate on the web every 90 days to ensure you don't lose access when you need it most.

- Video: UpToDate Mobile [2:44 min]
  Learn more about the process of downloading, installing and using the UpToDate mobile app.

Create an Account with UpToDate

Access UpToDate using your WRHA Virtual Library username and password. You will create a different login for UpToDate itself.

Next click "Register" from the UpToDate website.



Why UpToDate?

What is UpToDate and what do I use it for?

UpToDate is an electronic Clinical Decision Support tool used in the delivery of healthcare. It includes more than 10,500 topics covering general internal medicine and more than 20 specialties; a select drug database and drug interaction tool (in partnership with Lexicomp®); more than 1,500 patient education topics; more than 28,000 graphics; links to more than 400,000 references; and a number of medical calculators.

Do I have to create an account to access UpToDate?

No. However, you will want to create an account if you want to:

- install and use the UpToDate app;
- access UpToDate outside of your organization's IP range (i.e. from home);
- track and earn continuing professional development credit;
- download images to PowerPoint.

Training

UpToDate has developed a comprehensive training program that includes a number of resources, in print and online.

- Video: Searching UpToDate Web [3:26 min]
  Learn how to search UpToDate on the web and how to navigate the site.

Conditions of Use

The use of images from UpToDate is permitted in presentations for the purpose of teaching. List

How to Search for WRHA Patrons: Build a Great Search Question

Turn an idea into a simple answerable question

- It is important to make general ideas and topics into concise questions before you begin your search. This helps keep you focused on your precise topic when searching.
- Your question should have between 2 and 4 main concepts; with any more than that you should consider creating two or more questions.
- Identify the major concepts and put them into a concise answerable question

Example

This: A 32-year-old female, Sylvia Smart, works at the university in the office in human resources. Sylvia is active and likes to play ultimate Frisbee. She has been playing for 10 years and is on a competitive team that tours and goes to tournaments. For the past 5 years Sylvia has developed some back issues and experiences chronic pain in her lower back. She has been doing some core strengthening exercises to help with pain and takes ibuprofen before games. She has come to see you about using *Kinesio tape* for her back and how to apply it. You are experienced in using this tape but wonder about its effectiveness for *lower back pain* so you decide to consult the literature to see if there is strong evidence to support its use.

Translates to this: Is *Kinesio tape* effective in relieving discomfort from *low back pain* during athletics?

Tools to Help You Create a Question

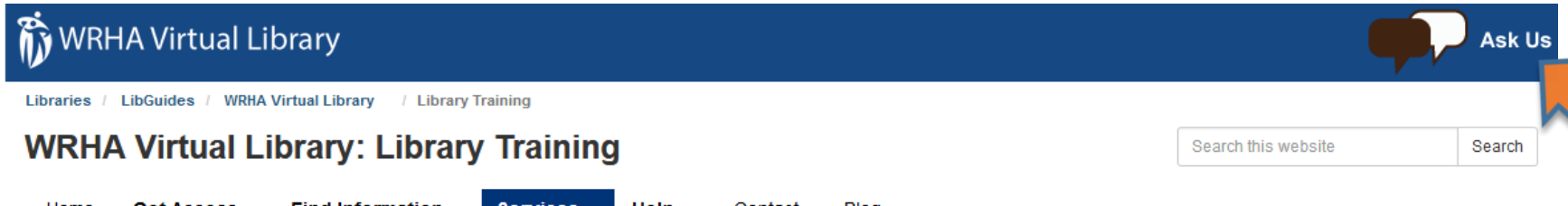
- Information needs are often complex and hard to decipher - creating a concise question that reflects that information need makes searching for information easier
- Identifying the concepts in the information need makes it easier to create a question
- The PICO, SPIDER, SPICE, and ECLIPSE tools (see table below) make it easy to identify the concepts in your search

PICO is used for clinical questions:

