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## HEAR (Health Evidence Awareness Report). Volume 2. Issue 6. Focus on Dyslexia. December 2016

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Authors	Rowan, Caroline;Madden, Anne;Colley, Bernadette;Dillon, Catherine;White, Gethin;Delaunois, Isabelle;Callinan, Joanne;Galligan, Louise;Morgan, Margaret;Carrigan, Marie;O'Sullivan, Niamh;HEAR Librarians
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# HEAR *(Health Evidence Awareness Report)*

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## Focus on Dyslexia

The purpose of HEAR newsletter is to provide information for health professionals and for patients about specific health topics.

Where possible, we include links to freely available resources.

We would be happy to receive any comments or feedback on the content in HEAR, including opinions expressed in the videos and other opinion pieces. Feedback will be used to improve the newsletter so please [email us](#).



### What is dyslexia?

**“Dyslexia is a specific learning difficulty affecting the acquisition of fluent and accurate reading and spelling skills. This occurs despite access to appropriate learning opportunities” (Dyslexia Association of Ireland)**

“Dyslexia refers to an impairment in the ability to read and spell that is **not** due to low intelligence or lack of educational opportunity” **(Brunswick, 2009)**

“Dyslexia is a specific learning disability that is neurobiological in origin. It is characterized by difficulties with accurate and/or fluent word recognition and by poor spelling and decoding abilities. These difficulties typically result from a deficit in the phonological component of language that is often unexpected in relation to other cognitive abilities and the provision of effective classroom instruction. Secondary consequences may include problems in reading comprehension and reduced reading experience that can impede growth of vocabulary and background knowledge.” **(International Dyslexia Association)**

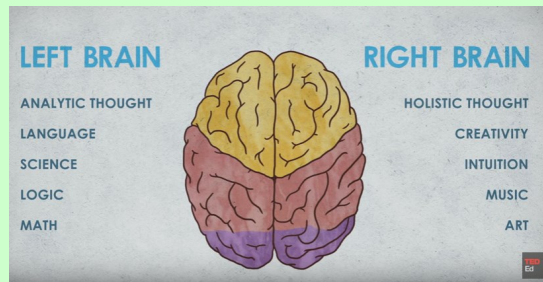
When most people think of dyslexia they think of seeing letters backward. However, it is more complex than that.



Click [here](#) to experience what dyslexia can be like

This TED-Ed talk examines neurodiversity and dyslexia

<https://youtu.be/zafiGBrFkRM>



Dyslexic does not mean stupid. It means that the brain processes differently. People with dyslexia may be doctors, nurses, allied health professionals, race car drivers, actors, scientists, writers, film producers, chefs, athletes, CEOs, inventors, fashion designers and more.

Dyslexia may be undiagnosed throughout an individual's lifetime. Henry Winkler, actor and film producer, was not diagnosed until he was 31. Steven Spielberg was not diagnosed with dyslexia until he was 60!

Early diagnosis can help ensure that a child receives the additional support that they need to overcome the challenges of dyslexia.

Dyslexia is a genetic disorder. Studies have shown that a child with an affected parent has a risk of 40–60% of developing dyslexia.



[@DyslexiaIreland](#)

The Official Twitter of the Dyslexia Association of Ireland, a charity supporting children and adults with dyslexia.

[@DyslexiaScotlan](#)

Encourage and enable people with dyslexia, regardless of their age and abilities, to reach their potential.

[@BDAdyslexia](#)

The British Dyslexia Association is the voice for the 10% of the British population who experience dyslexia

[@DyslexiaYale](#)

The Yale Center for Dyslexia & Creativity serves as a nexus for research and policy on dyslexia.

