

Hydrotherapy

Current Awareness Newsletter

Spring 2017



Respecting everyone
Embracing change
Recognising success
Working together
Our hospitals.



Library and Information Service

library@uhbristol.nhs.uk



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 library@uhbristol.nhs.uk

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: library@uhbristol.nhs.uk

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 library@uhbristol.nhs.uk

Contents

Updates: NICE, Cochrane, UpToDate, NHS'Behind the Headlines'	4
Journal Tables of Contents.....	Error! Bookmark not defined.
Exercise: Creating a Search Strategy.....	6
Current Awareness Database Articles	7
Library Opening Times.....	8



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.

cilip

Chartered Institute of
Library and Information
Professionals

Find out more:
#amilliondecisions

cilip.org.uk/amilliondecisions

NHS

Health Education England

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

BMJ

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?

P opulation/problem	
I ntervention/indicator	
C omparator	
O utcome	

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