

HIRS Update

Welcome to August's e-update

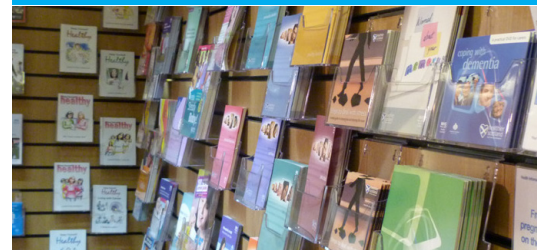
The Health Information & Resources Service (HIRS) drop-in service offers a wide range of health related materials, available free of charge to professionals and the public.



This includes teaching aids/packs, books, leaflets, visual aid charts and health display models on a range of health related topics.

Our topics cover: Babyhood, Childcare & Parenting; Chronic Illness; Communication & Methods; Communicable Disease; Conception, Pregnancy & Newborn; Health Education; Immunisation & Screening; Mental Health; Nutrition; Public Health & Epidemiology; Sexual Health, STIs and Relationships; Social Health & Inequalities; Substance Use; Tobacco; Wellbeing; and Young People.

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HIRS Leaflet List

The HIRS Leaflet List is updated monthly and is available to view online via the NHSWI Health Promotion Department website (Resources (HIRS) section) at:
www.promotions.wi.scot.nhs.uk

Did you know HIRS offers...

Loan equipment for training and conferences - includes table/floor standing display boards, powerpoint projector, flipchart stands and OHP screens.



Condoms, lube and pregnancy tests - available free of charge and can be collected discreetly. Items can also be posted out on request.



Free Wi-Fi public access computers are available at HIRS. Computers are available only for those sourcing health information or undertaking health projects.





HIRS offers a range of book titles available for loan. A large number of titles are held on Health Education (theory and principles) and Public Health & Epidemiology (theory and principles) for those undertaking health-related study.



HIRS offers a range of teaching aids and training packs available for loan. These are particularly useful for those providing class-led approaches and training on health promotion topics.

SCOTLAND'S SERVICE DIRECTORY (SSD) - OUTER HEBRIDES SUPPORT GROUPS AND SERVICES

HIRS has completed inputting over 80 local groups and services to the SSD, the comprehensive online directory available to all via NHS inform at: www.nhsinform.scot/

The directory features a wide range of group and services involved in a wide variety of topics. This includes abuse, substance misuse, cancer, employability, pain management, long-term conditions, mental health, money advice, physical activity, older adults, etc. The directory enables the user to search for a group/service appropriate to their own NHS board and local authority area.

However, we wish to ensure as many of our local health-associated groups/services are represented and if you are linked to a local care support group or service that has not been included, please get in touch. All that's required is the completion of a brief questionnaire, which should only take 2-3 minutes to complete - simply email wi-hb.hirs@nhs.net

FACTSHEET FOR OVERSEAS VISITORS: REVIEW PAUSED

The above-titled factsheet was due to be updated to clarify that registration with and treatment at a GP surgery is free to anyone in Scotland. However, due to the Brexit situation Scottish Government has decided to pause the update pending the outcome of the impact of our leaving the EU and on what terms. The information about GP registration is up-to-date on NHS Inform and can be found on its Care, Support and Rights section at: www.nhsinform.scot/care-support-and-rights

Staff are reminded that only in-house patient and health information materials which have been approved by the NHSWI Patient & Health Information Group (PHIG) are to be used with patients/carers. Approved materials can be accessed/viewed via the Intranet (Clinical Links/ Patient & Staff Info Leaflets) at: <http://wihbweb.wi.scot.nhs.uk/index.php/wi-intranet/inhouse-patient-information-leaflets/>

All titles have been produced by NHSWI staff in conjunction with patients/carers and have been approved for use by PHIG. The following titles have recently been approved/reapproved for use:



NEW & REAPPROVED GENERAL PUBLIC TITLES

- A' gabhail cùram dhan phìoban-cuisle agad (version 4)
- A' nigheadh aodach aig an tigh (version 4)
- After a Bereavement (version 1)
- Barra Dental Clinic (version 4)
- Bitheagan. Nigh do làmhan dhiubh (version 4)
- Can I get a blue badge? (version 3)
- Cardiac CT Scan (version 1)
- Caring for your Cannula (version 4)
- Ciamar a bu chòir ball-sampaill mùin a bhith air a gabhail airson sgrùdadh microbith-eòlachail (version 4)
- Community Mental Health Nursing Team (general public) (version 5.1)
- CT guided nerve block injection (version 1)
- CT Scan with Contrast (version 4)
- Dementia: Post Diagnostic Support - Lewis & Harris (version 4)
- Dietary Management of oesophageal reflux (version 3)
- Dietetic Department: self-referral form (version 2)
- Discharge advice for possible clot in the leg (DVT - Negative Ultrasound) (version 6)
- Discharge advice for possible clot in the leg (DVT) (version 6)
- Extended Visiting: Guidance for families and visitors (version 2)
- Galar Clostridium difficile (version 4)