- **P = population/problem (low back pain)**
- **I = intervention (kinesio tape)**
- **C = comparison (ibuprofen)**
- **O = outcome (pain relief during athletic events)**
  - **Question = Is kinesio tape more effective than ibuprofen in relieving back pain during athletic events?**

SPIDER is used for qualitative/mixed method questions

Contact Us



Training and Instruction

Training and instruction services include:

- Online help tools (guides, instructional videos) to provide help when and where you need it
- Scheduled, customized in-person group or individual instruction sessions
- Scheduled, customized group or individual instruction sessions using online training software to support desktop sharing and recording of education sessions for later viewing

Watch Past Education Sessions

- **Introduction to the WRHA Virtual Library** (YouTube video, autocaptioned)
  Aired: September 26th, 2018
- **Searching PubMed: Basics ++** (YouTube video, autocaptioned)
  Aired: October 25th, 2018
- **Effective Googling** (YouTube video, autocaptioned)
  Aired: November 29th, 2018
- **Evidence-Based Practice and Levels of Evidence**

Upcoming Education Sessions

The WRHA Virtual Library is pleased to present a series of educational webinars to enhance your library experience! **Webinars will be presented live, and then posted on our website to watch at your convenience.** Each webinar is 30 minutes long.

Critical Appraisal

April 23rd @ 1:00 pm

Register here: https://bit.ly/2Emt29D

How reliable is the information you have? What tools and techniques can you use to assess it? Attend this webinar to address these questions.

Video Tutorials

Handouts

Available in other formats on request.
Guides are licensed CC BY-NC

- Finding Open Access sources (PDF)