## Could I be dyslexic?

Try this quick test at <https://dyslexiaida.org/dyslexia-test/>



"I am a terrible reader, I don't write letters. Numbers and I have absolutely no relationship. I can dial a phone OK, as long as it's not long-distance. I write the first letter of the word, and my mind races to the last letter. I see words and jumble them together." Cher, singer/actress

## Information leaflets



**What is dyslexia?** A leaflet by DyslexiaScotland [http://dyslexiascotland.org.uk/sites/default/files/library/what\\_is\\_dyslexia.pdf](http://dyslexiascotland.org.uk/sites/default/files/library/what_is_dyslexia.pdf)



**Dyslexia and visual issues.** A leaflet by DyslexiaScotland [http://dyslexiascotland.org.uk/sites/default/files/library/visual\\_issues.pdf](http://dyslexiascotland.org.uk/sites/default/files/library/visual_issues.pdf)



**Adult Dyslexia Information booklet.** Dyslexia Association of Ireland [http://www.dyslexia.ie/wp-content/uploads/2016/04/dyslexia\\_booklet\\_16pp\\_v3.pdf](http://www.dyslexia.ie/wp-content/uploads/2016/04/dyslexia_booklet_16pp_v3.pdf)

**What's good for dyslexia is good for all: a guide for those working in the further education sector in Ireland** [http://www.dyslexia.ie/wp-content/uploads/2016/04/13173\\_dyslexia\\_assoc\\_fet\\_guidelines\\_12pp\\_v3.pdf](http://www.dyslexia.ie/wp-content/uploads/2016/04/13173_dyslexia_assoc_fet_guidelines_12pp_v3.pdf)

## Useful websites

Dyslexia Association of Ireland <http://www.dyslexia.ie/>

British Dyslexia Association <http://www.bdadyslexia.org.uk/>

European Dyslexia Association <http://www.eda-info.eu/>

Dyslexia Scotland <http://www.dyslexiascotland.org.uk/>

Dyslexia Help <http://dyslexiahelp.umich.edu/>



## Rapid Rounds—Healthcare articles and research

Chiarenza, G. A., Di Pietro, S. F. and Casarotto, S. (2014) ['The psychophysiology of reading'](#), *International Journal of Psychophysiology*, 94(2), pp. 111-9.

Elnakib, A., et al (2014) ['Magnetic resonance imaging findings for dyslexia: a review'](#), *Journal of Biomedical Nanotechnology*, 10(10), pp. 2778-805.

Kudo, M. F., Lussier, C. M. and Swanson, H. L. (2015) ['Reading disabilities in children: A selective meta-analysis of the cognitive literature'](#), *Research in developmental disabilities*, 40, pp. 51-62.

Landerl, K., et al (2013) ['Predictors of developmental dyslexia in European orthographies with varying complexity'](#), *Journal of Child Psychology and Psychiatry*, 54(6), pp. 686-94.

McPheat, C. (2014) ['Experience of nursing students with dyslexia on clinical placement'](#), *Nursing Standard*, 28(41), pp. 44-49.

Norton, E. S., Beach, S. D. and Gabrieli, J. D. (2015) ['Neurobiology of dyslexia'](#), *Current opinion in neurobiology*, 30, pp. 73-78.

Snowling, M., Dawes, P., Nash, H. and Hulme, C. (2012a) ['Validity of a protocol for adult self-report of dyslexia and related difficulties'](#), *Dyslexia*, 18(1), pp. 1-15.



## Systematic reviews

de Beer, J., Engels, J., Heerkens, Y. and van der Klink, J. (2014) ['Factors influencing work participation of adults with developmental dyslexia: a systematic review'](#), *BMC Public Health*, 14, pp. 77.

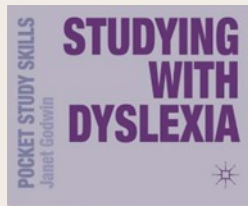
Cogo-Moreira, et al (2012) ['Music education for improving reading skills in children and adolescents with dyslexia'](#), *Cochrane Database of Systematic Reviews*, (8), pp. Cd009133.

Pino, M. and Mortari, L. (2014) ['The inclusion of students with dyslexia in higher education: a systematic review using narrative synthesis'](#), *Dyslexia*, 20(4), pp. 346-69.

Rodriguez, A. R. and Barton, J. J. (2015) ['The 20/20 patient who can't read'](#), *Canadian Journal of Ophthalmology*, 50(4), pp. 257-64.

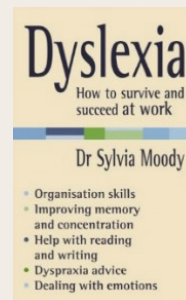
Locke, R., Scallan, S., Mann, R. and Alexander, G. (2015) ['Clinicians with dyslexia: a systematic review of effects and strategies'](#), *The Clinical Teacher*, 12(6), pp. 394-8.

