

LIBRARY NEWS: Dec 2022



We are open 24/7 as usual throughout Christmas and New year. Access is with your ID card. Please email idbadge@lthtr.nhs.uk if your card does not work.

Library staffed hours:

Over Christmas RPH library will NOT be staffed:

Monday 26th December -

Tuesday 27th December (Bank holiday) inclusive &

Monday 2nd January (Bank holiday)

&

CDH library will NOT be staffed:

22nd December –3rd January

inclusive

We wish you a peaceful and safe

2023

Celebrate our successes!!

2022 has been a busy year with lots of changes in the team. We have had some staff sadly move on to new ventures but have been lucky enough to have 4 new staff members join our growing team. We have also loved welcoming more of you back into the library ! Here is an overview of what we've been up to...

January:

We started the year off by welcoming **Georgia** as a Library Assistant. She works across both the clinical and operational teams on Tuesdays, Thursdays and Fridays.

We started up the User profiles project. The aim is to better understand users' needs and how we can tailor the library to best suit these. If you are a **Modern Matron, Midwife, Junior Doctor - FY1/FY2** please get in touch!

The new Medical Core Collection was launched. The [Medical Core Collection](#) is a list of books that health care libraries should stock in order to have a collection that covers the major texts in key areas of medicine . **Sarah** was part of the core working group who updated the collection and contributed to various discussions on what should and shouldn't be included.



We worked in conjunction with the new Ophthalmology unit at CDH to provide better and more updated resources for their staff.

February:

Deidre updated various reading lists including anxiety and dementia, with new titles. Find them [here](#).

Joanne, Sarah and Georgia took part in the Trust's sustainability group meeting and came away with books to order and an action plan on how we can make the library more sustainable.

March

Library assistant **Jane** aided Dr Ashoke Biswas in his care of a patient with advanced cancer. Using the evidence Jane provided, Dr Biswas consulted with the patient and changed the proposed treatment plan.

Eva, Louisa and Andrew attended a Knowledge and Library Hub project meeting. The Knowledge and Library Hub is a new database of collated NHS resources to help you find evidence. You can access it [here](#).

Don't have time to access the journal articles you need? - get in touch

<https://healthacademy.lancsteachinghospitals.nhs.uk/library/article-request/>

Amy put on Anatomy TV training for the **operational team** to help them better understand it's users in order to promote it to users.

Zareena took part in the BAME forum; a chance for BAME to voice their issues, concerns and experiences within the Trust and to create a better working culture for this community.

April:

Georgia attended the LIHNN new starters event , a chance to get to know other new starters in health libraries across the country.

Andrew gave an information session on Northern Lights. Northern Lights is a newsletter for librarians working in the north. The newsletter allows library staff working in the health sector to share information and good practice. Andrew is the current chair of the editorial group and in April he gave a talk introducing Northern Lights to new starters in the region.

The **Clinical team** took part in Grey Literature search training by Health Education England to help them when searching for more obscure evidence.

May



We returned to Charters running our weekly promotions and information sessions about all things library! Find us there every Wednesday between 12-1pm where you can borrow and return books, join the library and ask about the services we offer.

Following on from the meeting in February the books arrived for sustainability group. These include a range of titles to promote sustainability and create more eco-friendly habits.

Louisa took part in the Trust's Health and Well-Being Champion meeting. Since then we have updated our book collection to better suit staff needs. You can search the titles [here](#).

June:

We welcomed two new team members:

- **Siobhan** joined the team as the new Knowledge and Library Services Manager.
- **Ruth** started as a Clinician Librarian-she's in the office Wednesday-Friday.

We ran an Open Day at our Chorley site to help promote the wonderful services that we run. There was even a special guest appearance from Harry Styles!

Joanne, one of the 'amazing' clinical librarians graduated from coach training with the Lancashire Microsystem Coaching Academy. During the 9 month course, she co-coached the hospital STAR



team to help them implement a service improvement and also worked on her own personal improvement project to improve her running, finishing with a 10k race in the Lake District.



