2018 Summer Edition of DEAR – here comes the sun! time to reflect - time to look at the evidence! *Give us your feedback on DEAR campaign if you have any suggestions please contact bennery.rickard@hse.ie – your opinion counts!*

Dr. Steevens Library challenges you to set aside the next 5, 10 or 15 minutes to watch and listen. The following email contains links to podcasts & videos, nuggets of information for those of us who prefer the visual or the auditory forms of information.

<table>
<thead>
<tr>
<th>Website</th>
<th>Title</th>
<th>Description</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>YouTube</td>
<td>What is EMOTIONAL DYSREGULATION?</td>
<td>What is EMOTIONAL DYSREGULATION? What does EMOTIONAL DYSREGULATION mean? EMOTIONAL DYSREGULATION meaning - EMOTIONAL DYSREGULATION definition - EMOTIONAL DYSREGULATION explanation</td>
<td><a href="https://www.youtube.com/watch?v=boA7aiQlz_Y">https://www.youtube.com/watch?v=boA7aiQlz_Y</a></td>
</tr>
<tr>
<td>BBC IDEAS BETA</td>
<td>Could Psychosis be a autoimmune Disease</td>
<td>Professor Belinda Lennox at Oxford University on her research exploring the causes and treatment of psychotic illness.</td>
<td><a href="https://www.bbc.com/ideas/videos/could-psychosis-be-an-autoimmune-disease/p05zdj33?playlist=rethinking-mental-health">https://www.bbc.com/ideas/videos/could-psychosis-be-an-autoimmune-disease/p05zdj33?playlist=rethinking-mental-health</a></td>
</tr>
<tr>
<td>Medical Research Council YouTube</td>
<td>Health Ageing across the Life Course Overview - - Prof Diana Kuh</td>
<td>Published on 13 Dec 2010 Health Ageing across the Life Course Overview -- Prof Diana Kuh</td>
<td><a href="https://www.youtube.com/watch?v=nMZ_I-Y1AlE">https://www.youtube.com/watch?v=nMZ_I-Y1AlE</a></td>
</tr>
<tr>
<td>Freakanomics</td>
<td>There’s A War On Sugar. Is It Justified?</td>
<td>Some people argue that sugar should be regulated, like alcohol and tobacco, on the grounds that it’s addictive and toxic. How much sense</td>
<td><a href="http://freakonomics.com/podcast/the-res-war-sugar-justified/">http://freakonomics.com/podcast/the-res-war-sugar-justified/</a></td>
</tr>
<tr>
<td>Source</td>
<td>Title</td>
<td>Description</td>
<td>Link</td>
</tr>
<tr>
<td>--------</td>
<td>-------</td>
<td>-------------</td>
<td>------</td>
</tr>
<tr>
<td>Kingsfund</td>
<td>Jeroen Tas: Connected care - a vision for the future</td>
<td>Speaking at The King's Fund's ideas that change health care event on 6 October 2017, Jeroen Tas (Chief Innovation Officer, Philips) sets out a vision for the future of health care delivery where everything is connected.</td>
<td><a href="https://www.kingsfund.org.uk/audio-video/jeroen-tas-connected-care-vision-future">https://www.kingsfund.org.uk/audio-video/jeroen-tas-connected-care-vision-future</a></td>
</tr>
<tr>
<td>American Institute of Cancer Research</td>
<td>Diet, Nutrition, Physical Activity and Cancer: a Global Perspective – Third Expert</td>
<td>The first and second Expert Reports, when they were published in 1997 and 2007, respectively, were landmarks in the science of cancer prevention. Since the second report, scientists at Imperial College London have been adding information to a unique and growing database of evidence relating to cancer prevention and diet, nutrition and physical activity.</td>
<td><a href="https://youtu.be/9ey6lcuWJKw">https://youtu.be/9ey6lcuWJKw</a></td>
</tr>
<tr>
<td>Radio Lab</td>
<td>Poison Control</td>
<td>As we learn about how poison control has</td>
<td><a href="https://www.wnycstudios.org/story/poison-control">https://www.wnycstudios.org/story/poison-control</a></td>
</tr>
</tbody>
</table>
changed over the years, we end up wondering what a place devoted to data and human connection can tell us about ourselves in this cultural moment of anxiety and information-overload.

