

LIBRARY NEWS: AUG 2022



WIN £50!

Castaway books



Tell us about 3 books you have read that you would take to a desert island and you could win £50!

Send us your 3 book reviews (they do not have to be LTHTR books), a short bio and if possible a picture of yourself before the end of September 2022 to library@lthtr.nhs.uk and we will put you in a **prize draw to win £50!!**

FAST FACTS MEDICAL BOOKS



You now have access to the Fast Facts medical e-book series! There are over 100 books, spanning multiple topics from diabetes to rare diseases, with new titles being added regularly. You can also test yourself with FastTest quizzes!



Browse the collection on our catalogue: <https://bit.ly/3okBAmz>

You will need an OpenAthens account to access, click [here](#) to register for an account.

Take a look at our collection of Fact books

Do you like true crime? biographies? history?
science? factual books?

If so you are in luck as the library has an excellent collection of factual titles for you to borrow—[click here to view the catalogue](#)

Here are a few title to whet your appetite !



If there is a book you want us to purchase , let us know and, unless there is a good reason not to, we will buy it.

Email library@lthtr.nhs.uk with your suggestions

Pop-up Library in Charters every Wednesday!

**When are we there
next:
12-1pm**

**3rd August
10th August
17th August
24th August
31st August**

At the pop-up library you can return your books, sign up to OpenAthens, find out about the new NHS Knowledge hub or ask us about our services. We will also have a selection of medical & fiction/wellbeing books for you. If you want any book from our collection bringing across let us know. To save you time feel free to return books borrowed from Preston or Chorley library to us during this time.

If you want to join the library while we are in Charters just bring your Trust ID badge and complete a membership form while we are there. If you have any questions about any aspect of library services please ask.



DISCOVER ELECTRONIC LIBRARY RESOURCES



A member of the Library Team will be coming to **Charters** every **Tuesday** between **12-1pm** to offer advice and support with our Electronic Library Resources. Find out how to:

Keep up-to-date in your speciality

Register with OpenAthens

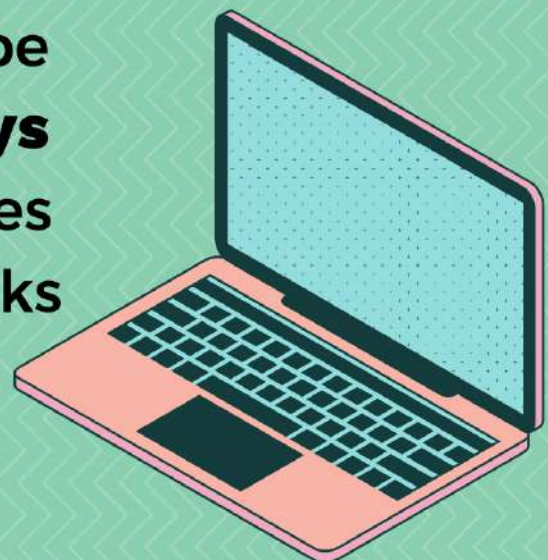
Access Electronic Journals

Find evidence for patient care

Earn CME points... and more!



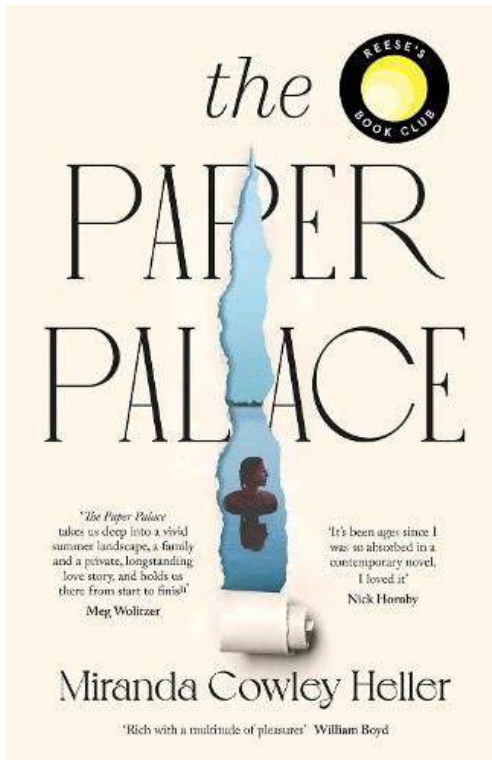
Please note: we will still be at Charters on **Wednesdays** for general library enquiries and to exchange your books



Books of the month: August

Do you have a book that you borrowed from us and really enjoyed? Let us know and we will put it in our book of the month!