- Having an Ultrasound Scan (version 4)
- Having an X-ray (version 4)
- Health Promotion Dept (version 5)
- Health Information & Resources Service (HIRS) (version 4)
- Healthier Living with COPD (version 2)
- Hereditary Haemochromatosis Dietary Advice (version 4)
- How to take a urine sample for microbiological analysis (version 4)
- Imitation (version 1)
- Information about Norovirus (version 4)
- Iontophoresis (version 2)
- Lose Weight with Healthy Helpings (version 1)
- Maternity Notes (Badgernet) (version 2.1)
- Midwifery Cover in Barra (version 3)
- Move More Western Isles: Information for everyone (general public) (version 1)
- My Admission Medical Form A4 Factsheet (version 3)
- My Appointment Medicine Form A4 Factsheet (version 3)
- My Discharge Medicine Form A4 Factsheet (version 3)
- My Medicine Form Community A4 Factsheet (version 3)
- My Medicines List - Cover Sheet A4 Factsheet (version 3)
- Information on Language Delay (version 4)
- Painkiller Medication (version 4)
- Parkinson's Specialist Nurse

- Service (version 3)
- Patient Focus Public Involvement (PFPI) (version 2)
- Patient Information for Home Breath Testing (version 3)
- Podiatry Department (version 4)
- Post Laparoscopic Patient Information (version 2)
- Post Vasectomy Semen Analysis (version 3)
- Rapid Access Chest Pain Clinic (version 2.1)
- Reducing Your Risk of Blood Clots (version 4)
- Scrionadh airson MRSA (version 4)
- Stroke Liaison Nurse (version 4)
- Your Experience Matters (version 2)
- Your FIT Sample (Faecal Immunochemical Test) (version 1)
- Your Pre-natal and Pregnancy Service Guide (version 4)
- Your Topical Treatment (version 2)

NEW & REAPPROVED STAFF/STUDENT TITLES

- AHP Student Information & Orientation Pack (version 5)
- CAMHS: A guide for professionals (version 4)
- Community Mental Health Team (Lewis & Harris Team): An introduction for health professionals (version 4)
- Move More Western Isles: Physical activity referral (healthcare professionals) (version 1)
- Social Communication Team: Information for health and social care professionals (version 1)
- Staff Privacy Notice (version 2)

Staff Reminder

If your service/dept/ward offers any in-house produced leaflets aimed at patients/general public, please ensure each has been approved by PHIG.

If you are unsure, or for further information, please email:

wihb.hirs@nhs.net

British Sign Language (BSL) Info

Staff are asked to note that information in British Sign Language (BSL) can be found within NHS Inform via: <https://bit.ly/2Lzslss>

This includes AAA, bowel, breast and cervical screening, HPV vaccine, breathing and relaxation exercises for stress, childhood immunisations, flu vaccination, and consent.

NHS Health Scotland have a schedule in place to translate priority mental health information, and these will be available on NHS Inform by end of 2019/20.

British Sign Language (BSL)

Information about immunisation, screening and other health topics in British Sign Language (BSL). To request information in BSL, use contactsotland-bsl.org/ to speak to our health information team on 0800 22 44 88.



Abdominal aortic aneurysm (AAA) screening >
Who'll be offered abdominal aortic aneurysm (AAA) screening in Scotland and how the test is done

Bowel screening >
Who's offered bowel screening in Scotland and how the test's done

Breast screening >
Who'll be offered breast screening in Scotland and how a mammogram is done

Breathing and relaxation exercises for stress >
Exercises to help you manage stress and understand where it comes from

Cervical screening (smear test) >
Who'll be offered a smear test in Scotland and what happens next if the test finds changes that need further investigation

Child flu vaccine >
Vaccination that helps to protect your child against flu (influenza)

Childhood immunisations >
Vaccines offered as part of the childhood immunisation schedule

Consent when using the NHS >
How you'll be supported to make decisions about your care and treatment

Flu vaccine >
Vaccination that helps to protect against flu (influenza)

Giving feedback or making a complaint about your care >
How you'll be supported when giving feedback or making a complaint about the NHS in Scotland

How the NHS protects your personal health information >
How your personal health information will be used, stored and shared by the NHS in Scotland

HPV vaccine >
Vaccine that helps to protect against human papillomavirus (HPV)



HIRS offers a range of visual display models available for loan. This includes alcohol, drug and contraceptive display models, pull-up healthy eating banners, fold-out table-top information boards (variety of topics), breast and testicular models, giant toothbrush and teeth, UV light, stages of headlice bottle, and the ever popular Jar of Tar.

Knowledge Nuggets

The latest update from Knowledge Services Group (NHS Education for Scotland) has been produced and is available to view at: <https://bit.ly/2Ya8CKw>



The Knowledge Network

Health Inequalities Alert

The latest Knowledge Services Health Inequalities Alert has been produced and is available to view at: <http://bit.ly/2X1tPIk>



Contact HIRS



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