

LIBRARY NEWS: SEPT 2022

Check out the Library's new Instagram page!



@lancshosplib



Scan me!

There is still time to win £50!!



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!!**



Welcome to all our students!

We're here to help so ask us about:

- **Textbooks**
- **How to renew books**
- **E Resources and Athens registration**
- **Dynamed, BMJ Best Practice, Anatomy TV, Internurse and many other databases**
- **Browzine: to access full text journal content**
- **Fiction and well being books**
- **and much more...**

Don't forget to follow us on Twitter, Instagram and Facebook @lancshosplib



Pop-up Library in Charters every Wednesday!

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

**7th September
14th September
21st September
28th September**

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** on the **1st Tuesday of every month** between **12-1pm** to offer advice and support with our Electronic Library Resources. Find out how to:

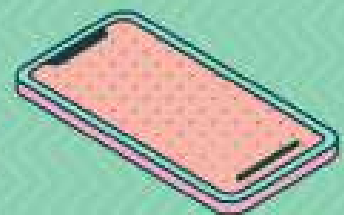
Keep up-to-date in your speciality

Register with OpenAthens

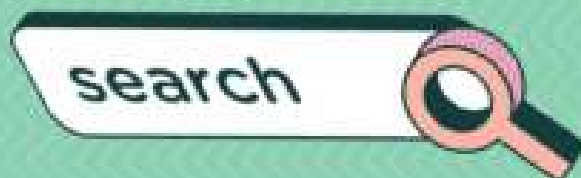
Access Electronic Journals

Find evidence for patient care

Earn CME points... and more!



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



Books of the month: September

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!

Fiction Book of the month



Meredith Maggs hasn't left her house in 1,214 days. But she insists she isn't alone.

She has her cat, Fred. Her friend Sadie visits when she can. There's her online support group, StrengthInNumbers. She has her jigsaws, favourite recipes, her beloved Emily Dickinson, the internet, the Tesco delivery man and her treacherous memories for company.

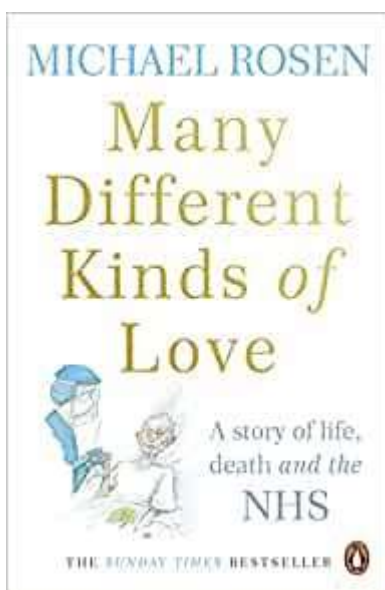
But something's about to change.

First, new friends Tom and Celeste burst into her life. Then an estranged sister she hasn't spoken to in years.

Suddenly her carefully curated home is no longer a safe place to hide.

Whether Meredith likes it or not, the world is coming to her door . . .

Factual book of the month



Michael Rosen wasn't feeling well. Soon he was struggling to breathe, and then he was admitted to hospital, suffering from coronavirus as the nation teetered on the edge of a global pandemic.

What followed was months on the wards: six weeks in an induced coma, and many more weeks of rehab and recovery as the NHS saved Michael's life, and then got him back on his feet. Throughout Michael's stay in intensive care, a notebook lay at the end of his bed, where the nurses who cared for him wrote letters of hope and support. Embarking on the long road to recovery, Michael was soon ready to start writing about his near-death experience.

Combining stunning new prose poems by one of Britain's best loved poets and the moving coronavirus diaries of his nurses, doctors and wife Emma-Louise Williams, this is a beautiful book about love, life and the NHS.

Sustainability

Learn how to live more sustainably and help save the planet! Visit our Sustainability webpage to find out what library resources, NHS documents and case studies are available on this issue <https://bit.ly/3JThbiw>

September 19th-September 26th is Recycle week for more information see <https://bit.ly/3ciBHMV>





Need evidence on a specific ophthalmology topic? You can access BMJ Best Practice and DynaMed to browse the latest medical research in ophthalmology – helping you make evidence-based decisions at the point of care:

BMJ Best Practice – Ophthalmology DynaMed – Ophthalmology

Both BMJ Best Practice and DynaMed offer the following:

- Evidence Based articles
- Practice changing updates
- GRADE recommendations
- Links to national and international guidelines
- Patient information leaflets

You can also earn CME/CPD credits while searching for answers to your clinical questions. Reduce time spent preparing for appraisal and revalidation and demonstrate continuous improvement and development.