Video Tutorials

Overview of the WRHA VL

Searching the Library

Accessing Articles

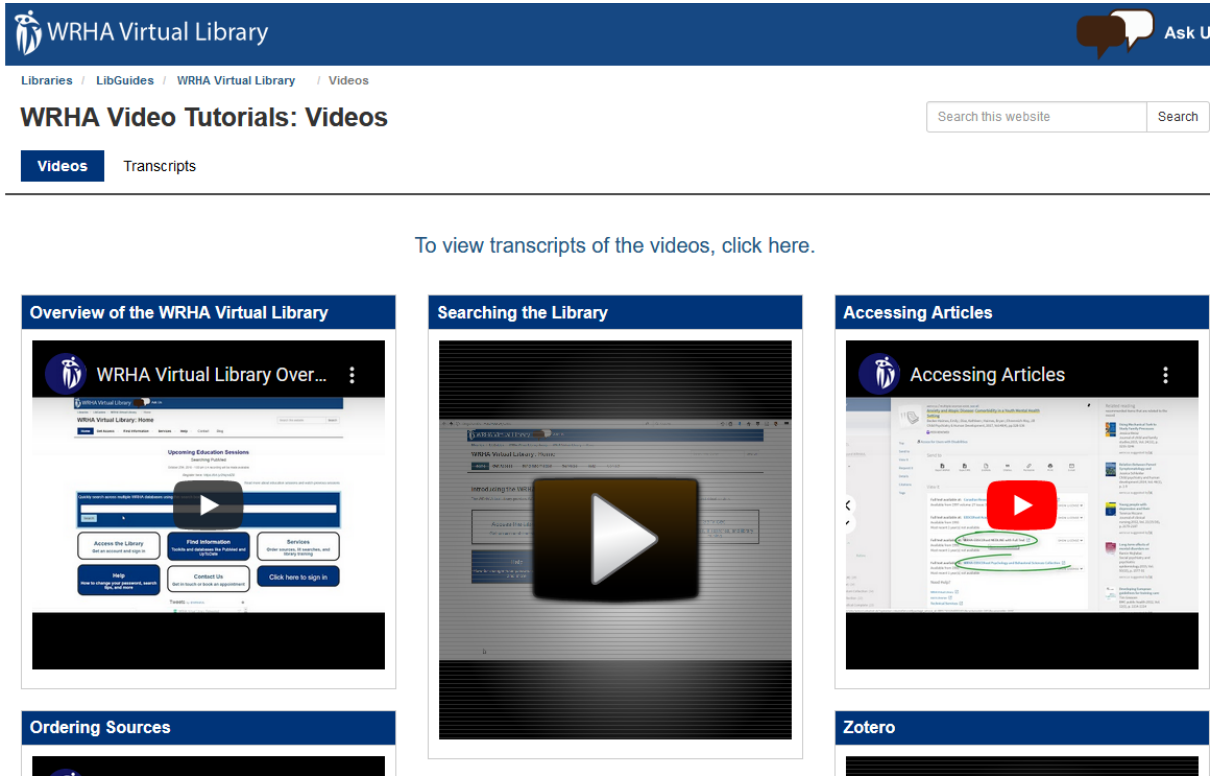
Ordering Sources

Order U of M Items

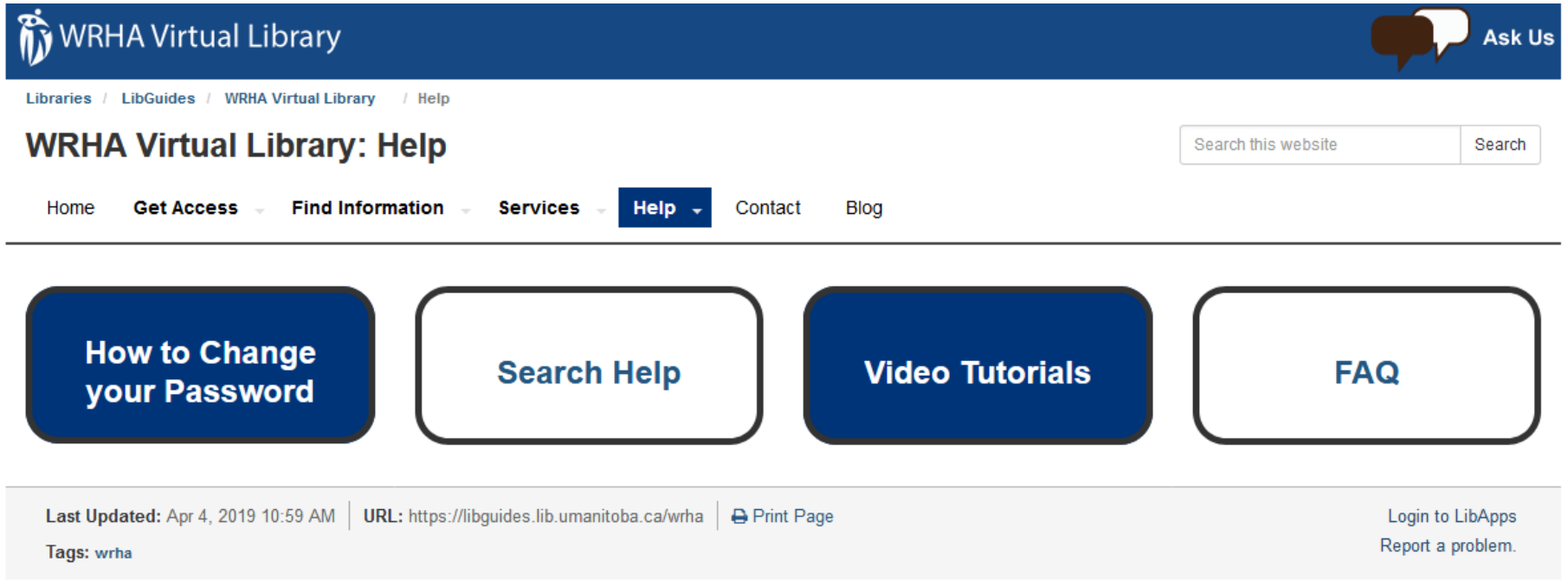
Zotero

MyNCBI

UpToDate



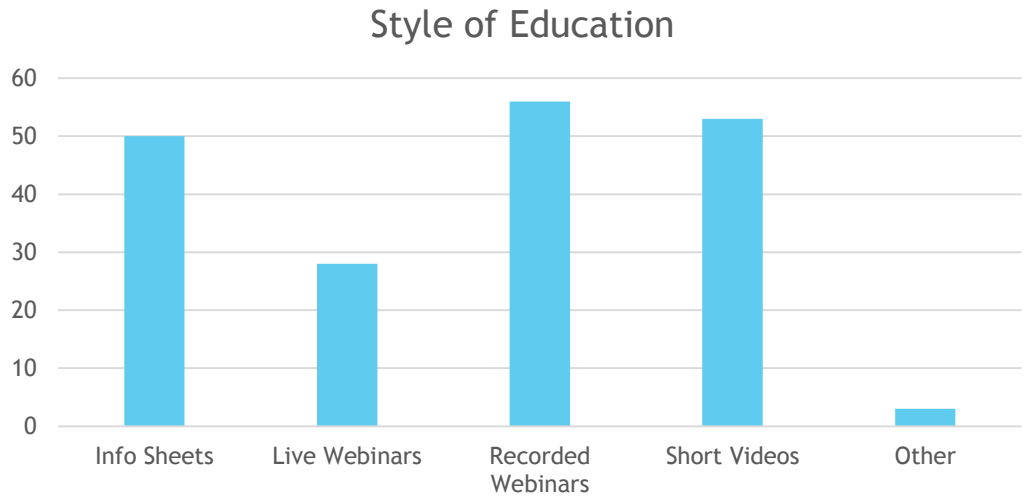