July

Our Knowledge and library service manager **Siobhan** joined HEE representatives and other health library leaders and to present at CILIP's (Chartered Institute for Library and Information Professionals) annual conference in Liverpool. The theme was *Renewal - Reflections from Healthcare*. Siobhan presented on delivering a strategic business case for improved KLS staffing levels, ensuring the renewal and growth of both services and the knowledge specialists that work in our vibrant sector.

August:

It was the turn of **Andrew and Amy** to make their much anticipated return for the monthly e-resources information sessions in Charters. Come along and see them the first Tuesday of every month!

August saw the return of medical students so the whole team was busy with library welcomes and inductions about the variety of services we offer.

Andrew took part in a wellbeing pop up to help promote the Library's wellbeing resources to the wider trust staff.

September:

Georgia started her Masers degree in Library and Information Services Management at the University of Sheffield.

Maisie joined the team as a Library Assistant in the operational team. She works Monday-Friday, normally at RPH.

October:



October saw our first in person 'away day' since COVID. We spent the day talking all things library, our vision for the next year and some members of the team got to meet each other for the first time! We also had a new team picture taken as our old one was very old!

Maisie and Louisa attended the Library Assistant Study Day-a chance to collaborate and learn about best practice from other services and colleagues across the country. The main focus of the day was disability and wellbeing.

November:

This month was a busy month helping and welcoming new starters into the Trust! **Joanne, Sarah and Zareena** have been busy offering library inductions and the **operational team** helped all the new adaptation nurses settle in.

On 24th we also had some students from Preston college spend the morning with us. **Andrew, Maisie, Sarah and Ruth** showed them about the different roles and duties within a health library setting.

Congratulations were in order for **Siobhan** who's work on the Health Literacy national community of practice was recognised on a national scale at the Knowledge and Information Management awards. They were awarded second place coming in closely behind the Home Office so quite the achievement!

December:

The Library survey, looking at how users search for information, closed. Thank you to everyone who took part! The **E-Resources** team are looking forward to interpreting the results and implementing any changes.

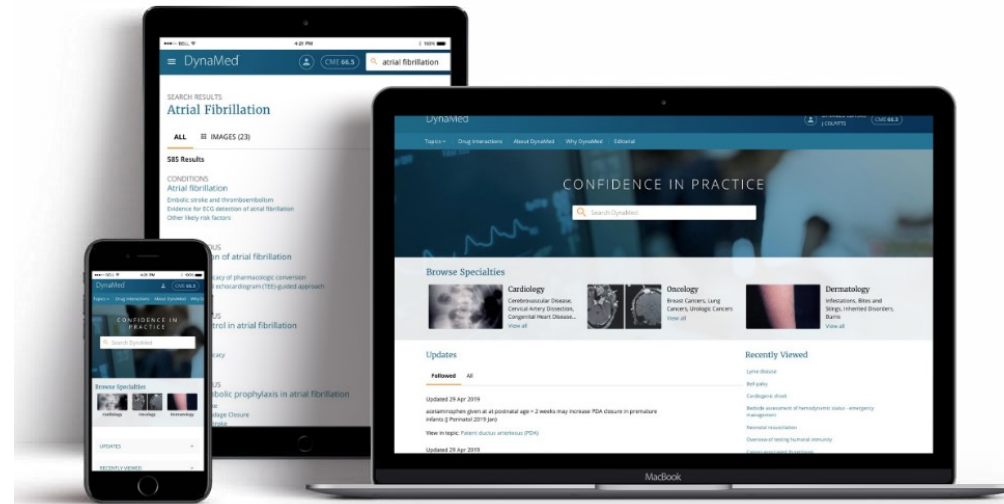
We are very proud to announce that the Library Team has been awarded **3rd place for the best "Non-Clinical Staff Award"**. This award is voted for by the medical students.

Amy, Eva and Siobhan are looking forward to attending the LIHNN Christmas study day, an annual event that allows colleagues to collaborate and reflect on best practice.