| Ted Talks | Color Coded Surgery | Surgeons are taught from textbooks which conveniently color-code the types of tissues, but that’s not what it looks like in real life -- until now. At TEDMED Quyen Nguyen demonstrates how a molecular marker can make tumors light up in neon green, showing surgeons exactly where to cut. | https://www.ted.com/talks/quyen_nguyen_color_coded_surgery?referrer=playlist-the_future_of_medicine |
| Ted Talks | Human Genome and the Evolution of Medicine | Genetic medicine is what we would call a personified medicine, given that despite the fact that we know very little about the human genome so far, the doctors can reach various diagnoses. Quoting Shakespeare’s “What is past is prologue” he leaves us with a lot to think about for the future of medicine. | https://www.youtube.com/watch?v=k eeibFuFBTc |
| Freakanomics | Does Doing Good Give You License to Be Bad? | Corporate Social Responsibility programs can attract better job applicants who’ll work for less money. But they also encourage employees to misbehave. Don’t laugh — you too probably engage in “moral licensing,” even if you don’t know it. | http://freakonomics.com/podcast/corporate-social-responsibility/ |
| Nature | AI neuroscience, liquid crystals, and depression in academia | Neuroscientists and machine-learning experts team up to learn how we find our way. | https://stitcher.acast.com/livestitches/736c5a83-e50c-47d9-b159-62b5db1e6ffe/j0YbHb7cJ9WdPiO3w0A.mp3?aid=736c5a83-e50c-47d9-b159-62b5db1e6ffe&chid=0185cea5-9e3b-4b82-a887-26f9192765f&ci=e5b1f912-dcd1-
<p>| <strong>Kingsfund</strong> | Edinburgh, shares his experience of depression during his PhD. | <a href="https://www.kingsfund.org.uk/audio-video/podcast/women-leadership-nhs">https://www.kingsfund.org.uk/audio-video/podcast/women-leadership-nhs</a> |
| <strong>Kingsfund</strong> | Mind the gap: women and leadership in the NHS | Following the recent gender pay gap debate, and as part of our wider work on diversity, Helen McKenna talks about leadership and gender in the NHS with Jane Dacre, President of the Royal College of Physicians, Anne-Marie Archard, Director of the London Leadership Academy, Sam Jones, former Director of the New Care Models programme at NHS England, and Deborah Ward, Senior Analyst at The King’s Fund. |
| <strong>NHS Shared Business Services</strong> | Data Analytics | Helping our clients understand their data. Review reporting tools on offer and see how they can benefit you. | <a href="https://www.sbs.nhs.uk/transforming-podcast-series">https://www.sbs.nhs.uk/transforming-podcast-series</a> |
| <strong>American Diabetes Association</strong> | Diabetes Core Updates | Diabetes Core Update is a monthly audio podcast devoted to presenting and discussing the latest clinically relevant articles from the American Diabetes Association’s four scholarly journals: Diabetes, Diabetes Care, Clinical Diabetes, and Diabetes Spectrum. Each episode is approximately 20 minutes. | <a href="http://www.diabetesjournals.org/site/default/files/ada_content/Podcasts/mp3/2018/CoreUpdate_Jun2018.mp3">http://www.diabetesjournals.org/site/default/files/ada_content/Podcasts/mp3/2018/CoreUpdate_Jun2018.mp3</a> |</p>
<table>
<thead>
<tr>
<th>Source</th>
<th>Title</th>
<th>Description</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freakonomics</td>
<td>Nurses to the Rescue!</td>
<td>They are the most-trusted profession in America (and with good reason). They are critical to patient outcomes (especially in primary care). Could the growing army of nurse practitioners be an answer to the doctor shortage? The data say yes but — big surprise — doctors’</td>
<td><a href="http://freakonomics.com/podcast/nurses-to-the-rescue/">http://freakonomics.com/podcast/nurses-to-the-rescue/</a></td>
</tr>
<tr>
<td>The Guardian – Science Weekly</td>
<td>The future of innovation in the NHS - podcast</td>
<td>It employs 1.6 million people, spends more than £4,000 a second, and performed 10m operations last year in England alone. Millions more visit emergency units, have outpatient care, and receive help for mental health problems. This week we’re focusing on the NHS and how science and technology underpin the care doctors can give to patients</td>
<td><a href="https://www.theguardian.com/science/audio/2016/jan/22/the-future-of-innovation-in-the-nhs-podcast">https://www.theguardian.com/science/audio/2016/jan/22/the-future-of-innovation-in-the-nhs-podcast</a></td>
</tr>
<tr>
<td>Librarians aloud</td>
<td>Episode 019 Niamh O’Sullivan</td>
<td>Niamh is the librarian &amp; research officer with the Irish Blood Transfusion Service. Niamh talks about her career including work for the San Francisco Chronicle, time in an early tech company and in a range of information and research roles. Niamh shares insight into her current role and what she loves most about being a librarian.</td>
<td><a href="https://soundcloud.com/librariansaloud/librarians-aloud-episode-019-niamh-osullivan">https://soundcloud.com/librariansaloud/librarians-aloud-episode-019-niamh-osullivan</a></td>
</tr>
<tr>
<td>You tube/Open Culture</td>
<td>The Map of Chemistry: New Animation Summarizes the Entire Field of Chemistry in 12 Minutes</td>
<td>physicist, science writer, educator Dominic Walliman, whose series of short videos offer to the layperson “maps” of physics, math, and, in this case chemistry.</td>
<td><a href="https://youtu.be/P3RXtoYCW4M">https://youtu.be/P3RXtoYCW4M</a></td>
</tr>
<tr>
<td><strong>SHORT BITES 3 mins or less</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------------------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>AAMC Today</strong></td>
<td>Holy Graphic Medicine, Batman!</td>
<td><a href="https://www.youtube.com/watch?v=Gpi0pwEdSSM">https://www.youtube.com/watch?v=Gpi0pwEdSSM</a></td>
<td></td>
</tr>
<tr>
<td><strong>YouTube Cancer Research Today</strong></td>
<td>Live from inside the human body WARNING: Contains graphic medical content'</td>
<td><a href="https://www.youtube.com/watch?v=i_fOhCrHroM">https://www.youtube.com/watch?v=i_fOhCrHroM</a></td>
<td></td>
</tr>
<tr>
<td><strong>Mayo Clinic</strong></td>
<td>Lowering blood</td>
<td><a href="https://newsnetwork.mayoclinic.org">https://newsnetwork.mayoclinic.org</a></td>
<td></td>
</tr>
<tr>
<td>National Human Genome Research Institute</td>
<td>Human Genome Timeline Animation</td>
<td><a href="https://www.youtube.com/user/genometv">https://www.youtube.com/user/genometv</a></td>
<td><a href="org/files/2018/05/2018jun07.mp3">org/files/2018/05/2018jun07.mp3</a></td>
</tr>
</tbody>
</table>