



Are University Libraries Supporting Medical Student Wellness?

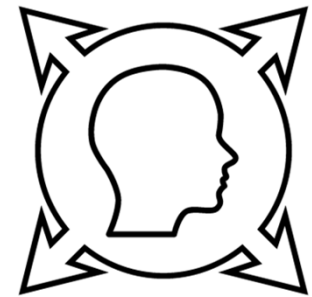
Results from an Exploration of Library Social Media

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Background

- Role of the library has been changing
 - Librarian flexibility is key
- Academic librarians work within curriculum demands and student needs
 - Accreditation standards=driving factor in our service delivery



Background

- Medical programs adhere to 12 accreditation standards⁽¹⁾
 - Standard #5 = Library resources
 - Standard #12=...”**programs to promote their [medical students] well-being and to facilitate their adjustment to the physical and emotional demands of medical education**”.
- Literature= Wellness initiatives at academic libraries in Canada and elsewhere⁽²⁻⁴⁾, but we wanted to see real-time evidence of this at all medical school sites in Canada

The Reason? Supporting accreditation on a deeper level

How Did We Attempt to Answer This Question?



**Scan of library social media @ medical school sites
during November 2018 and February 2019**

Data collection starts with a word bank...



Data Analysis



Coding by Wellness Theme

- Nutrition
- Physical Activity
- Sleep
- Stress
- Self-Expression
- Animal Assisted Therapy
- Role Models
- Mental Health
- Self-Management
- Interpersonal Relationships
- Recreation

Additional Coding

- Active vs. Passive
- Service / Resource / Event

University of Victoria Libraries Shared
February 1 at 9:05 PM · 🌐

University of Victoria
February 1 at 5:30 PM · 🌐

With midterms just around the corner, don't forget to take care of yourself. Check out this PDF calendar of services including yoga, meditation and pet therapy

THE MONTH OF
FEBRUARY
Calendar of Events

McGill Library
41 mins · 🌐

Pound out the stress you're wearing headphones brought to you by A...
#healthandwellness

NOSM Library @NOSMLibrary · 8h
Brighten your day with our Light Therapy Lamps ☀️ Look for signs to use in the library or book online to borrow and take home: ow.ly/FCYQ50kP8RC

Light Therapy Lamp

this way!

Do not look directly into the light. Please be sure to read the manual thoroughly prior to use. All borrowers are encouraged to check with their health care provider if they have any concerns about using the lamp.

2 Likes · 49 Views

Like · Comment · Share



Findings

Posts by University

Total Posts: 336

(Nov = 153)

(Feb = 183)

Medical School	Medical School Library Branch	Total: November	Total: February	Total: Feb+Nov
University of Alberta Faculty of Medicine and Dentistry	U of Alberta	11	22	33
Cumming School of Medicine	U Calgary	8	3	11
University of British Columbia Faculty of Medicine	UBC	4	3	7
	UBCO	15	10	25
	UNBC	1	0	1
	U Vic (UBC)	2	8	10
University of Manitoba College of Medicine	U Manitoba	3	1	4
Memorial University of Newfoundland Faculty of Medicine	Memorial U	2	0	2
Dalhousie University Faculty of Medicine	Dalhousie U	0	18	18
	UNB (Dalhousie)	0	0	0
Michael G. DeGroote School of Medicine	McMaster U	5	7	12
	Brock U (McMaster)	2	1	3
Northern Ontario School of Medicine	NOSM	3	4	7
	Lakehead U (NOSM)	8	6	14
	Laurentian U (NOSM)	2	0	2
Queen's School of Medicine	Queens U	0	0	0
Schulich School of Medicine & Dentistry	U Windsor (Western)	11	8	19
	Western U	12	3	15
University of Ottawa Faculty of Medicine	U Ottawa	5	6	11
University of Toronto Faculty of Medicine	U of Toronto	9	11	20
	UTM (U of T)	3	3	6
Université Laval Faculté de Médecine	U Laval	11	10	21
McGill University Faculty of Medicine	McGill U	21	38	59
Université de Montréal Faculté de Médecine	U de Montreal	8	7	15
Université de Sherbrooke Faculté de Médecine et des sciences de la santé	UQAC (Sherbrooke)	4	2	6
	Moncton (Sherbrooke)	0	2	2
	U de Sherbrooke	0	1	1
University of Saskatchewan College of Medicine	U Saskatchewan	3	9	12
	Totals	153	183	336