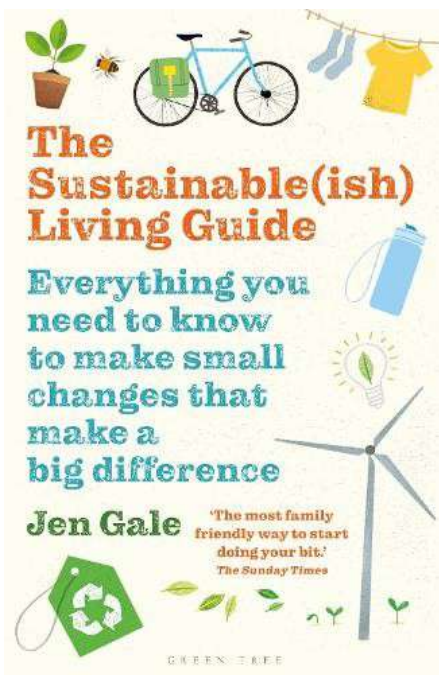
Staff Book of the month



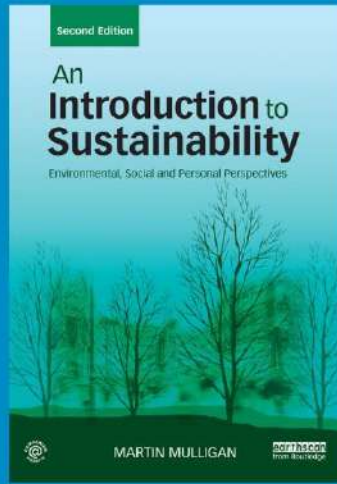
Before anyone else is awake, on a perfect August morning, Elle Bishop heads out for a swim in the glorious freshwater pond below 'The Paper Palace' – the gently decaying summer camp in the back woods of Cape Cod where her family has spent every summer for generations. Then she dives beneath the surface of the freezing water to the shocking memory of the sudden passionate encounter she had the night before, as her husband and mother chatted to the guests inside. So begins a story that unfolds over twenty-four hours and across fifty years, as decades of family legacies, love, lies, secrets, and one unspeakable incident in her childhood lead Elle to the precipice of a life-changing decision.

Nominated for The Women's Prize for fiction 2022

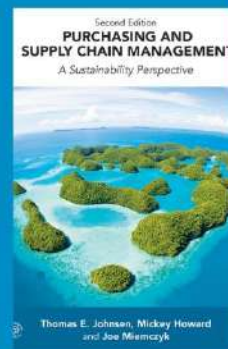
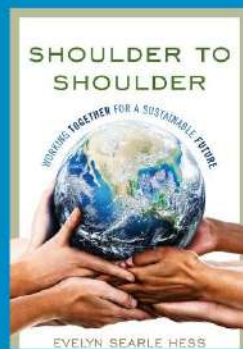
Ebook of the month



Easy, do-able, down to earth ideas and suggestions for everyone to help save the planet. If . Covering every aspect of our lives from the stuff we buy and the food we eat to how we travel, work, and celebrate, this book provides stacks of practical, down to earth ideas to slot into your daily life. Practical tips include unsubscribing from all the tempting emails that drop into your inbox with details of the newest clothing range or the latest sale, and keeping a mug next to your kettle to work out how much water you actually need to boil each time, as over-filling kettles costs British households GBP68 million on energy bills each year. Find out how to fit "sustainable living" into your life, in a way that works for you. Change your impact without radically changing your life and figure out the small steps you can make that will add up to make a big difference .



KORTEX COLLECTION OF E-BOOKS



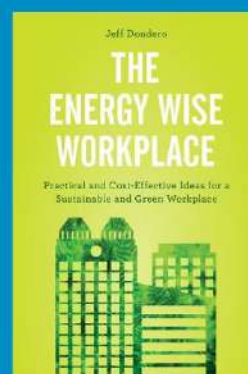
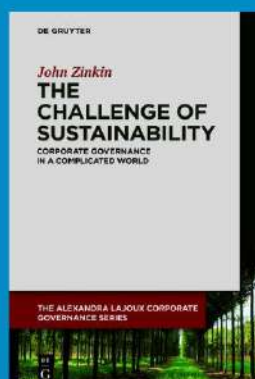
SUSTAINABILITY E-BOOKS

Athens Username and Password

needed to access e books

Use the link below to see full list of e-books

tinyurl.com/59affcu3



Keep up to date with research with Electronic Journals.