## Books



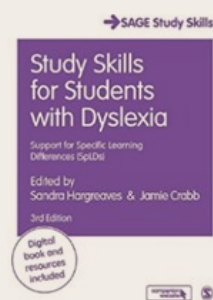
### Studying with Dyslexia

by Janet Godwin



### Dyslexia: How to survive and succeed at work

by Dr. Sylvia Moody



### Study Skills for Students with Dyslexia

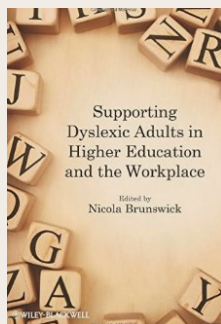
by Sandra Hargreaves & Jamie Crabb

Includes a study skills CD



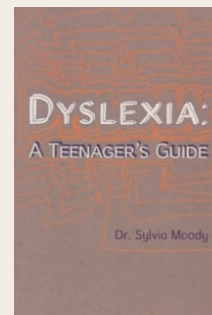
### Dyslexia

by Nicola Brunswick



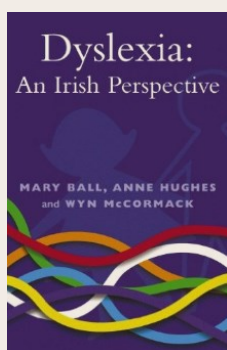
### Supporting Dyslexic Adults in Higher Education and the Workplace

by Nicola Brunswick



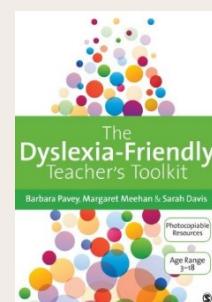
### Dyslexia: A teenager's guide

By Dr. Sylvia Moody



### Dyslexia: An Irish Perspective (2nd Edition)

by Mary Ball, Anne Hughes & Wyn McCormack.



### The Dyslexia-friendly Teacher's Toolkit: Strategies for Teaching Students 3-18

by Barbara Pavey, Margaret Meehan, and Sarah Davis.



### Harry Potter and the Cursed Child - Parts One & Two: The Official Dyslexic Readers Large Print Edition of the Original West End Production

By J.K. Rowling, John Tiffany & Jack Thorne

[Available from Amazon.co.uk](https://www.amazon.co.uk)



## Research of Irish interest

Wright A et al. [Making sense of it: a brief programme to improve reading comprehension in adolescents with language impairments in main stream school.](#)

*International journal of language & communication disorders.* 2015 Nov-Dec;50(6):776-87.

Evans W. [Disclosing a dyslexic identity.](#)

*British Journal of Nursing.* 2015 Apr 9-22;24(7):383-5.

## Open Access articles

Dale, C. and Aiken, F., 2007. [A review of the literature into dyslexia in nursing practice.](#) *Royal College of Nursing: London.*

Evans, W., 2014. "If they can't tell the difference between duphalac and digoxin you've got patient safety issues ". [Nurse Lecturers' constructions of students' dyslexic identities in nurse education.](#) *Nurse education today*, 34(6), pp.e41-e46.

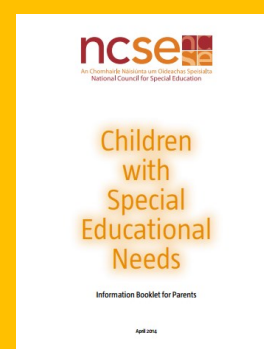
Romberg, F., Shaywitz, B. A. and Shaywitz, S. E. (2016) [How Should Medical Schools Respond to Students with Dyslexia?](#), *AMA Journal of Ethics*, 18(10), pp. 975-985.

Moody, S. (2014) [Dyslexia, dyspraxia, and ADHD in adults: what you need to know](#), *The British journal of general practice : the journal of the Royal College of General Practitioners*,64(622), pp. 252.