Posts by University

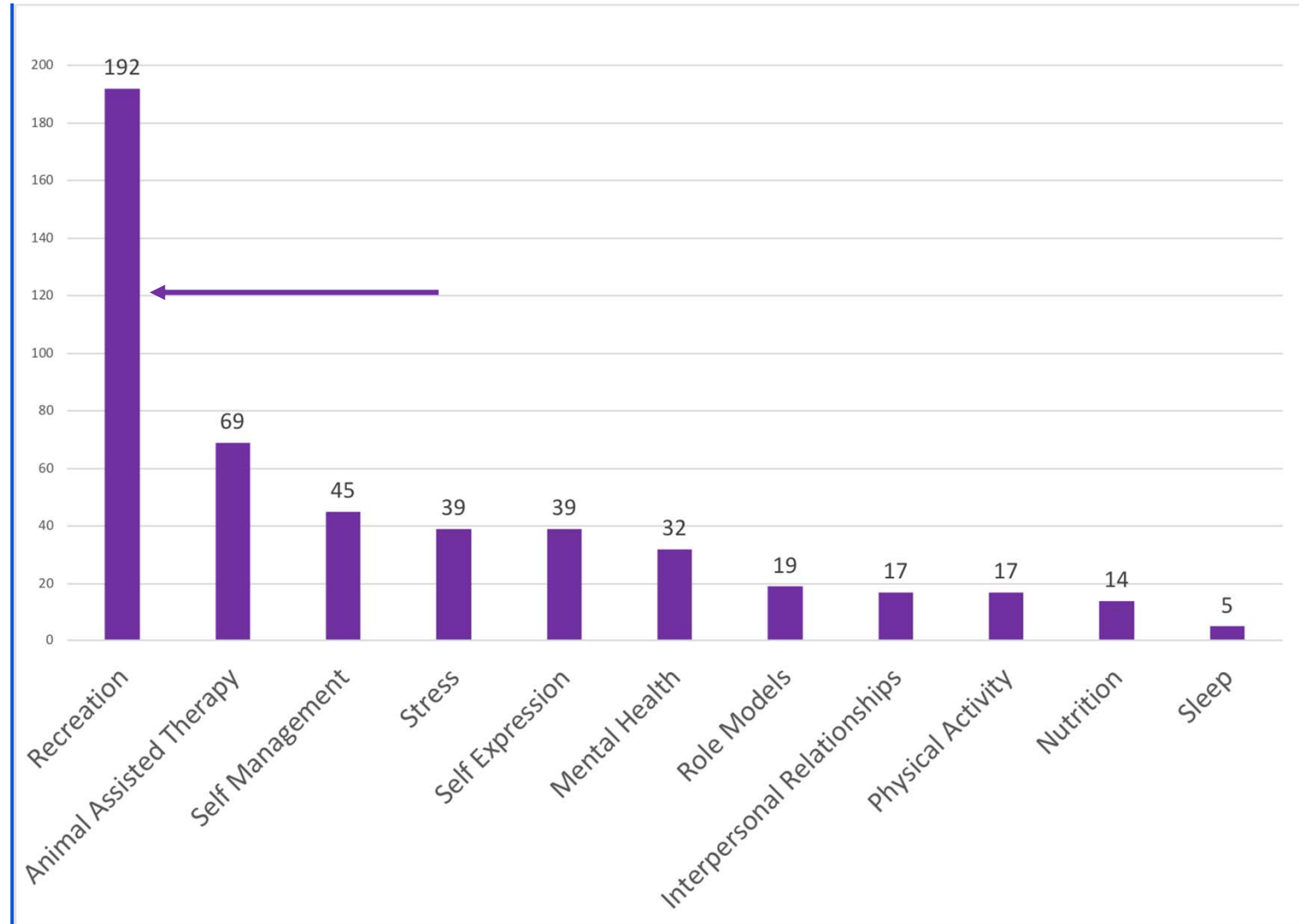
Medical School Library Branch	University of Alberta Faculty of Medicine and Dentistry	Cumming School of Medicine	University of British Columbia Faculty of Medicine				University of Manitoba College of Medicine	Memorial University of Newfoundland Faculty of Medicine	Dalhousie University Faculty of Medicine		Michael G. DeGroot School of Medicine		Northern Ontario School of Medicine			Queen's School of Medicine	Schulich School of Medicine & Dentistry		University of Ottawa Faculty of Medicine	University of Toronto Faculty of Medicine		Université Laval Faculté de Médecine	McGill University Faculty of Medicine	Université de Montréal Faculté de Médecine	Université de Sherbrooke Faculté de Médecine et des sciences de la santé			University of Saskatchewan College of Medicine
	U of Alberta	U Calgary	UBC	UBCO	UNBC	U Vic (UBC)	U Manitoba	Memorial U	Dalhousie U	UNB (Dalhousie)	McMaster U	Brock U (McMaster)	NOSM	Lakehead U (NOSM)	Laurentian U (NOSM)	Queens U	U Windsor (Western)	Western U	U Ottawa	U of Toronto	UTM (U of T)	U Laval	McGill U	U de Montreal	UQAC (Sherbrooke)	Moncton (Sherbrooke)	U de Sherbrooke	U Saskatchewan
Total: November	11	8	4	15	1	2	3	2	0	0	5	2	3	8	2	0	11	12	5	9	3	11	21	8	4	0	0	3
Total: February	22	3	3	10	0	8	1	0	18	0	7	1	4	6	0	0	8	3	6	11	3	10	38	7	2	2	1	9
Total: Feb+Nov	33	11	7	25	1	10	4	2	18	0	12	3	7	14	2	0	19	15	11	20	6	21	59	15	6	2	1	12