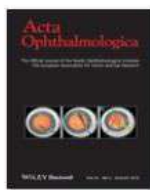
Access a wide range of Ophthalmology journals online, including the British Journal of Ophthalmology:

<https://bit.ly/3nXuzrC>

OpenAthens required: <https://bit.ly/3l8l20q>



Acta Ophthalmologica



Acta Ophthalmologica Scandinavica



American Journal of Ophthalmology



American Journal of Ophthalmology Case Reports



American Orthoptic Journal



Annual Review of Vision Science



Archives of Ophthalmology



Arquivos Brasileiros de Oftalmologia



BMC Ophthalmology



BMJ Open Ophthalmology



British and Irish Orthoptic Journal



British Journal of Ophthalmology



Case Reports in Ophthalmology



Case Reports in Ophthalmology



Clinical & Experimental Ophthalmology



Current Eye Research



Documenta Ophthalmologica



Expert Review of Ophthalmology



Eye



Eye and Vision



Graefes Archive for Clinical and Experimental Ophthalmology



Indian Journal of Ophthalmology



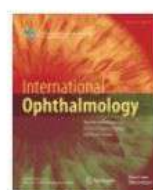
International Journal of Ophthalmic Practice



International Journal of Ophthalmology



International Journal of Retina and Vitreous



International Ophthalmology



Investigative Ophthalmology & Visual Science



JAMA Ophthalmology

The NHS Knowledge and Library Hub: Evidence at your fingertips



The NHS Knowledge and Library Hub allows quick and easy access to journal articles and health and care evidence from a single search box.

You can access the hub via [this link](#) where you will be prompted to log in with your OpenAthens username and password. If you don't have an OpenAthens account, you can register for one [here](#).

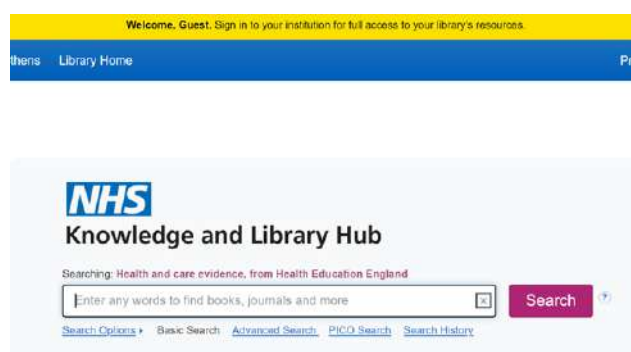
The hub provides full access to the library's collection of electronic journals and some ebooks. You can search for a topic, a journal article or journal title and where full-text is available you can download or save articles.

If the article you need isn't available there is also an option to request this via the library request form where we can explore obtaining this from another library for you.

Currently our print and ebook collections aren't available via the Hub but can be searched [here](#).

If you would like to find out more about the hub see the [guide](#) or watch this short [video tutorial](#).

If you have any questions about how to get the most from the hub, contact via library@lthtr.nhs.uk





Health Information and Libraries Journal

CILIP The library
and information
profession

HLG
Health Libraries
Group

NHS librarians collaborate
to develop a search bank
peer reviewing and sharing
COVID-19 searches - an
evaluation

Co-authored by Eva
Thackeray, Clinical
Librarian LTHTR Libraries

Find the full text article at

<https://onlinelibrary.wiley.com/doi/epdf/10.1111/hir.12444>

Responding to the COVID-19 pandemic, Health Education England (HEE) mobilised a group of expert searchers from NHS libraries in England to develop a platform for librarians to share peer reviewed search strategies and results on the Knowledge for Healthcare website.

Congratulations to Eva Thackeray one of our Clinical Librarians who co-authored this article published 9th July!

If you need a literature search please complete the form here:

<https://healthacademy.lancsteachinghospitals.nhs.uk/library/find-evidence/literature-search/>

Health Literacy

Library training course

This 1 hour virtual group session will cover the following:

- What is health literacy and why is it important?
- What does low health literacy look and feel like?
- How does having low health literacy impact an individuals' health?
- What impact does low health literacy have on the NHS?
- Tools and techniques that can help support people with low health literacy

Who is this course for?

Anyone who comes into contact with patients on a regular basis, including doctors, nurses, allied health professionals, and admin staff

Book now!

