

Physiotherapy October - November 2019

A current awareness update service from Library and Knowledge Services. If you know anyone who could benefit from receiving this please ask them to sign up by emailing

abbas.bismillah@elht.nhs.uk or library.blackburn@elht.nhs.uk

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OTHER BULLETINS

I hope this bulletin is useful. We are keen to promote our services at your team meetings/huddles. If you feel that this would be useful, then please contact me to arrange a brief induction to how we can support you in education and training, researching for information, literature support, critical appraisal skills, free article requests, social media training (learn to Tweet!) and much much more.

Kind regards

Abbas

Abbas Bismillah

Head of Library and Knowledge Services

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Allied health professionals job planning: a best practice guide

[The advice has been updated](#) for trusts to ensure that their approach to job planning for allied health professionals (AHPs) is consistent with best practice.

Source: NHS Improvement

Become a virtual Allied Health Professional for the day

Health Education England has [developed a series of high-tech films](#) to give striking, real-life insights into the work of four vital allied health professions (AHPs).

Source: Health Education England

Developing allied health professional leaders — an interactive guide for clinicians and trust boards

[A guide has been issued](#) to professional development opportunities and possibilities to support allied health professionals (AHPs) lead at all levels.

Source: NHS Improvement

Chartered Society of Physiotherapy

[Physiotherapy can help tackle long-term sickness absence, says NICE](#)

Organisations should be making the health and well-being of their staff a core priority, and using interventions like physiotherapy to help people return to work.

[Standards of practice for working with adults with a learning disability are launched](#)

Learning disability physios have set out what's needed to provide successful physiotherapy to adults with a learning disability.

[Promoting training for CSP safety reps](#)

New CSP safety reps will have the chance to receive a TUC-accredited certificate, following its launch at an induction course last week.

[Revised code of professional values and behaviours is issued for physiotherapy staff](#)

The CSP has revised and updated its code of professional values and behaviours for members.

[Provide better local support for stroke survivors across the UK, says CSP](#)

The CSP is calling for more funding for community rehab services for stroke survivors, after a new report highlighted wide regional variations in available support.

[Re-thinking traditional approaches](#)

Marc Berry, programme manager for the transformation team at Hampshire Hospitals NHS Trust, shares his experiences of re-thinking therapy provision in emergency care

[Group-based diet and exercise aids weight loss](#)

NIHR explores the evidence behind the research behind obesity as a major public health concern across the UK and internationally

[NIHR: physical activity can prevent obesity, heart disease and diabetes](#)

People maintain increases in physical activity three years after receiving pedometers

[Cervicogenic headache in a musculoskeletal setting](#)

The Innovations in Physiotherapy database is an online platform of quality assured examples that showcase innovation



ELHT Library has subscribed to BMJ Learning for all staff and students @ ELHT. BMJ Learning provides continuing medical education that is high-quality, evidence-based and covers clinical topics, professional skills and career



- Support your CPD/Revalidation/Portfolio
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BMJ Learning FREE learning modules for ALL staff and students at ELHT **We can show you how you too can access these resources and more.**

Have you heard of BMJ Learning? Do you know how to register? Do you need help finding courses? Free training sessions on BMJ Learning to all staff and students at East Lancashire Hospitals. We will show you how to register and find eLearning courses relevant to you. These courses can be

Examples of courses that you can do from BMJ Learning

[The health benefits of physical activity: diabetes](#)

[The health benefits of physical activity: respiratory disease](#)

[The health benefits of physical activity: depression, anxiety, sleep, and dementia](#)

[The health benefits of physical activity: osteoarthritis and low back pain](#)

[The health benefits of physical activity: promoting physical activity in primary care](#)

[The health benefits of physical activity: cardiovascular disease](#)

[The health benefits of physical activity: cancer](#)

[How does physical activity produce health benefits?](#)

[The importance of physical activity](#)

How to Book Please contact abbas.bismillah@elht.nhs.uk Head of Library and Knowledge Services (Ext. 84308) to arrange a time or email library.blackburn@elht.nhs.uk **We will be provide tea, coffee and biscuits too**



For references where there is a link to the full text please use your NHS Athens username & password to access <https://openathens.nice.org.uk/>

[Collaborative service delivery to address public health issues within a musculoskeletal setting: evaluation of the Healthy Mind, Healthy Body project](#)

Kelly Holehouse, Karen Oliver, Gillian Rawlinson, Hazel Roddam

International Journal of Therapy and Rehabilitation Volume 26, Issue 1102 Nov 2019

Abstract

Background/Aims

There is a need for greater focus on public health and its impact on musculoskeletal conditions within healthcare delivery. Physiotherapists are well positioned to support this. Outpatient physiotherapy musculoskeletal services traditionally focus on rehabilitation and physical exercise, yet many service users require support to improve both their mental and physical health. This innovative service improvement aimed to embed integrated health promotion within musculoskeletal physiotherapy service delivery.