Online Help – Guides & Videos

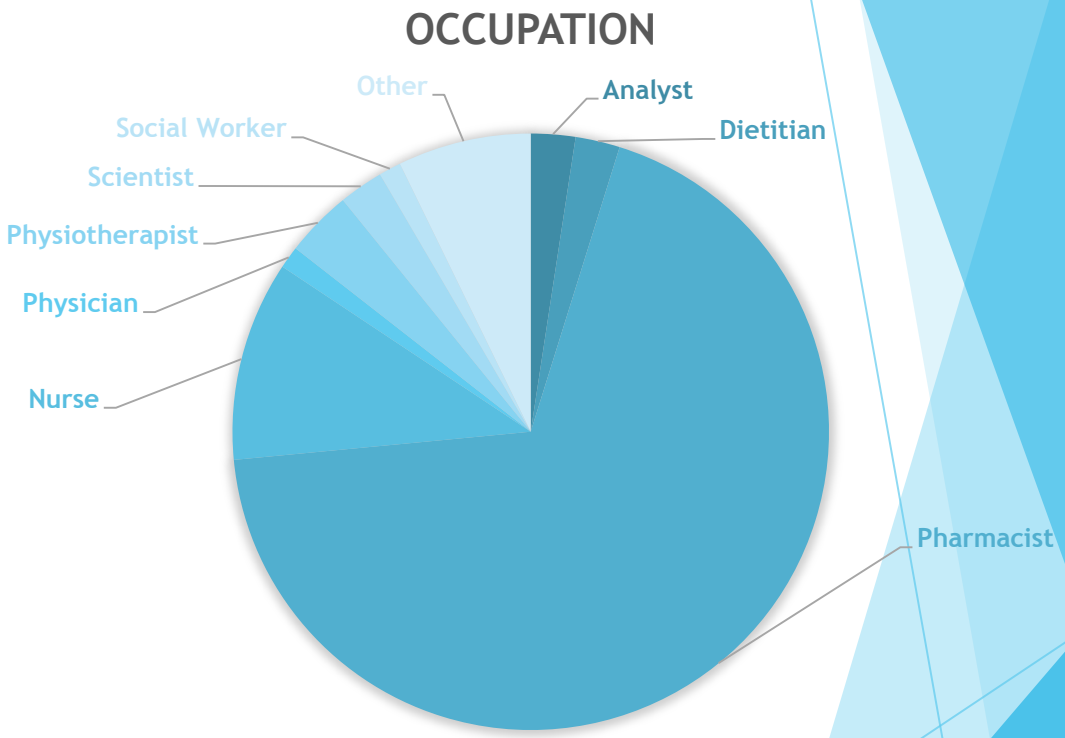


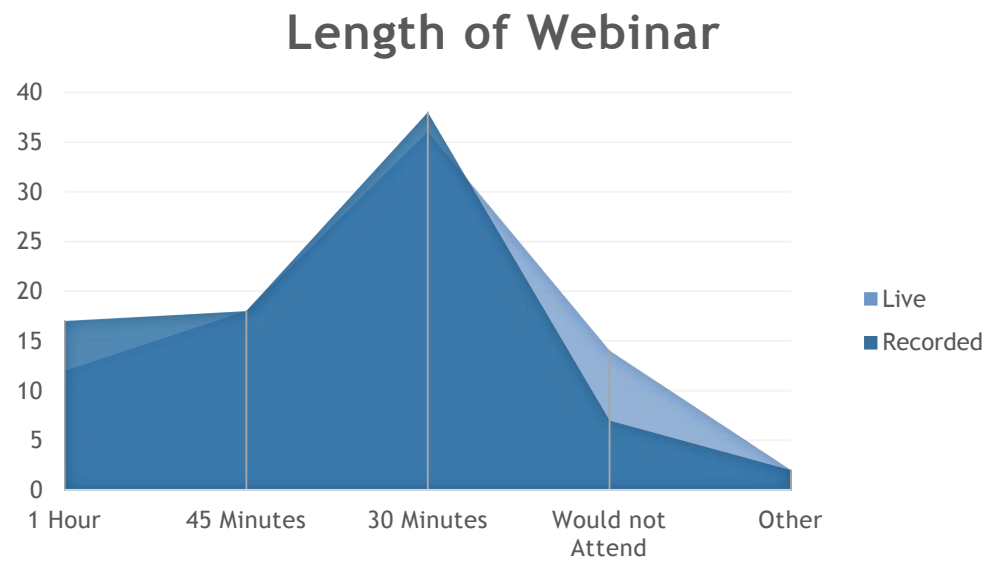
What we were hoping to accomplish

- Wide variety of educational offerings
- Different formats and array of content
- A digital “place” that patrons could still come to
- To make patrons comfortable and familiar with the WRHA VL
- To provide education in ways that fit the needs of our patrons
- To provide information literacy and critical appraisal education
- To help users find information
- To help users manage information effectively