Total Posts: 336

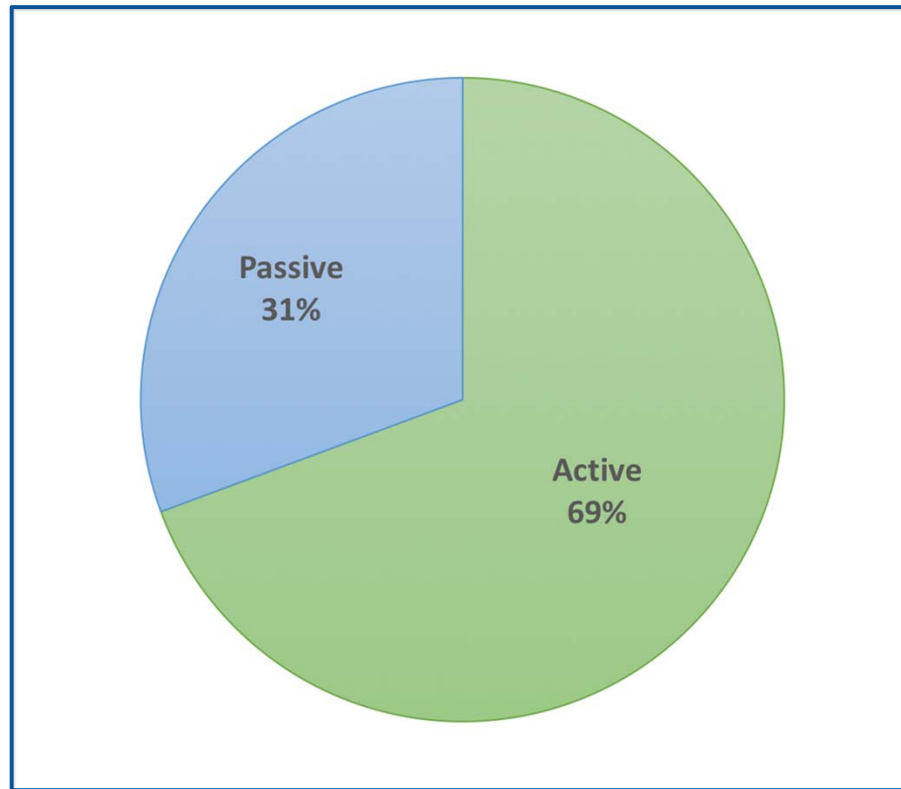
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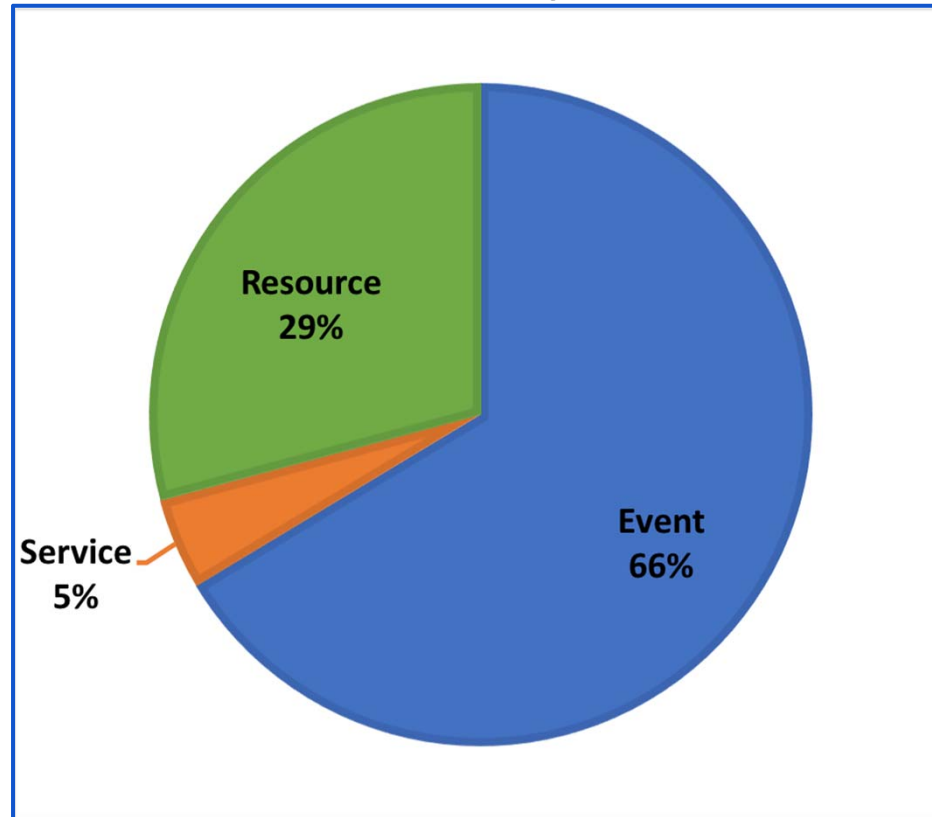
Top Themes



Active vs. Passive



Post Type



Discussion

Limitations:

- Choice of library accounts
- Communications practices at libraries
- Time of year
- Undocumented wellness initiatives
- Target audience and social media

Our social media scan demonstrates that Canadian academic libraries are supporting medical student wellness by offering diverse wellness initiatives

What's Next?





References

1. Committee on Accreditation of Canadian Medical Schools. CACMS standards and elements [document on the internet] 2019 [updated February 2019; cited 2019 May 20]. Available from <https://cacms-cafmc.ca/accreditation-documents/2019-2020/standards-and-elements>
2. Walton G. Supporting student wellbeing in the university library: a core service or a distraction? *New Review of Academic Librarianship*. 2018; 24 (2): 121-123. doi: 10.1080/13614533.2017.1418240
3. Lannon A, Harrison P. Take a paws: fostering student wellness with a therapy dog program at your university library. *Public Services Quarterly*. 2015; 11 (1): 13-22. doi: 10.1080/15228959.2014.984264.
4. Herron J. Mobile wellness resources. *Journal of Electronic Resources in Medical Libraries*. 2016; 13 (3): 94-98. doi:10.1080/15424065.2016.1225542.