

EVIDENTLY BETTER

New resources & news from your Evidence & Library Service



Fiction comes to Rathbone & Indigo

We have now moved some copies of our Quick Reads Collection to the libraries at Rathbone and Indigo. We have also purchased some new titles to keep the collection up to date.

At Indigo we have created a nice reading corner with soft chairs and the fiction collection for you to browse through.

“Libraries store the energy that fuels the imagination. They open up windows to the world and inspire us to explore and achieve, and contribute to improving our quality of life”
Sidney Sheldon

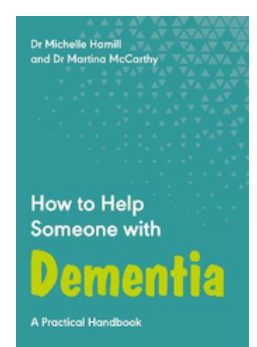
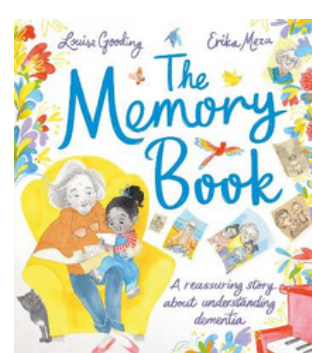
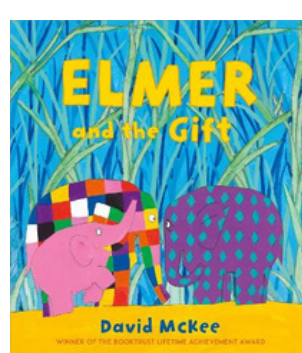
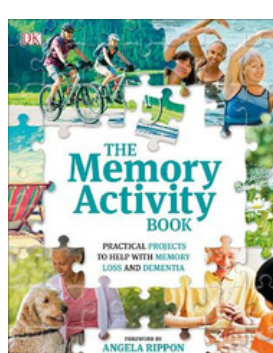
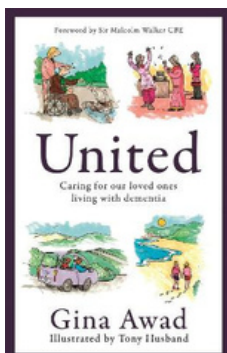
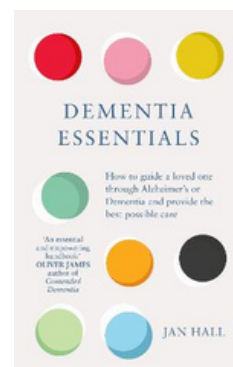
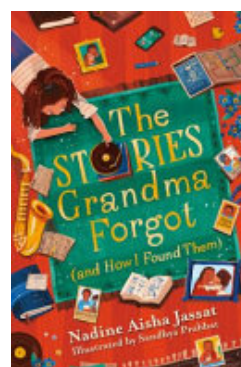
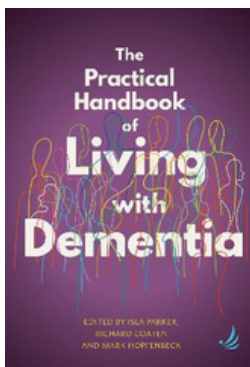
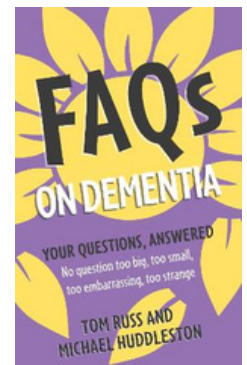
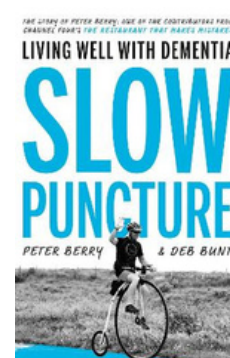
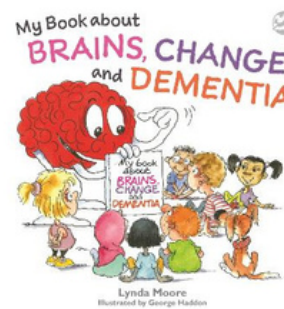
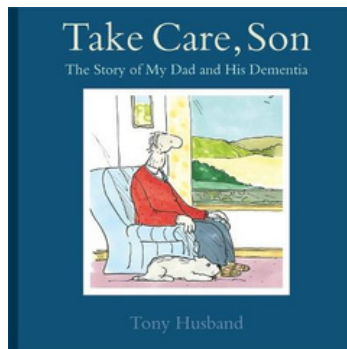
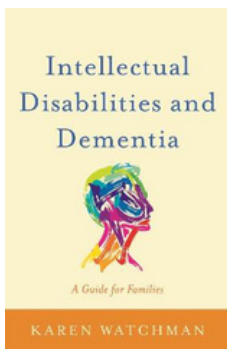
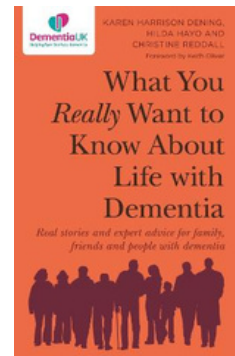
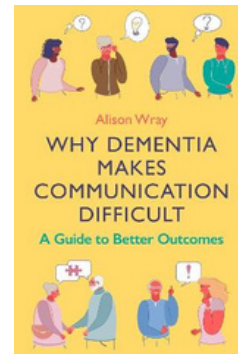
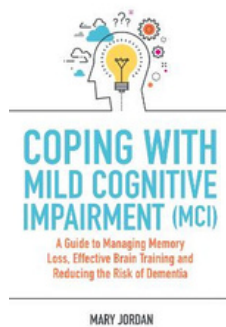
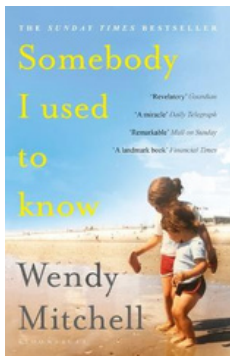
www.evidentlybetter.org

