

How does this help the patient?

Evaluation of the scheme

Hertfordshire Library Service will monitor the number of loans of the different books and numbers of patients joining the library to use the scheme. Feedback from patients will be obtained via a patient satisfaction questionnaire issued with each book and handed in to the library when the book is returned. Professionals will also participate in the evaluation.



Subjects covered by the booklist

- Anger
- Anxiety
- Assertiveness
- Bereavement
- Child sexual abuse
- Depression including Postnatal depression
- Eating disorders
- Fatigue
- Health anxiety
- Obsession and compulsion
- Pain
- Panic
- Schizophrenia
- Seasonal Affective Disorder (SAD)
- Self-esteem
- Self-harm
- Social anxiety / Social phobia
- Stress
- Weight problems

For further information and the full Booklist see:

www.hpt.nhs.uk
www.wherts-pct.nhs.uk
www.enherts-pct.nhs.uk
www.hertsdirect.org/libraries

Hertfordshire

Books on prescription



Guide for health professionals



Books on prescription

The scheme

This successful scheme began in Cardiff in 2004 to help the many patients with common mental health problems access effective psychological treatment, together with information about their conditions. Although they may need medication or specialist referral, in the interim they can gain useful support from a self-help book. These can also be helpful to family members or carers.

A list of 'tried and tested' self-help books, based on the principles and practice of cognitive behavioural therapy (CBT), was compiled by mental health professionals and offered to patients through the library service. Hertfordshire Partnership NHS Trust together with Hertfordshire Libraries are operating such a scheme.

The booklist

GPs and mental health professionals are given a booklist of the self-help books in the scheme. They cover a range of adult psychological problems regularly presented by patients in primary care. These areas are listed overleaf.

The booklist is available on the websites of Hertfordshire Partnership NHS Trust, the Primary Care Trusts and Hertfordshire Libraries.

How the scheme works

- The GP or other health professional determines the problem with the patient and then with their agreement uses the **prescription pad** to prescribe a particular book for the patient
- The patient is given the **User's guide** and the prescription which they then present at their local library. Sets of the books are in all Hertfordshire libraries.
- Patients who are not members of the library will be asked to join when they present their prescription, which will provide the necessary identification. In addition, they will then have access to the whole range of library services.



Hertfordshire Libraries supporting health

Books and information

- on a wide range of illnesses & conditions
- guides to medicines and drugs
- traditional and alternative therapies
- dieting and nutrition
- sport and fitness
- magazines e.g. 'Men's Health'
- "Caring for Children" collections

Online information - free access to

- NHS Direct
- www.soundshealthy.nhs.uk: information and advice in minority ethnic languages and on audio
- Health Direct
- HealthSpace - personal health guides
- Local and national organisations
- Charities and support groups
- Local and NHS and PCT information
- Contact details for GPs, Pharmacies
- Patient choice / Partnership for Patients