



# Health Information Week

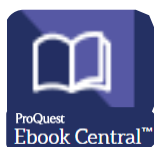
Shrewsbury and Telford  
Health Libraries



## Health Information Week (HIW) 2020

HIW is usually a big thing for us at **Shrewsbury and Telford Health Libraries**. We are usually out and about with stands in the Trust's foyers or at Pop-Up-Libraries, which gives us the opportunity to show our resources. However, during this time of uncertainty and safe distancing, we are sending you this **HIW Newsletter** as a reminder that we are still here for **you**.

Meanwhile, our website - <https://www.library.sath.nhs.uk/> - is a prime resource of information:



## Social Media & Mental Health Libraries

By Ami Walker

### Coming Online in the Digital Age

It seems very apt in Health Information Week (HIW) to be looking at the role of social media and health libraries. 2016 saw the hashtag #HIW2016 reach over 1million Twitter accounts! So it's no surprise that each year it has grown and now you can find a wealth of HIW resources and knowledge at the end of a hashtag.

Social media gives libraries the opportunity to bring their information into the modern age and at the end of the fingertips of anyone with a smartphone. It allows us to broaden our scope for delivering essential, high quality health information that can have a huge impact on peoples lives, whether they're a patient, carer or health professional. We can curate e-book recommendations, shine a light on local community support, highlight services we offer online and in house, share information and resources from third-party organisations and strengthen our cross organisations/trust relationships.

As we approach #HIW2020 in this time of Coronavirus, it is even more important that people can access information that they can trust and that is easily accessible. That's where the role of the library comes in, the institution of libraries has long been universally trusted by so many to deliver high-quality information and by having an established social media presence we can create a channel for this information delivery.



This years Health Information Week (6th-12th of July) will see a focus on the themes of **Information you can trust** and **Wellbeing** so make sure you are following our social media platforms over on Twitter or Instagram: @sathlibraries

## Word Puzzle - Just For Fun

By Sarah Rochelle

As part of **Health Information Week 2020**, we are promoting how to find accurate and trustworthy sources of information. So, see if you can locate these useful terms in the grid. There is even a secret message to find when you have finished. There are no prizes. Just challenge your brain and have a few moments of fun with this **Wordsearch**.

Link for **Wordsearch** - <http://www.library.sath.nhs.uk/wp-content/uploads/2020/06/wordsearch.docx>



There is a lot of reliable evidence-based health information available online but, with so much information out there, how can you tell the good from the bad?

Ask yourself three simple questions -

**Who?**, **What?**, and **Where?**



## Who

**Who** wrote this information and are they a reliable source? For example, is the information from an NHS body, or from a company trying to sell you something? Check who provided the information by looking for a name or an address of who is behind the page or the website.

## What

**What's** the content? Is it up to date (check to see if there's a publication date or date last updated)? Does the site say what evidence is behind what they're saying (perhaps by listing some sources with links so you can check them out yourself)? Be wary of discussion forums where people may base opinions on their own experience (though of course the experience of other people can be enormously helpful sometimes). Be very wary of anything on Google marked as an 'ad'!

## Where

**Where's** the site based? Some information, such as statistics or treatment options, may be different in the UK. The site's address may give a clue as to where it is based, and perhaps what type of site it is. For example, a site with nhs.uk at the end of its address will be an NHS website, but a site with .com could be a company website in the USA.

## Finally

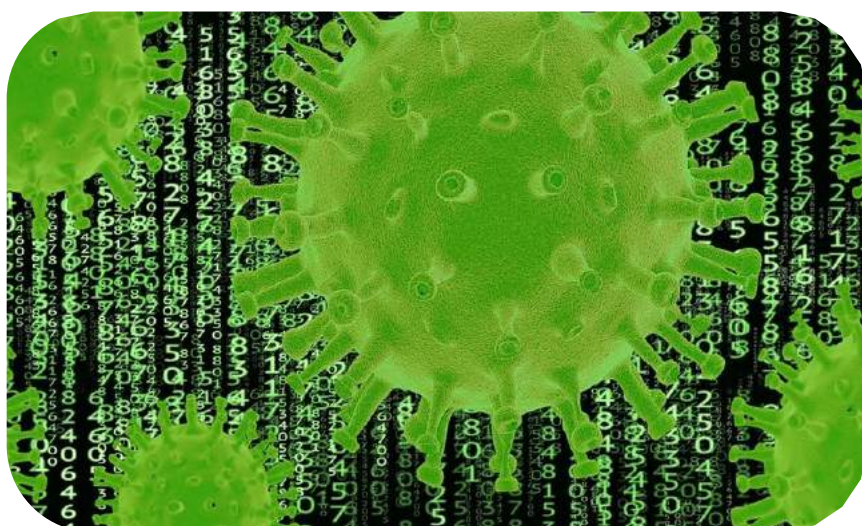
It's **always** worth checking another website to see if it says the same thing or, better still, check with your doctor and ask questions. Two good websites worth checking out are the **NHS** website at [nhs.uk](https://www.nhs.uk) and **Patient** at [patient.co.uk](https://patient.co.uk). For more suggestions for good websites, check out our page at [library.sath.nhs.uk/patients](https://library.sath.nhs.uk/patients).

