You may have noticed that the J.W. Crane Memorial Library’s page at the University of Manitoba Libraries’ website has recently changed. We’ve reorganized the site into separate pages for individual subjects, each with a selection of tabs that contain various links and services. You will still be able to access all of the resources that were available on our old website, but we’re hoping that it will now be a bit easier to find what you’re looking for.

There is a new page for the Health Sciences Libraries, which can be accessed here: http://libguides.lib.umanitoba.ca/health/
The J.W. Crane Memorial Library’s new page is here: http://libguides.lib.umanitoba.ca/deerlodge/

Some of the features on the Crane Library’s new page include:

- Databases indexed by title and subject
- A selection of e-books listed by subject
- Our large (and expanding) collection of online health information guides
- Frequently updated links to relevant new articles and books
- Information and links to all of our publications and services

These features and more are available and easy to locate on our new website, so be sure to check it out!

If you need any help navigating the new site, don’t hesitate to give us a shout for an orientation session or house call!

We hope you like the new look!
Gathering with friends and family to share a meal is universally one of our most significant cultural rituals, and the importance of mealtimes does not change for residents in personal care homes. Meals are not only a time to meet the body’s nutritional needs, but to socialize with other residents and staff. A pleasant atmosphere and surroundings at mealtime are important for quality of life for residents in personal care homes, and have also been shown to improve nutritional intake.

Staff at Manitoba personal care homes will soon have the opportunity to discover how to improve the quality of their residents’ mealtime experience. In Spring 2011, four health professionals collaborated together on the Making Mealtimes Better project, with the goal of making evidence-based resources more easily available to staff working in personal care homes. Jean Helps (Regional Manager, Clinical Nutrition, Long Term Care, WRHA, Nutrition and Food Services), Susan Bernjak (Clinical Educator for the WRHA Personal Care Home Program), Lara Iserloh (Dietetic Intern from the U of M Human Ecology Program), and Laurie Blanchard (Outreach Librarian, University of Manitoba Health Sciences Libraries) worked together to assemble and evaluate practice-based resources for the project.

The issue of providing a quality mealtime experience for residents has been studied in the research literature, and resources for long-term care practitioners have been developed. Many of these journal, book, and audiovisual resources are available at the J.W. Crane Memorial Library for all Manitoba personal care home staff to access. However, time is at a premium for front-line staff, and educators lack dedicated time to select and evaluate information resources.

The “Education-in-a-Box” program was developed in 2006 by the J.W. Crane Memorial Library and the WRHA PCH Program to deliver a variety of evidence-based, easily understood and accessible educational materials as conveniently as possible to Manitoba personal care homes. This program has created and distributed boxes on topics such as falls, sexuality, person-centred care, oral care, wandering, ethics and end of life care to many personal care homes in Winnipeg and other areas of Manitoba.

The new box: Making Mealtimes Better, is being put together to educate health care staff on the topics of creating optimal mealtimes, understanding the needs and preferences of residents, and overcoming barriers that staff and residents may face in making the most out of mealtime for everyone. Educators who borrow the box will be able to decide which materials best reflect their own institution’s educational needs and practice standards.

Lara Iserloh, the project’s dietetic intern, worked with Jean, Laurie and Sue to review and evaluate the available literature on mealtimes. She also visited a few personal care homes to interview staff and observe mealtimes. She made several consistent observations which reflected the barriers to an enhanced mealtime experience. These include a focus on the task rather than on the person, a high level of noise in the dining rooms, lack of staff and resident interaction during the meal, and the serving of meals “cafeteria-style” on a tray. She also observed actions which reflected an understanding of how to create a more positive dining experience residents, such as respecting resident preferences, offering options and ensuring that the plate and placemat, or tablecloth, were different colours in order to assist residents in seeing their meals.

Making Mealtimes Better will be available soon for distribution to the personal care homes. In the meantime, other Education-in-a-Box topics are currently available to be borrowed. For further information, contact the J.W. Crane Memorial Library, at: 831-2152 (WPG) 1-855-220-1522 (MB) dclibrary@umanitoba.ca
Feeling Stressed? Read a Book!

Hill, Rachel. **Nursing from the inside-out: Living and nursing from the highest point of your consciousness; transform yourself and impact your nursing practice through the art of self-care.** Nurses are particularly susceptible to the dangers of burnout, compassion fatigue, hopelessness and stress. Rachel Hill’s book is a summary of various self-care tools and practices derived from different holistic modalities and ancient healing arts. The practices included in this book promote the self-care consciousness of nurses and will help them reach and maintain an inner balance, leading to mental, spiritual and physical growth.

