



Whittington Health  
Library

# Whittington Health Library

## Reflective Reading Club

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# State of play

- Bit of background
- How does the club work?
- Marketing
- Results and the future



# Background

- Nurses are traditionally a 'hard to reach' group and we wanted to improve their engagement with library services.
- Often at the 'end of the queue' when it comes to education and research.
- They work on the front line, are manacled by shift work and struggle to get time off during shifts to access library services.
- Bottom line - the Library (for most) is the LAST place they want to be in their spare time, unless they REALLY need to be there. **Discuss**



# Background cont.

- **Nurses need to revalidate** - revalidation is now a BIG deal since the process was revamped in April 2016.
  - An article published last year in the Nursing Times about revalidation and reflective reading inspired an idea..... Could the Library provide a reflective reading club (RRC) service for the Trust? If we invite revalidating nurses, **will they come?**
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- We arranged a meeting with the deputy nurse at the Whittington and proposed our idea. She jumped at it (hurrah!) and asked us to devise a detailed plan.
  - I asked the CLIST group if anyone had read the article and had any ideas. Lisa kindly sent me some notes that her colleague had made and together with my own ideas, I cobbled together a plan which went something like this...



# How does the club work?

- ❖ Preparatory reading, plus attendance to the reading club would earn each attendee three hours of cpd.
- ❖ Attendance to the club would also provide each attendee with material for a written reflective account to put in their portfolio.
- ❖ Each nurse/midwife can attend a total of two sessions each.
- ❖ The nursing directorate provides us with a current list of nurses/midwives revalidating this year and their email addresses.
- ❖ The Nursing directorate must select all the articles that we read. In this way articles are chosen for nurses by nurses and they align the articles to the Trust's values as well as tying into the Nursing code of conduct.
- ❖ Articles are selected for the purpose of reflecting on the subject matter. It is not a critical appraisal.
- ❖ We have a small power point presentation to introduce reflection. (see pack)
- ❖ We use a small checklist of reflective questions taken from the themes discussed in the Nursing Times article and we use them to guide us through the process of discussing the article. The themes are Searching, Reviewing, Linking and Action and under each theme are several questions. (see pack)



# Marketing

- We send out a mass group Bcc email entitled:  
“**Attention all NURSES and MIDWIVES! Revalidation Reflective Reading Club 2016!**”

*Hi there!*

*We've heard from the Whittington Nursing directorate that your professional revalidation is due and we wanted to invite you to our Reflective Reading Club held once a month in the Library Meeting Room. This club will earn you a valuable 3 hours of credited CPD time that you can use towards the 35 hours of CPD that you need to acquire to revalidate.*

*The revalidation requirements are that “you must have undertaken 35 hours of continuing professional development (CPD) relevant to your scope of practice as a nurse or midwife, in the three year period since your registration was last renewed or you joined the register.”*

*The club is timed to take place during shift changeover - so just ask you manager!*

*This is how the Reflective Reading Club works:*

- 1. You let us know you are interested and tell us your preferred attendance date.*
- 2. We send you a journal article and a small checklist of points to consider when reading (make a few notes as you read) – you do this in your own time and this earns you 1.5 hours CPD time.*
- 3. We meet for the club and discuss the article in a small group, reflecting on points whilst working our way through a short checklist. Any notes that you make on the checklist can be submitted into your portfolio as evidence of reflective activities – this earns you 1.5 hours of CPD time.*
- 4. YOU GET A CERTIFICATE of participation and attendance!*

*We think the Revalidation Reading Club is an interesting, easy and fun way of accruing a few hours CPD time.*

*The following dates are available:*

If you are interested in the Reflective Reading Club, please email the library at [whl@nhs.net](mailto:whl@nhs.net) and let us know your preferred attendance date.



# Marketing cont.

- We advertise the club with a trust-wide screensaver
- Made posters and visited every single ward in the Trust. We stuck a poster in every staff room that we could find.
- We advertised the club in our bi-monthly Library newsletter that goes out to every member.
- We used our Twitter account to reach further afield.
- Word-of-mouth was very effective too.



# Results and the future

- The club has proved to be a huge success. We survey every session and the feedback has been overwhelmingly positive, demonstrating that it is more than just a 'box ticker' for those who attend.
- The club is into its 11<sup>th</sup> session and often so popular that each session has more interest than there are spaces. We find that many attendees want to book a second session straight after their first.
- We are already taking bookings well into next year, with January and February nearly full.
- At the end of each session attendees create an action point, based upon the reflective discussion, that they must take away.
- From our feedback we have seen that these action points are having an impact upon their work and practice. These have included awareness posters, attending safeguarding meetings, creating reflective diaries, talking to managers to implement ideas and sharing the article from the session with colleagues at lunch time reading clubs.
- An unexpected bonus of the reading club is that it brings together nurses who specialise in different areas. This enables further, deeper reflection as they consider new ideas and differing professional perspectives.



# Feedback

“The facilitator was excellent. Good mix of different specialities to bring a different nursing perspective. Liked the format and the template used helped to focus the key issues of the paper discussed.”

“ Reflection needs to linked to the NMC code and whilst I reflect every day, it's good to keep a diary”

“I have already discussed the session with colleagues. I found it very informative and a good method of learning. The session explored more why the paper was relevant to my profession. Excellent facilitator.”

“It gives you a better understanding of topics especially as it is collaborative; giving a broader view from the various fields of nursing and life in general.”

“Great discussion with a great group. Insightful and interesting.”

“I have had and have learnt new information regarding the The Code relating to my practice. I will share the research paper used for our session with colleagues and friends.

“Thank you to the team who organised and supported members during their reflective session”

“would be good if this could be offered more”

“I thoroughly enjoyed the session, learning from others who work in different settings, but are dealing with clients/patients. It focused me to the task in hand. I had been putting off revalidation, but now I am keen to get started.”

“I would use it as a base to improve the awareness of the group by way of group discussions with my peers and leaflet awareness materials.”

Collins, G. 'Using reflection on reading for revalidation', Nursing Times, 2015, 111, 23/24, pp. 14-16.