Siegel, L. S. (2006) [Perspectives on dyslexia](#), *Paediatrics & child health*, 11(9), pp. 58

**Students with specific learning disabilities may be able to get an exemption from some of the usual educational requirements. For example, school-age children may be exempt from the requirement to study Irish and/or a continental language.**

**For further information on the supports available to school-going children and their parents, see**



**<http://ncse.ie/wp-content/uploads/2014/10/ChildrenWithSpecialEdNeeds1.pdf>**

**Please contact your health librarian if you have any difficulty accessing the full text for articles included in this issue.**

## Dates for your diary



### Dyslexia Association of Ireland seminars

18 January 2017 : Technology for Adults with Dyslexia @ DAI head office, Talbot Street, Dublin

22 February 2017: Dyslexia in the Workplace @ DAI head office Talbot Street, Dublin

22 March 2017 : Adult Dyslexia: general information seminar @ DAI head office, Talbot Street, Dublin

28 March 2017 : What is Dyslexia @ Newbridge Library

13 June 2007 : App Technology and Dyslexia @ Athy Library

19 September 2017 : App Technology and Dyslexia @ Leixlip Library

### British Dyslexia Association

22 June 2017 : [BDA Conference—Theory in practice: dyslexia and dyscalculia](#)

**When writing brochures, leaflets, posters and other print material, you can help make the content more accessible by following the [style guidelines](#) of the Dyslexia Association of Ireland**

### Further education supports

Colleges and educational institutions offer supports and exam accommodations to students with dyslexia.

If you are in college contact the Disability Support Office to find out what is available.

UCC, UCD, Maynooth University, and NUI Galway provide a Dyslexia Screening Service for registered students. This allows students who feel they are experiencing significant difficulties with learning to attend an initial screening for dyslexia.

Trinity College Dublin has a [clinical placement handbook for nurses with dyslexia](#)

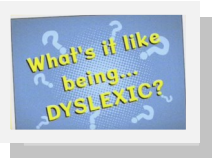


## Videos about Dyslexia



**The Unusual Suspects.** This video was made by members of West Midlands Fire Service. All of them are professional, successful individuals, all are

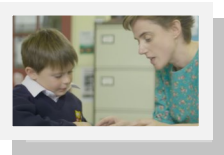
also dyslexic. <https://youtu.be/k93ovK6LFLw>



**What's it like being Dyslexic?**

<https://youtu.be/IEpBujdee8M>

**Hidden Potential.**



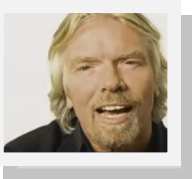
This is a short film made by Eamonn McMahon, a young film-maker from Wicklow in Ireland, with some support from the Dyslexia Association of Ireland. [https://](https://www.youtube.com/watch?v=CehY6TsoLc)

[www.youtube.com/watch?v=CehY6TsoLc](https://www.youtube.com/watch?v=CehY6TsoLc)



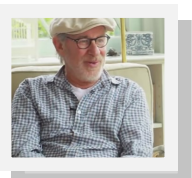
**Fighting dyslexia with computer science.** This talk highlights research that has challenged Dyslexia with the use of modern methods of computer

science. The research, carried out for the past 10 years, at ETH in Zurich, resulted in a multi-modal, computer based training system combining insights from information theory. <https://www.youtube.com/watch?v=2LK9bC3NUKE>



**Richard Branson: Growing Up Dyslexic**

<https://www.youtube.com/watch?v=HpvF5xCQ7s8>



**Steven Spielberg talks about his dyslexia** [https://](https://youtu.be/4N6RKHOHMJQ)

[youtu.be/4N6RKHOHMJQ](https://youtu.be/4N6RKHOHMJQ)

HEAR is brought to you by a collaborative group of health librarians working in the Irish health service

We are:

**Anne Madden**, St. Vincent's University Hospital; **Bernadette Colley**, Temple Street University Hospital; **Caroline Rowan**, St. Michael's Hospital; **Catherine Dillon**, HSE; **Gethin White**, Dr. Steeven's Hospital; **Grace Hillis**, Daughters of Charity Disability Support Services; **Isabelle Delaunois**, University Hospital Limerick, **Joanne Callinan**, Milford Care Centre; **Louise Galligan**, Irish Cancer Society; **Margaret Morgan**, Midland Regional Hospital Mullingar, **Marie Carrigan**, St. Luke's Radiation Oncology Network; **Niamh O'Sullivan**, Irish Blood Transfusion Service.

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