Sherbun, Michael. **Caring for the caregiver: 8 truths to prolong your career.** Michael Sherbun’s book is a culmination of stories from nurses about their emotional struggles in today’s healthcare environment. These stories provide an understanding of how nurses have reacted and coped with workplace dynamics, both in their personal and professional lives. The book then goes on to highlight strategies for nurses to manage their stress, and provides a road map for emotional success.

Thomas, Sandra. **Transforming nurses’ stress and anger: Steps toward healing (3rd ed.).** As a nursing educator, therapist, practitioner and practicing RN, Sandra Thomas has significant experience with the issues encountered by nurses. In this third edition of her award-winning title, she draws from that experience to explore the causes and consequences of nurses’ stress and anger, while providing strategies to prevent and manage both. This inspiring book, based on well researched information, outlines step-by-step guidelines to help nurses work towards remediation and healing.

Weinstein, Sharon. **B is for balance: A nurse’s guide for enjoying life at work and at home.** In today’s overworked, overscheduled world it is often difficult to find balance between life at work and at home. Sharon Weinstein, mom, wife, clinician and business owner, has put together this collection of easy-to-follow, life-enhancing ideas, tips, tricks and activities to address this very issue. With a focus on the unique concerns of professional nurses, this book is designed to help you find your purpose, simplify your life, manage stress, efficiently use technology and adopt healthy eating practices.

Wicks, Robert. **Overcoming secondary stress in medical and nursing practice: A guide to professional resilience and personal well-being.** Those who work in today’s healthcare industry must be prepared to offer support in dangerous times despite staffing shortages, financial pressures and complex legal requirements. This book is a concise guide for anyone facing these demands. Easily accessible, presented with real-life examples and interviews, and packed with practical self-help advice, Robert Wicks provides critical information about the dangers of compassion fatigue, burnout and stress as well as methods for successfully overcoming them.
Join us for coffee and refreshments on October 11

All items $2.00
Sale proceeds to the Deer Lodge Centre United Way Campaign

October 11-14, 2011
1st floor Admin Building, Deer Lodge Centre

Tel: 831-2152 Toll Free: 1-855-220-1522
Email: dlclibrary@umanitoba.ca
http://libguides.lib.umanitoba.ca/
New Titles Available at the Library

*WB 310 K44k 2011*

Gordon M. **Moments that matter: Cases in ethical eldercare; A guide for family members.** New York, NY: iUniverse; 2010.
*WY 200 G664m 2010*

*QT 250 N798m 2010*

*QT 250 A169a 2009 AV*

*HM 1086 T54y 2011*

*WT 27 AA1 U47e 2011*
Current Perspectives Online is based on the Crane Library’s print-based “Current Perspectives” series. Each topic in this series is updated annually and consists of selected articles from the current journal literature, focusing on systematic reviews, best practice models, and innovative approaches in geriatrics and long-term care. Also featured are books and videos at the University of Manitoba Libraries, as well as authoritative Internet resources.

The print series is published in PDF and provides a link to a RefShare file, an online bibliographic management tool, which allows users to access information about each item. University of Manitoba clients with online privileges have the ability to link directly to an online article, or to request delivery of books and videos. They may also download the print version and send it to the library to request items of interest.

The online version of the series consists of a featured book, video, or web site, as well as selected internet resources, practice guidelines, and information for residents and families from the more comprehensive print series. The “Current Articles” and “Current Books and Videos” sections are populated from RSS feeds from the RefShare files used to create the print series. RSS feed users can capture the feed for new items added to the file for each topic. The RSS feed can be found at the bottom of each list. The print version for each topic is available at the top left column of the page.

The Current Perspectives Online pages can be accessed from the “Publications” tab at our new site: http://libguides.lib.umanitoba.ca/deerlodge/

Topics in the series include:
- Behaviour in Long-Term Care
- Brain Injury Rehabilitation
- Communicating with Residents with Dementia
- Continence
- Depression in Long-Term Care
- End of Life Care
- Environment Design in Long-Term Care
- Falls in Long-Term Care
- Family Involvement in Long-Term Care
- Institutional Elder Abuse
- Pain Management in Long-Term Care
- Pressure Ulcers in Long-Term Care
- Restraints in Long-Term Care
- Sexuality in Long-Term Care
- Transitioning to Long-Term Care

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