[The presence of high level physical difficulties in children and young people with severe acquired brain injuries who regain independent mobility](#)

Gemma Kelly, Kathy Davis, Lorna Wales

International Journal of Therapy and Rehabilitation Volume 26, Issue 1102 Nov 2019

Abstract

Background/Aims

Children and young people with acquired brain injuries take part in less physical activity than age-matched peers. A possible cause of this is reduced high level motor proficiency. This study aimed to determine whether children and young people who regain independent mobility following a severe acquired brain injury continue to experience high-level physical difficulties.

Internet based vestibular rehabilitation with and without physiotherapy support for adults aged 50 and older with a chronic vestibular syndrome in general practice: three armed randomised controlled trial

Author(s): van Vugt, Vincent A; Johannes C van der Wouden; Essery, Rosie; Yardley, Lucy; Twisk, Jos W R; Henriëtte E van der Horst; Maarsingh, Otto R

Source: BMJ : British Medical Journal (Online); Nov 2019; vol. 367

Publication Date: Nov 2019

Publication Type(s): Evidence Based Healthcare Journal Article

Available at [BMJ : British Medical Journal \(Online\)](#) - from BMJ Journals - NHS

Available at [BMJ : British Medical Journal \(Online\)](#) - from Unpaywall

Abstract: Objective To investigate the clinical effectiveness and safety of stand alone and blended internet based vestibular rehabilitation (VR) in the management of chronic vestibular syndromes in general practice. Design Pragmatic, three armed, parallel group, individually randomised controlled trial. Setting 59 general practices in the Netherlands. Participants 322 adults aged 50 and older with a chronic vestibular syndrome. Interventions Stand alone VR comprising a six week, internet based intervention with weekly online sessions and daily exercises (10-20 minutes a day). In the blended VR group, the same internet based intervention was supplemented by face-to-face physiotherapy support (home visits in weeks 1 and 3). Participants in the usual care group received standard care from a general practitioner, without any restrictions. Main outcome measures The primary outcome was vestibular symptoms after six months as measured by the vertigo symptom scale-short form (VSS-SF range 0-60, clinically relevant difference ≥ 3 points). Secondary outcomes were dizziness related impairment, anxiety, depressive symptoms, subjective improvement of vestibular symptoms after three and six months, and adverse events. Results In the intention-to-treat analysis, participants in the stand alone and blended VR groups had lower VSS-SF scores at six months than participants in the usual care group (adjusted mean difference -4.1 points, 95% confidence interval -5.8 to -2.5 ; and -3.5 points, -5.1 to -1.9 , respectively). Similar differences in VSS-SF scores were seen at three months follow-up. Participants in the stand alone and blended VR groups also experienced less dizziness related impairment, less anxiety, and more subjective improvement of vestibular symptoms at three and six months. No serious adverse events related to online VR occurred during the trial. Conclusion Stand alone and blended internet based VR are clinically effective and safe interventions to treat adults aged 50 and older with a chronic vestibular syndrome. Online VR is an easily accessible form of treatment, with the potential to improve care for an undertreated group of patients in general practice. Trial registration Netherlands Trial Register NTR5712. **Database:** BNI

Musculoskeletal Impairment: Causes of Pain with Breastfeeding Insight into 11 Cases

