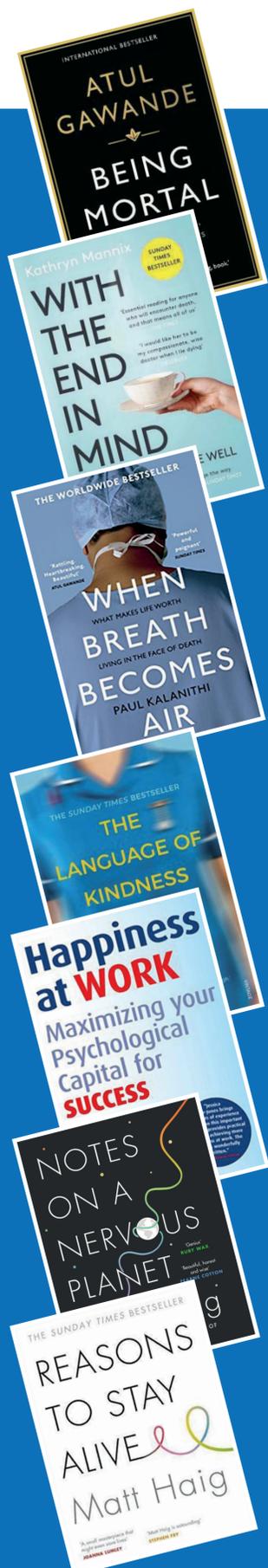




# CAN BOOKS CONTRIBUTE TO CHANGING CULTURE IN THE NHS?

## IT STARTED WITH A DEATH CAFÉ...

...Grave Talk cards prompted an open and honest discussion on death and dying, facilitated by a death café at a Grand Round meeting. The Library and Knowledge Service were invited to launch a book club to encourage debate on realistic medicine and facilitate the sharing of learning. Northumbria's book club promotes reading, supports trust objectives and raises the question... Can books contribute to changing culture in the NHS?



"Healthcare and medicine are at the forefront and in a prime position to begin the conversation"

"I was soon to realise that if I was to truly empathise with the intimate life journey... time was needed to absorb & reflect upon his 'tureen of tragedy'. This is a book about hope... realistic hope"

"Great book about what really matters in life and our relationship with patients - would want to read some of the sections again to really learn. Think however that US could learn something from us about end of life care and realistic medicine"



"Amazing insight into a good death. Very poignant"

"This book provides a new perspective on quality of life"

"Makes me want to try even harder to deliver a service the patient wants"

"I am a true believer in the power of stories and that change happens out of stories and conversations. I imagine this book will be a catalyst"

"We need to plan for an older population. This book describes how we have to shift our thinking to best support that group. It all comes down to doing what matters to a person"

"...it is morally wrong to waste the time of a dying person. The easiest way a clinician can waste the time of a dying person is to undertake interventions that add no value"

### WHAT NEXT?

- Community hospitals
- Departmental book groups
- GPs
- Audio books
- Buy recommended titles
- Other trusts



Reading makes better doctors – Increases empathy (1)  
Realistic medicine: the concept of using skills and knowledge to maintain health and to prevent, identify and treat illness by building a more personalised approach to care (2)

385 increased book issues



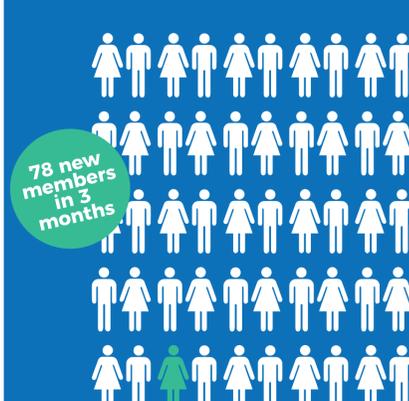
Online discussion group and comments in books



Increased visibility - raising service profile and engagement



Reading groups meeting in libraries



1 in 50 trust staff have borrowed one of the books

(1) McCartney, Margaret. (2018). Reading makes us better doctors. BMJ. 362: k3373.  
(2) Practising Realistic Medicine: Chief Medical Officer for Scotland annual report (2018)