We had the sad news that **Joanne** will be leaving our service come the new year. Thank you Joanne for all your hard work and dedication. You will be missed!

Finally, we are due to the end the year with our Christmas Away Day where will reflect on our practice throughout the year and see what can be improved going forward!

Get easy, fast, and reliable answers to clinical question with DynaMed



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[DynaMed](#) is a clinical point of care tool that aims to help clinicians overcome information overload. You will not need a username and password to access DynaMed while working from a Trust device. For home access you will need your OpenAthens username and password. You can register [here](#) for your OpenAthens account.

Here are 5 reasons why you should give DynaMed a try:

- DynaMed helps you to be confident in your practice and saves you time. It provides the busy clinician with key takeaways, targeted synopses, and clearly defined recommendations based on the best evidence and clinical expertise.
- DynaMed can help you with revalidation, training & earning CPD credits.
- DynaMed can keep you up to date with practice changing updates
- You can use DynaMed anywhere by downloading the app to your mobile devices
- DynaMed articles link to UK and International Guidelines

If you would like to find out more about DynaMed then please Andrew.Craig@lthtr.nhs.uk

16th November-16th December is Disability History Month.

The theme for this year is **Disability, Health and Wellbeing**. Some of the aims of the month are to help increase awareness of what constitutes a disability and how everyone can be more aware of disability, long-term health conditions and wellbeing.

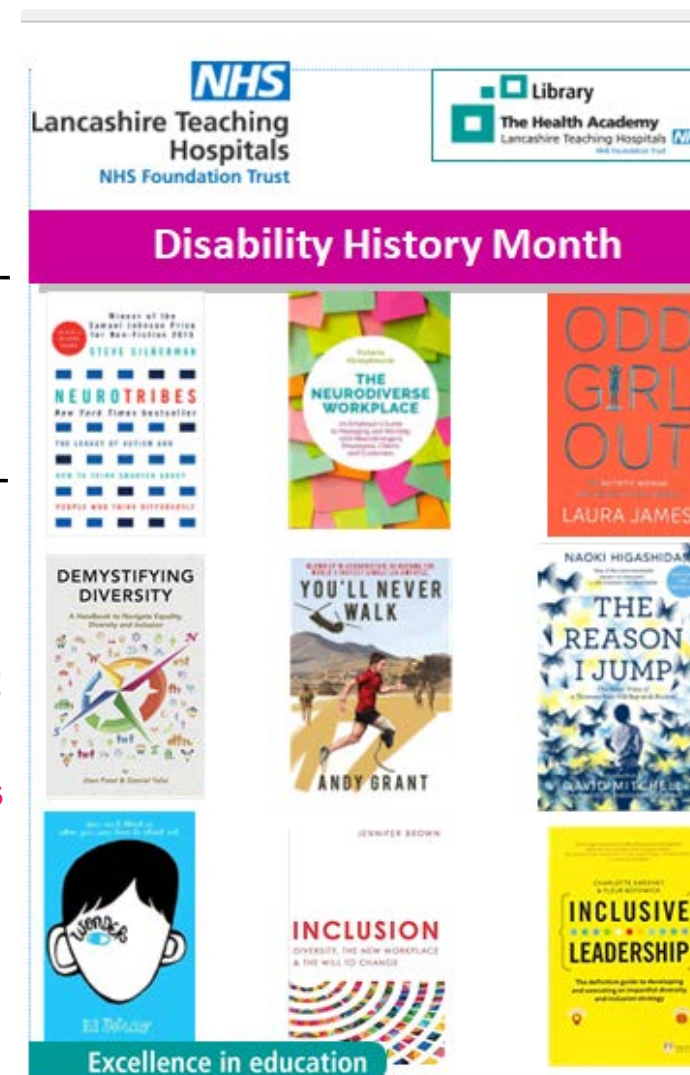
This is the definition of disability provided by the Equality Act is as follows: **A disability is a condition that effects an individual's ability to carry out normal day-to-day activities. It can be a mental health or physical condition, visible or hidden, it can last 12 months or longer, and be recurring.**