While working from an NHS PC you will not need a username and password. While working from a non-NHS PC you will need your OpenAthens username and password. You can register here for an OpenAthens account. Both BMJ Best Practice and DynaMed can be downloaded as apps. Please contact library@lthtr.nhs.uk if you would like help accessing BMJ Best Practice and DynaMed

BMJ Best Practice
Health Education England
Download the app today to get fast access to clinical answers.
Funded by Health Education England, free to all NHS staff

DynaMed
CONFIDENCE IN PRACTICE
Search Clinician

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](#).

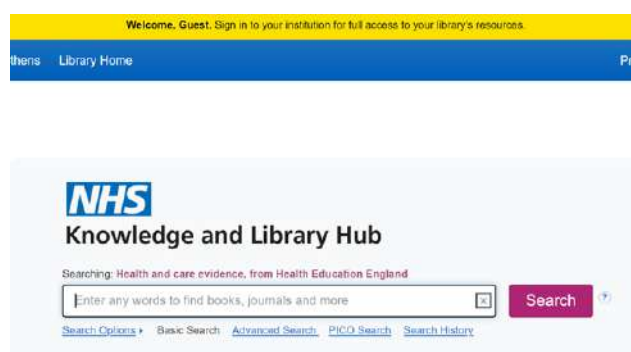
The hub provides full access to the library's collection of electronic journals and some ebooks. You can search for a topic, a journal article or journal title and where full-text is available you can download or save articles.

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





National Inclusion Week

2022 26 September
2 October

National Inclusion Week (NIW) is a week dedicated to celebrating inclusion and taking action to create inclusive workplaces.

The Library has a growing collection of books on diversity and resources on subjects such as race, neurodiversity, LGBT+ healthcare and mental health.

We support awareness events including LGBT history month, Black history month, South Asian heritage month, International women's day, World menopause day and mental health awareness week, with both displays and resources.

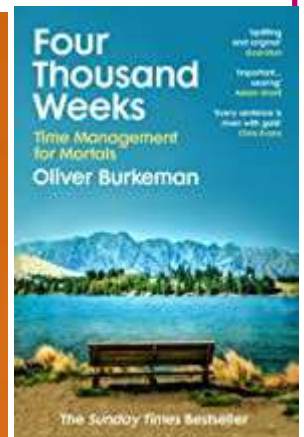
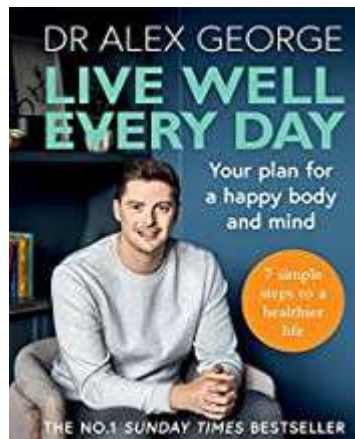
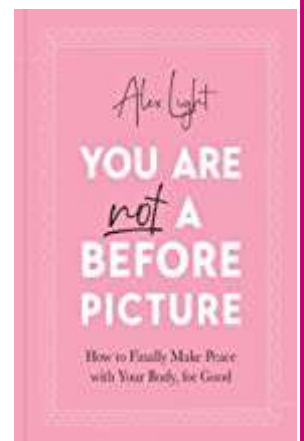
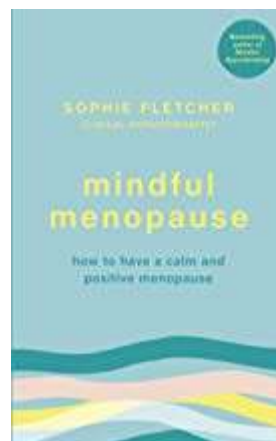
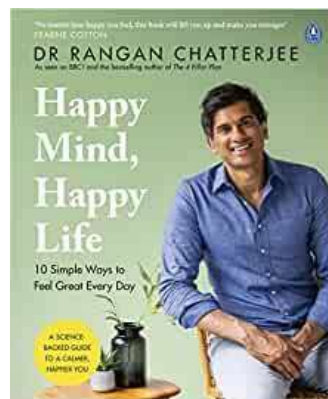
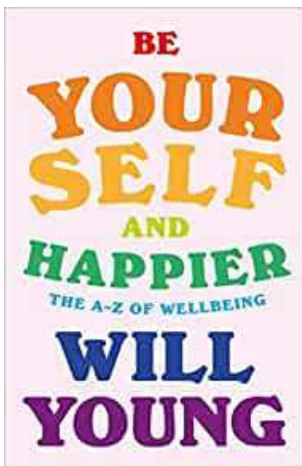
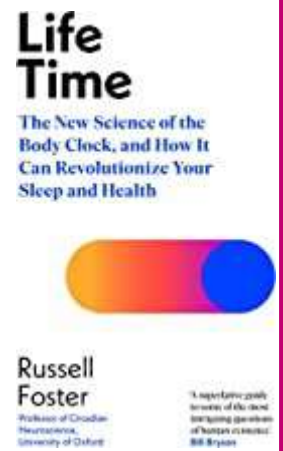
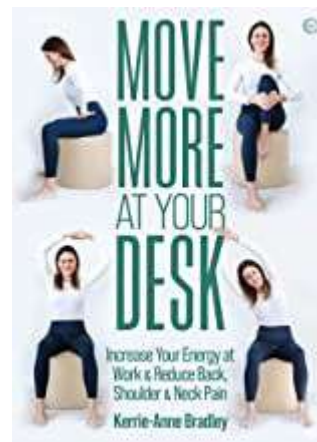
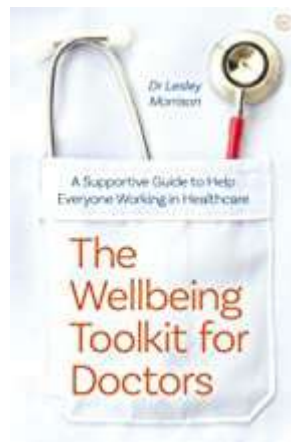
The Library is for everyone.