Author(s): Charette, Christiane; Th  roux, Liette

Source: Breastfeeding Medicine; Oct 2019; vol. 14 (no. 8); p. 603

Publication Date: Oct 2019

Publication Type(s): Journal Article

Available at [Breastfeeding Medicine](#) - from Unpaywall

Abstract: Objective: To determine the possible relationship between pain experienced by mothers with breastfeeding and musculoskeletal impairment commonly seen in physiotherapy practice. Evidence-based principles of the evaluation and treatment of musculoskeletal impairment used in physiotherapy practice were applied and adapted to manage pain experienced by mothers with breastfeeding. Subjects and Methods: This report describes 11 mothers referred to a breastfeeding clinic for pain with breastfeeding. Mothers were initially assessed by a physician and a nurse clinician, both International Board-Certified Lactation Consultants, to rule out causes of breast or nipple pain. When the cause remained unexplained, it was deemed musculoskeletal, and mothers were referred to a physiotherapist for assessment and treatment with manual orthopedic therapy and mobilization of the myofascial system. Results: The physiotherapist's objective musculoskeletal assessment and mothers' impression showed an improvement in the overall clinical picture after the first appointment in most mothers. Pain was resolved or alleviated by 80% in five mothers after 1-3 weekly treatments. The most useful therapeutic approach was to make afflicted mothers aware of their posture to maintain spinal alignment and avoid shear posture (lateral displacement of the trunk). Shear posture is a consequence of sitting leaning to one side. This posture is exacerbated by thoracic rotation and flexion, for example, when turning the trunk and bending over the baby while giving the breast. Conclusion: Treating musculoskeletal impairment referred pain to the breast

or nipple with physiotherapy practices used in a nonbreastfeeding clientele can help alleviate or resolve pain with breastfeeding. **Database:** BNI

Reflective Reading Club

This is how the Reflective Reading Club works:

Individual Learning – 1.5 hours CPD

1. You let us know you are interested.
2. We send you a short journal article and a small checklist of points to consider when reading it. Make notes as you read the paper in your own time and this earns you one and a half hours CPD time!

Participatory Learning – 1.5 hours CPD

Our meetings takes just 1.5 hours

3. We meet for the club and discuss the article in a small group, reflecting on points whilst working our way through the checklist.

Participate in both sessions will count for a total of 3 CPD hours!

Come and join our Reflective Reading Club which will provide attendees with 3 hours of valuable CPD! It will give healthcare staff the opportunity to read, discuss and to critically reflect upon a published paper using a set of guided questions. Participants are required to read a pre-set paper prior to attending the session.

<https://twitter.com/beckystanworth1/status/1178709749409419264?s=20>

Contact us at library.blackburn@elht.nhs.uk

01254 734312 or Ext. 84312

Learn to Tweet



Social Media Training at East Lancs Hospitals NHS Trust Library
Services for staff and students

To Tweet or not to Tweet! Here are just some of the reasons why you may want to consider how to use Twitter. We can help. Book with the library staff Library.Blackburn@elht.nhs.uk

- Let us show you how to promote all the amazing things that you and your teams do for patient care.
- Let us show you how you and your teams can keep up-to-date
- Let us show you how you and your teams can network, regionally, nationally and internationally
- Let us show you how you and your teams can learn from others too.

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<http://www.ehub.elht.nhs.uk/case-studies>

*Did you know... that we have staff who can help support you in finding the evidence for **General Interest and Personal Development, Writing for Publication and Presentation, Research or Assignment, Education and Training, Evidence Based Practice for Patient Care, Service Management, Up-to-date Protocols and Guidelines.** If you require a literature search, then please do ask us. We can save you the time. Please share with your colleagues.*

Disclaimer: The Library cannot guarantee the correctness or completeness of the information in this bulletin. The information is subject to change and we cannot guarantee it will remain up-to-date. It is your responsibility to check the accuracy and validity of the information.

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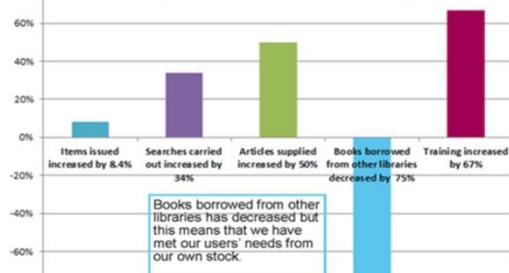
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This is a good library service. In 2018/19 our Library was accredited as 92% compliant in the Library Quality Assurance Framework (LQAF)

Please visit our website for more information



PERFORMANCE FOR ELHT LIBRARY AND KNOWLEDGE SERVICES FOR Q2 2019-20 COMPARED TO Q2 2018-19



Performance Indicators – In Q2, we have increased delivery on many of our training programmes. This includes literature searches and our social media training. To ensure that these programmes are of benefit to the learner, we have implemented a range of tools to measure the quality and the impact of what we do. For example, our learners tell us that ***our library induction is the best induction that***

they have ever had at any Trust (FY2s). In addition to this, our social media training questionnaire has received very favourable comments, including ***“the training received has been brilliant and I can’t wait to use this to promote all the things that we do”***.

Education @ELHT is produced every two months and it highlights all the wonderful work that the department does. Our Library Guide highlights all the services that we offer. Click on the Bulletin or Guide and find out more about how we can support you, whether you are staff, student, or volunteers.



Education @ ELHT News
September 2019

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ELHT Library & Knowledge Services

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Welcome to ELHT Library & Knowledge Services



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