

Knowledge and Library Services Case Study

Organisation of service user:

The Royal Orthopaedic Hospital NHS Foundation Trust

Title of Case Study:

Bridging the gap in menopausal physiotherapy: Strengthening research and clinical practice through expert knowledge services

Search completed: January 2025

Reason for enquiry or knowledge need

The researcher required high-level evidence to support a specialised study titled: "What are the barriers and facilitators to women with menopausal symptoms participating in physiotherapy intervention?". While this research formed a component of a Master's degree, the primary objective was to establish a robust rationale for the study, identify critical gaps in existing professional literature, and provide a rigorous clinical context for the research questions.

What the knowledge and library specialist did

The Library & Knowledge Service conducted three extensive literature searches, totalling 12.5 hours of specialist time. These searches were specifically designed to identify evidence regarding the intersection of menopause and physiotherapy interventions, alongside engagement factors affecting women's access to these services. Furthermore, the library team sourced and supplied full-text articles, ensuring the research was built upon high-quality, peer-reviewed evidence.

Impact of input from the library and knowledge service

The library's input was instrumental in furthering knowledge within this field. By filtering through the most current and meaningful literature, the KLS team allowed the researcher to focus on synthesising information that directly contributes to the evidence base for menopausal care.

Immediate Impact

Description: The service enabled the researcher to read much more widely and appropriately, significantly deepening their understanding of the subject matter. This input facilitated the development of a high-quality research article and supported the successful completion of a Master's degree. Beyond the academic achievement, the information gained has enhanced clinical practice by increasing awareness of menopausal symptoms, thereby empowering the practitioner to provide better guidance to patients in their care.



Quotes:

"It allowed me to read much more widely and appropriately, saving me time and allowing me to focus on the current and most meaningful literature."

Probable future Impact

Description:

The research conducted has already gained international recognition, with the user being invited to present their findings at an international conference. The work is also transitioning into the professional domain through a dedicated blog and the user's new status as a published author. This dissemination of research will help bridge the knowledge gap regarding physiotherapy and menopause, potentially influencing service delivery and patient outcomes on a broader scale.

Quotes:

Name and Job Title:

Julia Gross, Physiotherapist

Gareth Sunley, Librarian Team Leader

Submission Details

Knowledge and Library Service Details:

Organisation: The Royal Orthopaedic Hospital NHS Foundation Trust

Contact name: Gareth Sunley

Contact email: roh.library@nhs.net

NHS Region *[Make bold the option which applies:]*

East of England

London

Midlands

North East and Yorkshire

North West

South East

South West

Sector user is based in: *[Make bold the option which applies:]*

Acute
Acute and community
Care Trust
Commissioning Support
Community Trust
Cross-sector
Integrated Care Board
Integrated Care System
Mental Health
Mental Health / Learning Disability
Mental Health / Social Care
Primary Care
Public Health
Shared Service / Informatics
Social Care
Special HA
Other. If other, please specify **Specialist Foundation Trust**

Group Impacted *[Make bold the option which applies:]*

Additional Clinical Services
Administrative and Clerical
Allied Health Professionals
Estates and Ancillary
Healthcare Scientists
Medicine and Dental
Multiprofessional
Patients, Carers and the Public
Nursing and Midwifery
Scientific and Technical
Students

Impact Types *[Make bold any of the impact types below which apply]*

Contributed to personal or professional development
Contributed to service development or delivery
Facilitated collaborative working
Improved the quality of patient care

Consent



I have consent from individuals referred to in this case study to share details nationally for advocacy and promotion. *[Make bold the option which applies:]*

Yes

No