# Fake News

By Chris Pankhurst

Fake news is becoming more and more of a problem and when it concerns health matters it can have dire consequences. The Covid-19 pandemic has taken things to a new level, with conspiracy theories spreading on social media claiming that coronavirus can be spread via 5G [1]; that Bill Gates is hoping to use a coronavirus vaccine to inject microchips into the population [2]; and that aspirin can cure coronavirus [3]. The potential harm that these fake stories can cause is obvious and worrying. Whilst health care professionals will be able to recognise these conspiracy theories as fake news, it can sometimes be confusing for members of the public.

Health Education England have put together some myth busting resources that can help you to guide your patients to reliable sources of information: <https://kfh.libraryservices.nhs.uk/covid-19-coronavirus/for-patients-and-the-public/> These include links to 'Facts on Coronavirus' compiled by Full Fact, the UK's independent fact checking charity, and an interesting and accessible myth-busting article from The Guardian, 'Can a face mask protect me from coronavirus?'



1

Coronavirus: Scientists brand 5G claims 'complete rubbish':

<https://www.bbc.co.uk/news/52168096>

2

Coronavirus: Bill Gates 'microchip' conspiracy theory and other vaccine claims fact-checked:

<https://www.bbc.co.uk/news/52847648>

3

Coronavirus: Contact-tracing rumours debunked: Aspirin is not a Covid cure:

<https://www.bbc.co.uk/news/53021722>



## Looking after your mental health during Covid-19 and beyond

### MIND's A-Z of Mental Health:

The mental health charity MIND's website has a wealth of useful information on many aspects of mental health. [See their 'A-Z of Mental Health' here.](#)

### Managing Stress:

It's more important than ever to ensure you manage your stress. For advice including 'signs of stress' and 'developing resilience', [click here.](#)

### Staying Well During the Pandemic:

For good advice on how to stay well during the pandemic (including managing feelings as lockdown is eased), [click here.](#)

### Advice for Key Workers:

For advice tailored to key workers going to work during the pandemic, including specific advice for NHS workers, [click here.](#)

### Hear an NHS Worker's Coping Strategies:

Andrea, a respiratory physiotherapist, talks about how she is looking after herself whilst looking after Covid-19 patients. To read her story [click here.](#)

### Peer 2 Peer Listening at SaTH:

Our Trust has a team of trained volunteers ready to offer 'a good listening to'. Look out for P2P badges and email signatures or email the confidential address to receive a list of volunteers and how to contact them - [sath.p2p@nhs.net](mailto:sath.p2p@nhs.net).

### Mental Health First Aid:

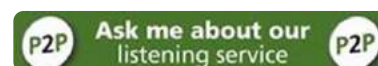
Our Trust also has a team of trained Mental Health Champions and First-Aiders. These volunteers can offer you a listening ear and signpost you to further support in or outside the Trust. Email the confidential address to access: [sath.mentalhealthchampion@nhs.net](mailto:sath.mentalhealthchampion@nhs.net).

### Care First:

Care First offer SaTH staff a 24/7 helpline for immediate help with mental health problems and/or advice from an information specialist - 0800 174319. You can also visit the website <https://carefirst-lifestyle.co.uk/> and log in as a member of SaTH (Username: sath / Password: employee).

### Library Services:

If you need help finding any health information, get in touch with our libraries - you will find all of the contact details at the end of this leaflet.



Sepsis (also known as blood poisoning) is the immune system's overreaction to an infection or injury. Normally our immune system fights infection – but sometimes, for reasons we don't yet understand, it attacks our body's own organs and tissues. If not treated immediately, sepsis can result in organ failure and death. Yet with early diagnosis, it can be treated with antibiotics.