Coming soon

Look out for the jigsaws and mindful colouring soon to arrive at Rathbone and Indigo.

Reading well for Dementia

Recommended helpful reading for people living with dementia. There are also books for family, friends and carers. The booklist provides reliable information, advice and support as well as personal stories and age-appropriate books for children.



All of these titles are available to loan and can be sent to one of our three libraries for you to collect.



Spotlight on...

- Do you have an OpenAthens account?
- Do you know what one is?

An OpenAthens account is a single sign-on tool made to easily access lots of library resources and research.

It provides free and full access to:

- Full-text journal articles and certain databases
- Ways to search for articles & research
- Point of Care Tools and clinical guidelines

Did you know....

that if you need evidence to support your work, we can do an Evidence Review for you, ensuring that you have the latest information?

We have done reviews to support a range of work on a variety of topics.

For example, we have produced information to support:

- New policies
- New ways of working
- Current clinical and management practice
- Service development
- Research projects

If you would like us to do an Evidence Review for you, just complete [this form](#).

We don't do Evidence Reviews to support assignments or other academic work, but we do offer one-to-one training sessions, to help you do the search yourself.

Please click [here](#) to request a training session.

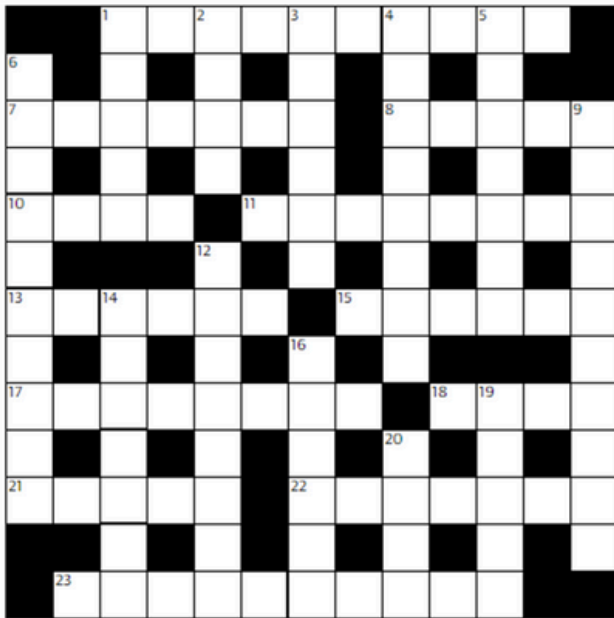
Evidence Review

Therapeutic lies in dementia care

Key messages

- There is a lack of evidence specifically relating to MDTs, but the principles raised should be applied to all staff involved in the use of therapeutic lying with people with dementia.
- There is agreement on a definition of therapeutic lying across all the evidence that includes reference to the patients' best interests [2][3][4][5][6][8].