Survey

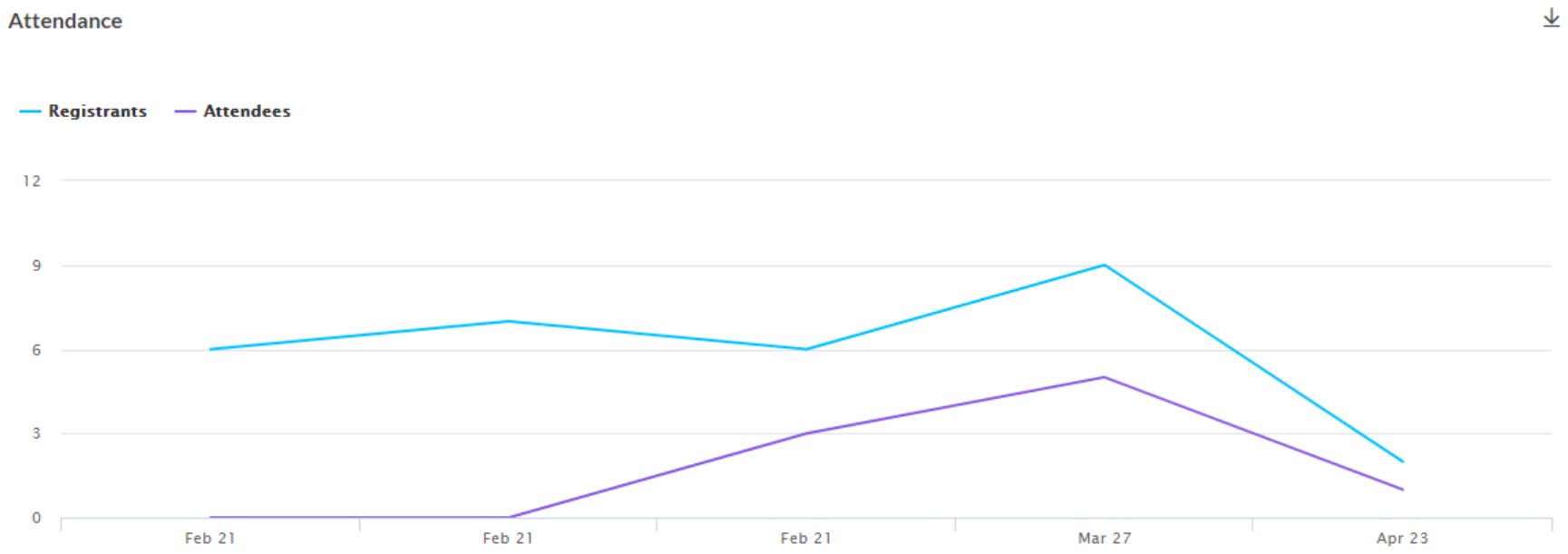

Style of Education
60
50
40
30
20
10
0
Info Sheets
Live Webinars
Recorded Webinars
Short Videos
Other


OCCUPATION
Other
Analyst
Dietitian
Social Worker
Scientist
Physiotherapist
Physician
Nurse
Pharmacist


Length of Webinar
40
35
30
25
20
15
10
5
0
1 Hour
45 Minutes
30 Minutes
Would not Attend
Other
Live
Recorded

Turnouts and usage

- Frankly not as high as we'd like
  - Much lower than MHIKNET
- Awareness about WRHA Virtual Library is still pretty low



Problems: Promotion & Reach

- Lack of information sent out about the WRHA Virtual Library when it formed
- Very few networking systems in place
  - Still learning who to contact
  - Some groups much harder to reach than others (e.g.; personal care homes)
  - Certain groups overrepresented in who is contacted (e.g.; pharmacists)
- Still working through this
  - Will take time to build up an effective network
  - In some ways, we don't even have a good sense of who we are or aren't reaching
- How do we let people know about out services when they might not even know we *exist at all?*

Problems: The Digital “Space”

- Being purely digital is a challenge
- People still want us to be available in person
  - And we are
    - Live education sessions
    - In person site visits
    - Open offices
  - We agree that we need to be available in person, too

Problems: Big Shoes to Fill

- Closure of hospital libraries
- Changes in access to information
- Different rules for use
- Lack of information communicated
- This comes at a time of other large-scale health system changes that have left healthcare workers stressed
- Some of it is adjustment to change
- Some of it is stuff that we can help with
  - Some of it isn’t

