

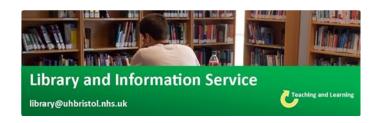
# Hydrotherapy

## **Current Awareness Newsletter**

## **Spring 2017**



Respecting everyone Embracing change Recognising success Working together Our hospitals.



## Training Calendar 2017

#### All sessions are 1 hour

<u>February</u>	(12pm - 1pm)
Fri 3rd	Literature searching
Mon 6th	Critical Appraisal
Tues 14th	Interpreting Statistics
Weds 22nd	Literature Searching
<u>March</u>	(1pm - 2pm)
Thurs 2nd	Critical Appraisal
Fri 10th	Interpreting Statistics
Mon 13th	Literature Searching
Tues 21st	Critical Appraisal
Weds 29th	Interpreting Statistics
<u>April</u>	(12pm - 1pm)
Thurs 6th	Literature Searching
Mon 10th	Critical Appraisal
Tues 18th	Interpreting Statistics
Thurs 27th	Literature Searching

#### Your Outreach Librarian - Helen Pullen

Whatever your information needs, the library is here to help. Just email us at <a href="library@uhbristol.nhs.uk">library@uhbristol.nhs.uk</a>

**Outreach:** Your Outreach Librarian can help facilitate evidence-based practice for all in the team, as well as assisting with academic study and research. We also offer one-to-one or small group training in **literature searching, critical appraisal and medical statistics**. Get in touch: <a href="library@uhbristol.nhs.uk">library@uhbristol.nhs.uk</a>

**Literature searching:** We provide a literature searching service for any library member. For those embarking on their own research it is advisable to book some time with one of the librarians for a 1 to 1 session where we can guide you through the process of creating a well-focused literature research. Please email requests to <a href="mailto:library@uhbristol.nhs.uk">library@uhbristol.nhs.uk</a>

#### **Contents**

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## Every day more than a million decisions are made across the NHS and healthcare sector

Under the Health and Social Care Act 2012 there is a responsibility for health services to ensure use of evidence obtained from research, with the aim of improving quality of care, patient experience and cost effectiveness.

#### How we support your decision making

Specialist librarians unite clinicians with the evidence to inform good healthcare decision-making. We provide:

- Access to essential resources, such as UpToDate used 22,000 times a year by clinicians at the point of care.
- Fast and free access to thousands of articles.
- Training in finding evidence, critical appraisal, and medical statistics. In 2016 we trained over one thousand staff and students.



Find out more: #amilliondecisions cilip.org.uk/amillionde cisions



## **Updates**

NICE National Institute for Health and Care Excellence

Empowering patients to be their own personal trainers to improve function and strength - Implementing NICE CG79

...patients with RA was limited to group hydrotherapy sessions and one-to-one sessions with senior...cost-saving option versus group hydrotherapy, should the maintenance and depreciation costs of hydrotherapy be greater than £182,000 annually...

Shared learning Published January 2017



#### Exercise for haemophilia

Source: Cochrane Database of Systematic Reviews - 19 December 2016

...bicycle ergometry, treadmill walking and hydrotherapy; therefore, comparison between studies...interventions compared to controls. Hydrotherapy exercises produced significant decreases...strength and walking tolerance. Hydrotherapy may be more effective than land exercises...

## **UpToDate®**

OpenAthens login required. Register here: https://openathens.nice.org.uk/

No new evidence

#### Other - Behind the Headlines, Guidance

No new evidence

## **Journal Tables of Contents**

Click on the journal title (+ Ctrl) for the most recent tables of contents. If you would like any of the papers in full text then please email the library: library@uhbristol.nhs.uk

#### **Musculoskeletal Science and Practice**

February 2017, Volume 27 (Formerly, Manual Therapy)

#### **Physiotherapy**

March 2017, Volume 103, Issue 1

#### **BM**I

Link to articles from the last seven days and the wider archive

#### **Spine**

February 1 2017, Volume 42, Issue 3

#### **British Journal of Sports Medicine**

February 2017, Volume 51, Issue 4

## **Exercise: Creating a Search Strategy**

**Scenario**: A 64 year old obese male who has tried many ways to lose weight presents with a newspaper article about 'fat-blazer' (chitosan). He asks for your advice.

#### 1. What would your PICO format be?

Population/problem	
Intervention/indicator	
Comparator	
Outcome	

#### 2. What would your research question be?

Taken from the Centre for Evidence Based Medicine

Find out more about constructing an effective search strategy in one of our **Literature** searching training sessions. For more details, email library@uhbristol.nhs.uk.

**PICO:** P = obese patients; I = chitosan; C = placebo; O = decrease weight **Research question**: In obese patients, does chitosan, compared to a placebo, decrease weight?

# Current Awareness Database Articles related to Hydrotherapy

1. Hydrotherapy for the long term ventilated patient: A case study and implications for practice.

Author(s): Wegner, Sally; Thomas, Peter; James, Christine

Source: Australian critical care: official journal of the Confederation of Australian Critical Care

Nurses; Feb 2017

Publication Date: Feb 2017

Publication Type(s): Journal Article Review

Database: Medline

2. Aquatic Exercise Therapy for People with Parkinson's disease: a Randomized Controlled Trial.

Author(s): Carroll, Louise M; Volpe, Daniele; Morris, Meg E; Saunders, Jean; Clifford, Amanda M

Source: Archives of physical medicine and rehabilitation; Jan 2017

Publication Date: Jan 2017

Publication Type(s): Journal Article

Database: Medline

3. Effects of yoga versus hydrotherapy training on health-related quality of life and exercise capacity in patients with heart failure: A randomized controlled study.

Author(s): Hägglund, Ewa; Hagerman, Inger; Dencker, Kerstin; Strömberg, Anna

Source: European journal of cardiovascular nursing: journal of the Working Group on Cardiovascular

Nursing of the European Society of Cardiology; Jan 2017; p. 1474515117690297

Publication Date: Jan 2017

Publication Type(s): Journal Article

Database: Medline

If you would like any of the following articles in full text, or if you would like a more focused search on your own topic, then get in touch: library@uhbristol.nhs.uk



## **Library Opening Times**

Staffed hours: 8am-5pm, Mon-Fri

Swipe-card access: 7am-11pm, 7 days a week

Level 5, Education and Research Centre
University Hospitals Bristol

**Contact your Outreach Librarian:** 

**Helen Pullen** 

library@uhbristol.nhs.uk