### HOW TO SPOT SEPSIS IN ADULTS

Seek medical help urgently if you (or another adult) develop any of these signs:

Slurred speech or confusion

Extreme shivering or muscle pain

Passing no urine (in a day)

Severe breathlessness

It feels like you're going to die

Skin mottled or discoloured

**5**

**people die with sepsis  
*every hour* in the UK**

**40%**

**of all sepsis survivors  
suffer permanent, life-  
changing after effects**

**25,000**

**hospital admissions with  
sepsis each year in the UK  
occur in children**

### HOW TO SPOT SEPSIS IN CHILDREN

If your child is unwell with either a fever or very low temperature (or has had a fever in the last 24 hours), call 999 and just ask: could it be

A child may have sepsis if he or she:

1. Is breathing very fast
2. Has a 'fit' or convulsion
3. Looks mottled, bluish, or pale
4. Has a rash that does not fade when you press it
5. Is very lethargic or difficult to wake
6. Feels abnormally cold to touch

A child under 5 may have sepsis if he or she:

1. Is not feeding
2. Is vomiting repeatedly
3. Has not passed urine for 12 hours

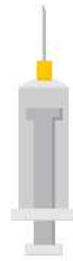
# The Sepsis 6



**01** SENIOR HELP



**02** GIVE O<sub>2</sub> IF REQUIRED



**03** IV ACCESS AND BLOODS



**04** GIVE IV ANTIBIOTICS



**05** CONSIDER IV FLUIDS



**06** MONITOR

The Sepsis 6 includes strategies to control the source of infection, and to measure and restore circulation and oxygen delivery

Delivering the Sepsis 6 within one hour is one of the most effective life-saving treatments in medicine

**SEPSIS CLAIMS MORE LIVES THAN LUNG CANCER, AND MORE THAN BOWEL, BREAST AND PROSTATE CANCER COMBINED**

## For more information on Sepsis

The UK Sepsis Trust - [sepsistrust.org](https://sepsistrust.org)

The UK Sepsis Trust publishes [The Sepsis Manual](#) which includes more information about the Sepsis 6

Check the [library catalogue](#) for books on Sepsis available in the libraries

[NICE Sepsis Quality Standard](#)

SaTH [Sepsis intranet pages](#) including local policies and guidance

[UpToDate Sepsis topic](#) (including patient information leaflet)

[NHS.uk patient information](#) about sepsis

## Find Trustworthy Resources Quickly and Easily

Need some hints on finding useful information?

Your library can help with some handy leaflets:

### Useful Health Apps

<http://www.library.sath.nhs.uk/wp-content/uploads/2020/06/Healthy-apps-2020-in-print-order.pdf>

A selection of NHS recommended apps, sorted by theme, including healthy eating, exercise, mental health and much more. For even more recommended health apps, visit [www.nhs.uk/apps-library](http://www.nhs.uk/apps-library)

### Library Resources for Nurses

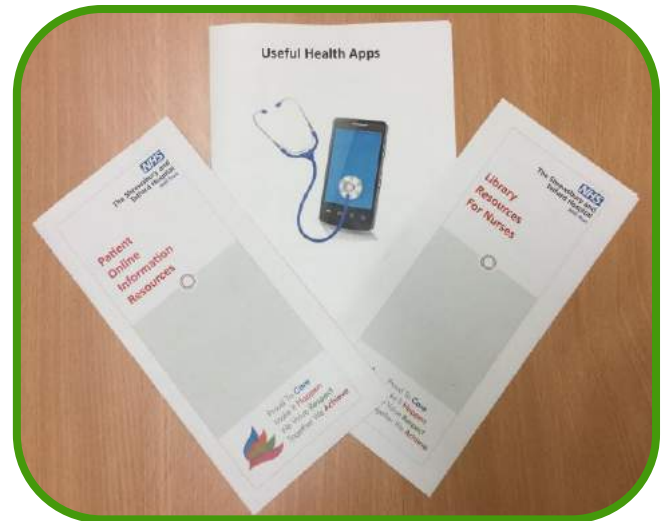
<http://www.library.sath.nhs.uk/wp-content/uploads/2020/06/Nursing-Resources-3-fold-2020.pdf>

SaTH Health Libraries have a wide range of resources to help your nursing career and development. This leaflet includes a selection of books and websites you can visit for information on revalidation, reflective practice, leadership, communication, clinical governance and critical appraisal.

### Patient Online Information Resources

<http://www.library.sath.nhs.uk/wp-content/uploads/2020/06/Patient-Information-Resources-3-fold-2020.pdf>

This guide provides some suggestions of trustworthy sites where people can get more information about conditions and treatments, along with useful contacts for advice and support.



## NHS Discounts

There are many companies offering NHS discounts, and not just during times like these. All you need to do is show your NHS ID Card or sign up with your NHS.NET email address.

- **Health Service Discounts** offer Healthcare & NHS discounts and staff benefits from hundreds of brands <https://healthservicediscounts.com/>
- Discounts of products and services <https://staffbenefits.co.uk/login/sathnhs>
- **Red Guava** - Access to a range of discounts through a national website for healthcare providers.
- **The Blue Light Card** - <https://www.bluelightcard.co.uk/> - Access to exclusive discounts such as Prezzo, New Look, EE, National Express and more. Early booking on Services Day events at Alton Towers, Legoland and Thorpe Park! Thousands of discounts on the high street with your physical Blue Light Card
- NHS Discount codes from a variety of well-known UK high street brand <https://www.vogo.co.uk/>



Many more discounts can be found via a quick search on the Internet.