Further support can be found through:
The Equality, Diversity and Inclusion forums (contact inclusion@lthtr.nhs.uk)

Your line manager / colleagues
Library and Knowledge services
staff and display areas: these will be available during the above times, at both Chorley and Preston Health Academy's
Your Health and Wellbeing newsletter

We hope to expand the membership of our Ambassador forums, if you have new ideas, are enthusiastic and would like to be involved please contact: inclusion@lthtr.nhs.uk

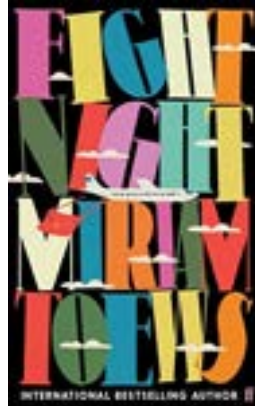
We would love for you to get in touch on how we can better aid users with disabilities and make our services more accessible. Please contact us at the library email: library@lthtr.nhs.uk



Best Books of 2022

Stuck with what to get the person who has everything or simply wanting a new read, the library team have put together their best reads of the year.

Ruth recommends: Fight Night by Miriam Toews



Swiv, a 9-year-old girl who lives with her heavily pregnant actress mother and physically frail but indomitable grandmother Elvira in a small apartment in Toronto. Elvira has fought all her life - against a repressive patriarchal religious community through emigration and a troubled family history dogged by mental health issues and suicides. From the outset it is clear that her days are numbered, and she is dedicating her remaining time to bringing up Swiv, supporting Swiv's mother, and living her fullest life by 'focussing on the big picture'. Her mantra is that women have to fight - Swiv has taken this very literally and as a result has been suspended from school, so Elvira is teaching her at home in rather unorthodox ways.

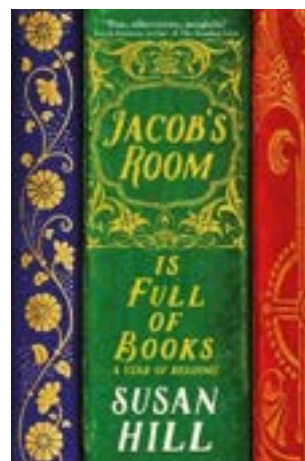
Deirdre recommends...How To Kill Your Family by Bella Mackie

When Grace Bernard discovers her absentee millionaire father has rejected her dying mother's pleas for help, she vows revenge, and sets about to kill every member of his family. Readers have a front row seat as Grace picks off the family one by one – and the result is as and gruesome as it is entertaining in this wickedly dark romp about class, family, love... and murder. But then Grace is imprisoned for a murder she didn't commit.



Like the sound of this? You can find this book at RPH

Andrew recommends: Jacob's Room is Full of Books by Susan Hill



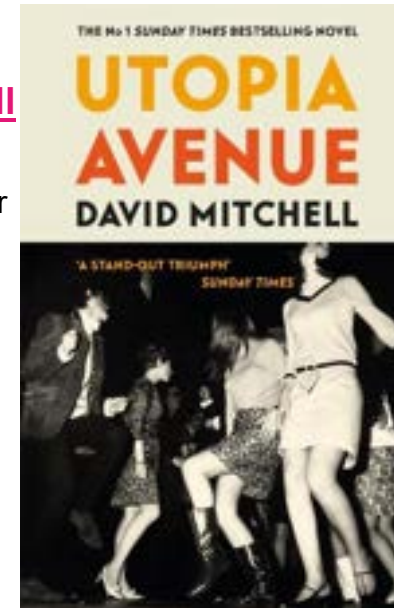
Susan Hill charts a year of her life through the books she has read, re-read or returned to the shelf. From beneath a shady tree in a hot French summer, or the warmth of a kitchen during an English winter, Hill reflects on what her reading throws up, from writing and writers to politics and religion, as well as the joy of dandies or the pleasure of watching a line of geese cross a meadow. Full of wry observations and warm humour, as well as strong opinions freely aired, this is a rare and wonderful insight into the rich world of reading from one of the nation's most accomplished authors.