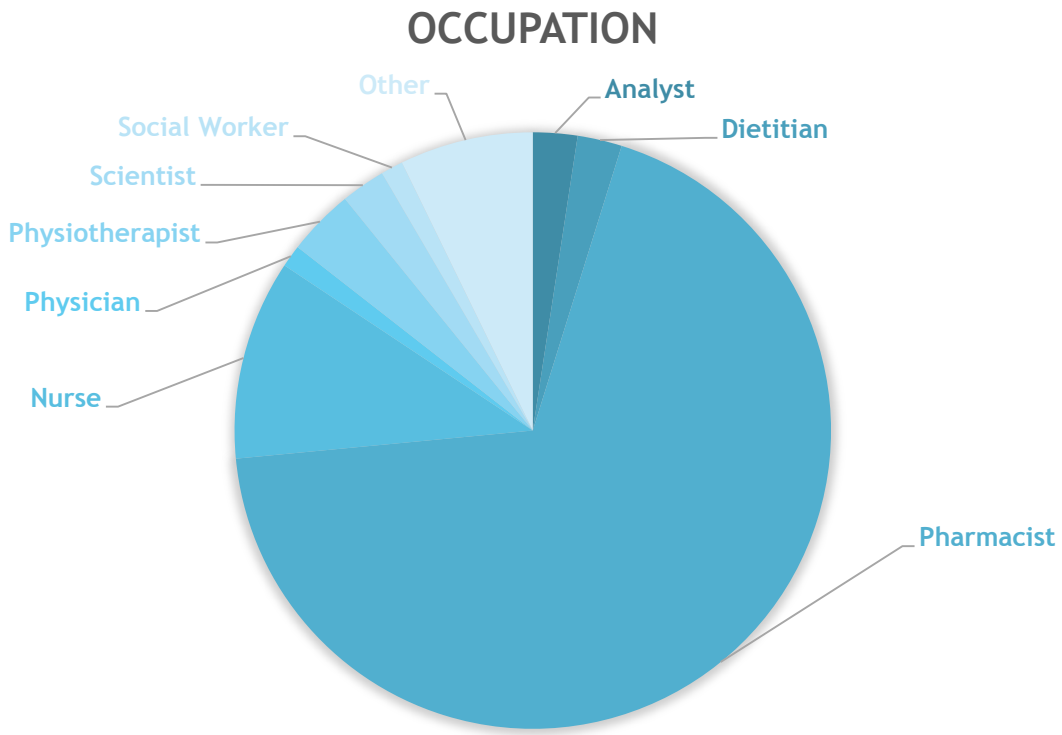
Problems: Technical Issues

- Camtasia (*WHY*)
- Changes in Primo

Image by Peter Alfred Hess: https://www.flickr.com/photos/peterhess/2976755407

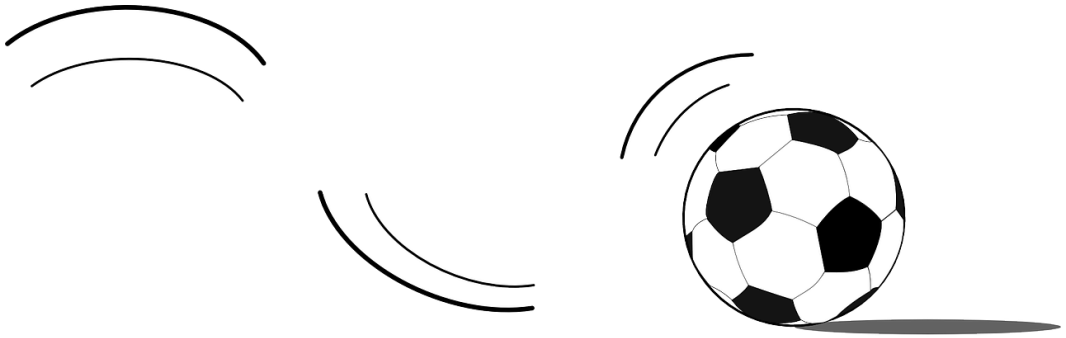
Problems: Content

- Low webinar turnout
- Small survey response
- Responses focused on a specific group (mostly pharmacists)



Lessons learned

- Communication is good
- Surveys: seek more diverse responses and fewer angry people
- Technology doesn’t always make things better
- Clinicians are busy
- Some things are better in person
- Not everyone speaks our language
- Some things in life are free
- Roll with it



Questions?

- Maureen Babb
  maureen.babb@umanitoba.ca
- Nicole Askin
  nicole.askin@umanitoba.ca
- Angela Osterreicher
  angela.Osterreicher@umanitoba.ca

- https://libguides.lib.umanitoba.ca/wrha/home