Much of the information we process as NHS staff and students is often of a technical nature. Every role within the Trust has its own terminology and jargon. We must, therefore, be mindful of how we pass on information. We are lucky in the Library because we can research pretty much anything we're not too sure of, and we can do this for you and your patients too.

In England, adult literacy is often referred to in terms of 'levels' – for example, a 2011 government survey of adult literacy skills found that 14.9% of adults in England (or 1 in 7) have literacy levels at or below Entry Level 3, which is equivalent to the literacy skills expected of a nine to 11-year-old. Adults with skills below Entry Level 3 may not be able to understand labels on pre-packaged food or understand household bills: <https://literacytrust.org.uk/parents-and-families/adult-literacy/what-do-adult-literacy-levels-mean/>

The following information is taken from the NHS website: <https://www.england.nhs.uk/ourwork/patient-participation/health-decisions/>

## What is health literacy?

Health literacy is about a person's ability to understand and use information to make decisions about their health.

A user with low health literacy will generally struggle to:

- read and understand health information
- know how to act on this information
- know which health services to use and when to use them

Research shows that:

- more than 4 in 10 adults struggle with health content for the public
- more than 6 in 10 adults struggle with health content that includes numbers and statistics

This is because a lot of health content is written, often unintentionally, for people with higher health literacy skills.



## Why health literacy is important?

Low health literacy has been linked to a range of important problems.

These include:

- unhealthy lifestyles and poor general health
- low use of preventative services, like vaccinations and screening
- difficulty taking medicines correctly
- increased A&E attendances and hospital admissions
- reduced life expectancy



It's estimated that health literacy-related problems like these account for up to 5% of national health spending.

Health literacy is also a health inequality issue. There is a close link between socio-economic deprivation and low health literacy.

## Examples of problems caused by low health literacy

Here are some real examples where low health literacy caused an issue:

- a woman who sprayed her inhaler on her neck because she had been told to spray it on her "throat"
- a gentleman referred under the two week cancer wait process who didn't turn up for his appointment because he didn't know Radiology was the same as the X Ray Department. He was too embarrassed to ask for directions
- a man with diabetes who decided to stop taking his medicine because he had trouble understanding the instructions
- a woman who thought chemotherapy would not help because it was given into a vein on the other side of the body to where her cancer was



It's easy to see how miscommunication of health information could be very serious, and how clearer information could help.

## How you can create better content

You can help reduce the problems caused by low health literacy by making sure your content is written at a level most users can understand. You can do this by:

- [using a readability tool to help prioritise your content](#)
- following the [NHS design principles](#) when you create content
- following our advice [how to write for NHS digital services](#)
- doing user research with users who have low health literacy



It has been found that doing these things benefits **all** users, not just those with low health literacy. To read more, go to:

Have you ever read a health-related story in the newspaper or seen a story in the media and wondered whether it's true?

Does eating an egg a day not raise the risk of heart attack or stroke?

Is it easier to burn off a big breakfast than a big dinner?

Could running a marathon make your blood vessels 'younger'?

Behind the  
Headlines

**NHS**

Giving you the facts without the fiction



Behind the Headlines ([www.nhs.uk/news](http://www.nhs.uk/news)) is an **NHS** website that's your guide to the science that makes the news. Health-related stories that make the news are analysed and the website explains in basic detail how the stories came about. Each 'story' includes sections on:

- Where did the story come from?
- What kind of research was it?
- What did the research involve?
- What were the basic results of the study?
- How did the researchers interpret the results?
- Overall conclusion which gives you some guidance on whether the story is believable or not



## Here to Find the Right Information For You - Request an Evidence Search

We can carry out searches on your behalf to identify journal articles, guidelines, systematic reviews and other material to help meet your requirements. You'll need to [become a library member](#) and then you simply fill out the online form: <https://www.library.sath.nhs.uk/requests/search/>



## Evidence Updates

**KnowledgeShare Evidence Updates** is a personalised current awareness service allowing you to receive new evidence on topics tailored to your requirements. It covers policy documents and a range of summarised evidence, so you won't be inundated with primary research articles.

It is available to all staff and students with Shrewsbury and Telford Hospital NHS Trust, Shropshire Community Health NHS Trust, and Shropshire CCG (including all GPs and practice staff).

If you'd like to see what topics are covered in the Evidence Updates, you can [download the full categories list](#).

### Shrewsbury Health Library

01743 49 2512 Ext: 2512 or 1440

[sath.shrewsbury.library@nhs.net](mailto:sath.shrewsbury.library@nhs.net)

### Telford Health Library

01952 641222 Ext: 4440

[sath.telford.library@nhs.net](mailto:sath.telford.library@nhs.net)