- Much of the evidence calls for improved training [5][6][7], especially in communication skills [1][4][9], and argues that this may reduce the need for therapeutic lies to be used [1].
- Therapeutic lies should only be used in very specific and pre-agreed scenarios [3][9], and only with the agreement of all carers (including family) and staff [2][3][4][10], although one article [9] disputes the validity of involving family members
- Risk assessments should be carried out in advance of any agreement to use therapeutic lies [3][4] as they may lead to inconsistent care and confused communication strategies [3].
- The details of the therapeutic lies should be documented in care plans and notes, so it is available to all staff [3][4][9][10].
- Details used in the therapeutic lie must be consistent with the patient's previous experience [4] as if the lie was discovered it may be detrimental to the patient [8].

Puzzle time



Across

- 1 Glutton (6,4)
- 7 Mixture (7)
- 8 Earth's neighbour (5)
- 10 Semi-precious variety of agate (4)
- 11 Wool-gathering (8)
- 13 Who gives a damn? (2,4)
- 15 Two-slices-of-bread snack (6)
- 17 Cadenced (8)
- 18 Beat (anag.) (4)
- 21 Fingerprint pattern? (5)
- 22 His team (anag.) (7)
- 23 Close match? (5,5)

Down

- 1 Jus (5)
- 2 Like an omelette? (4)
- 3 Silk fabric - type of rose (6)
- 4 Freebie (8)
- 5 Intones (anag.) (7)
- 6 Feeble chap (3,2,5)
- 9 Warmer season (10)
- 12 Norse home of the dead, in myth (8)
- 14 Woohoo! (3,2,2)
- 16 Super - magician (6)
- 19 Sea (5)
- 20 Vibratory sound (4)

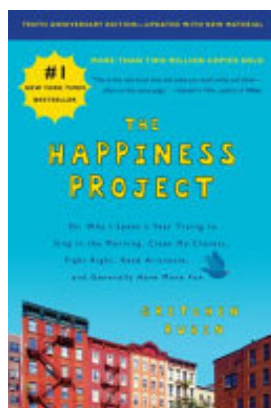
Visit <https://www.evidentlybetter.org/files/2024/08/Autumn-puzzle-answers.png> to find the answers

Take 5... books on Happiness

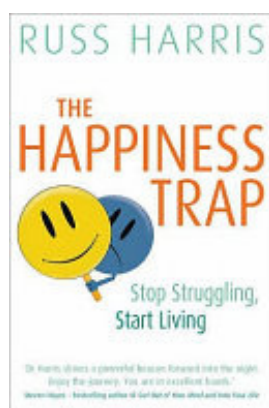
chosen by Tracy Owen



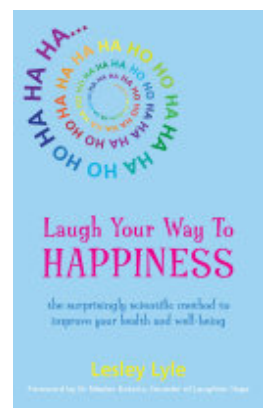
Happiness FM
Mary Dickins



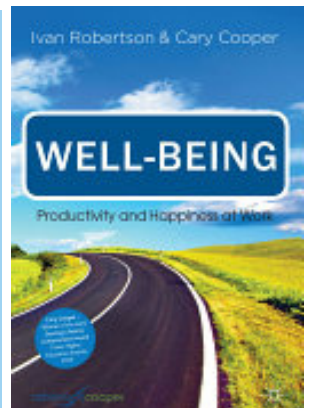
The happiness project
Gretchen Rubin



The happiness trap
Russ Harris



Laugh your way to happiness
Lesley Lyle



Well-being: Productivity and Happiness at Work
Ivan Robertson