Group sessions are available via MS Teams

For information or to book visit our webpage:
<https://healthacademy.lancsteachinghospitals.nhs.uk/library/library-training/>

or email library@lthtr.nhs.uk

Learner Support

Someone to
listen
support, advice
and guidance
To open form
click here

We hope that you are all keeping safe, well and are settling in to your new roles and placements within the Trust. The Learner Support team are here to offer support, advice and guidance on academic, personal, health, conduct and professional matters to all the trusts learners. We are based on the 1st floor of the Health and Wellbeing Centre, which is situated in between Health Academy 1 and the Sharoe Green unit.

We have a quiet room for you to access if you need time to yourselves to gather your thoughts and reflect on an issue which is troubling you. There are comfortable chairs, books, refreshments and various self-help information available. This room has had a great response and the feedback is fantastic. If you would like to take a look please let us know.

If you do find yourself needing someone to listen or need a little help and support, you can contact us by email, telephone, face to face/ virtual, by clicking on the Learner Support bar (which is on the right hand side of the intranet page) or by a referral form. We are here Monday to Friday 8.30am to 4.30pm. You can contact us by:

Telephone - 01772 528444/4924

Email - learner.support@lthtr.nhs.uk

Intranet – main page, right hand side and click on the button (as above image)

Mindfulness Resilience and Effectiveness Course

An MRE course is due to run at RPH in September/October and we will announce the dates as soon as they are confirmed.

This course is suitable for all staff and has the aim to improve resilience and productivity in our work and personal lives. The course is a mixture of short mindfulness practices (up to 20 minutes) and teaching activities based on Acceptance and Commitments Therapy (ACT). You will be offered the chance to complete some mindfulness practices and other exercises between sessions. These may take 10-20 minutes a day and are optional, but you are likely to get far more out of the course if you are able to practice between sessions.

The course we will be doing was developed by Dr Paul Flaxman (City University London) and is already being used by other organisations, such as Northumbria Healthcare. It has a sound evidence base and has been shown to increase psychological flexibility, performance, and wellbeing for staff. The focus is on developing mindfulness skills of directing attention to the present moment and accepting where we are at that point, as well as helping us to consider how we can use our values as a guide to actions. It has been identified that when we are acting in a way that is consistent with our values we are less stressed.

If you would like to be notified of upcoming mindfulness courses/sessions, please email mindfulnessforstaff@lthtr.nhs.uk and ask to be added to the mailing list. It is ok to provide a personal email.

Mindfulness Short Sessions for August

We hope you can join our Clinical Psychologist/Mindfulness Teacher, Peter, for our short sessions in August. The theme this month is continuing from July: Summer breeze – Whether your summer is busy or quiet, this is a mid-week chance to pause and recharge.

They will be half hour sessions taking place on the following dates:

Wednesday 3 rd August	2.30pm
Wednesday 17 th August	2.30pm
Wednesday 24 th August	2.30pm
Wednesday 31 st August	2.30pm



Please click on the link to join:

[Join Microsoft Teams Meeting](#)

[Learn more about Teams](#) | [Meeting options](#)

If you would like to get a taster of what a mindfulness short session is like, please click on the link below to view a recording of a previous session:

<https://web.microsoftstream.com/video/843131d6-aa0d-4d21-a119-65bf6bdbc2e0>

Microsoft Teams Sessions - No need to book

For more information contact the Health and Wellbeing Team:

mindfulnessforstaff@LTHTR.nhs.uk

**You Can find instructions on how to join teams
on the intranet**

Search Microsoft Teams installation guide



Improve your knowledge of anatomy

We are running a series of **lunchtime training sessions** on Anatomy TV. Each training session will take place online via **Microsoft Teams** and lasts for approx. **30 minutes**.

To book onto a session please email Amy.Belch@lthtr.nhs.uk.

Training dates and times are shown below:



The ultimate **online 3D human anatomy** educational resource.

[Redacted]
[Redacted]
Tuesday 9th August - 12pm
Monday 5th September - 1pm
Friday 7th October - 12pm
Tuesday 1st November - 1pm
Monday 5th December - 12pm

Contact Us

Royal Preston
01772 522763
Chorley
01257 245606
library@lthtr.nhs.uk

YOUR LIBRARY SERVICE

WORK AND STUDY - GET SUPPORT - RELAX

Visit our website to find out more about the full range of services which are available:

www.healthacademy.lancsteachinghospitals.nhs.uk/library

Follow us on
@LancsHospLib