NEW WELLBEING BOOKS

Here is a selection of some of our new wellbeing books.

Browse the collection at <https://bit.ly/3R3HhSb>



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.

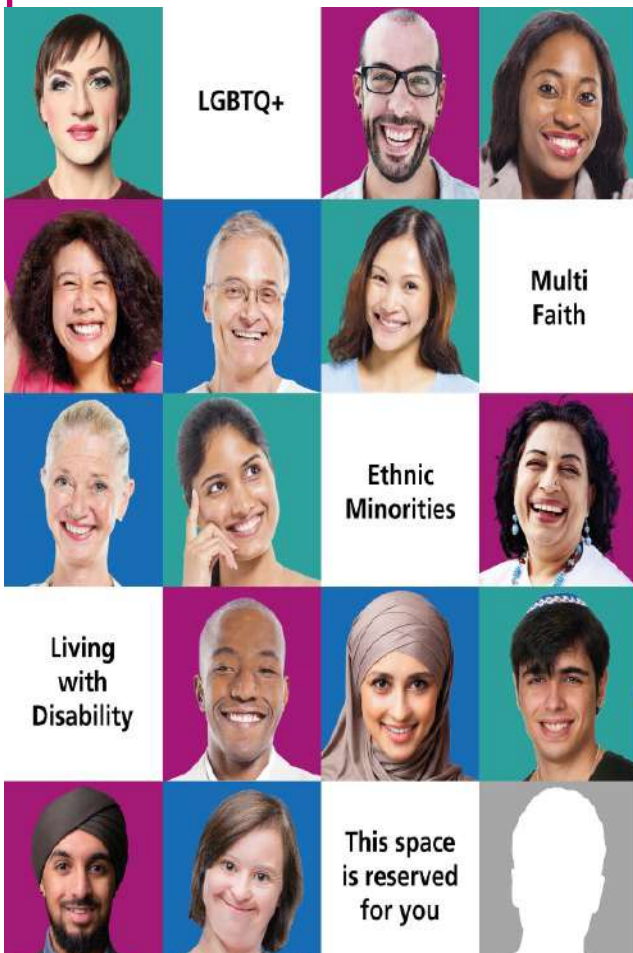
We have a quiet room for you to access if you need time to yourselves to gather your thoughts and reflect on an issue which is troubling you. There are comfortable chairs, books, refreshments and various self-help information available. This room has had a great response and the feedback is fantastic.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

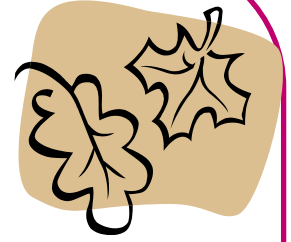


Did you know there were 4 Ambassador Forums in the trust?:

Ethnicity
LGBTQ+
Faith
Living with Disability

To find out more please contact:
Inclusion@LTHTR.nhs.uk or
Tim Brown Diversity & Inclusion Practitioner
Tim.Brown@LTHTR.nhs.uk

Mindfulness Short Sessions for September



September: Autumn leaves - A chance to pause in the day and practice mindfulness with poetry and reflections on the theme of seasons and change.

Come along to practice some mindfulness and meet Peter, our new Clinical Psychologist/Mindfulness teacher in the Staff Wellbeing team.

New and returning attendees welcome! If you have any difficulties accessing the session please contact the team: mindfulnessforstaff@lthtr.nhs.uk

- **7th September 2.30 pm**
- **14th September 2.30 pm**
- **21st September 2.30 pm**
- **28th September 2.30 pm**



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**.



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

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

Training dates and times are shown below:

Tuesday 13th 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