Like the sound of this? You can find this book at RPH

Shvonne recommends: Utopia Avenue-David

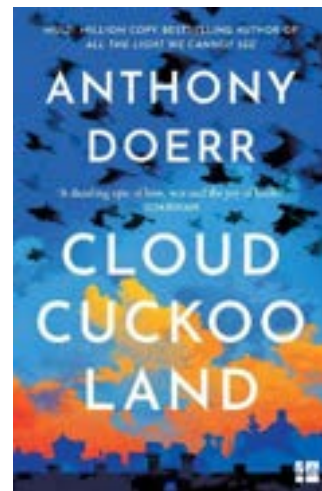
Mitchell

Utopia Avenue are the strangest British band you've never heard of. Emerging from London's psychedelic scene in 1967 and fronted by folksinger Elf Holloway, guitar demigod Jasper de Zoet and blues bassist Dean Moss, Utopia Avenue released only two LPs during its brief and blazing journey from the clubs of Soho and draughty ballrooms to *Top of the Pops* and the cusp of chart success, to glory in Amsterdam, prison in Rome and a fateful American fortnight in the autumn of 1968. Can we change the world in turbulent times, or does the world change us? Utopia means 'nowhere' but could a shinier world be within grasp, if only we had a map?



Eva recommends Cloud Cuckoo Land by

Anthony Doerr

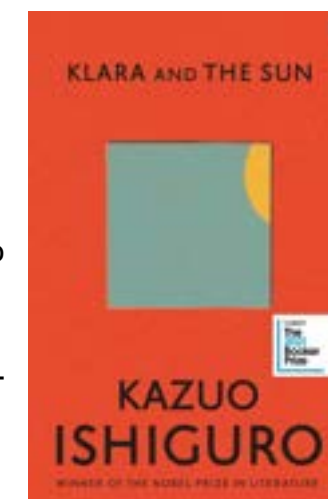


Cloud Cuckoo Land follows three storylines: Anna and Omeir, on opposite sides of the formidable city wall during the 1453 siege of Constantinople; teenage idealist Seymour and gentle octogenarian Zeno, in an attack on a public library in present day Idaho; and Konstance, on an interstellar ship bound for a distant exoplanet, decades from now. A single copy of an ancient text – the story of Aethon, who longs to be turned into a bird so that he can fly to the paradise of Cloud Cuckoo Land – provides solace, mystery, and the most profound human connection to these five unforgettable characters.

Sarah recommends Klara and the Sun

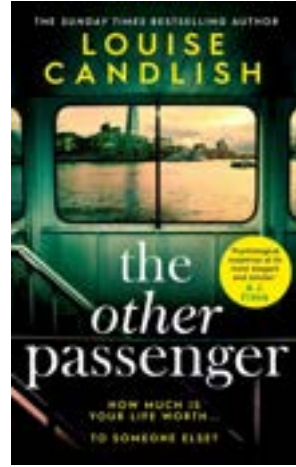
by Kazuo Ishiguro

The novel tells the story of Klara, an Artificial Friend with outstanding observational qualities, who, from her place in the store, watches carefully the behaviour of those who come in to browse, and of those who pass in the street outside. She remains hopeful a customer will soon choose her, but when the possibility emerges that her circumstances may change for ever, Klara is warned not to invest too much in the promises of humans.



Like the sound of this? You can find this book at RPH

Zareena recommends... *The Other Passenger* by Louise Candlish.



You're feeling pretty smug about your commute to work by riverboat. You've made new friends on board - led by your hedonistic young neighbour, Kit - and just had your first official 'water rats' get-together. The day after the drinks, Kit isn't on the morning boat. The river landmarks are all the same, but something's off. When you disembark, the police are waiting. Kit's wife, Melia, has reported him missing and another passenger saw you arguing on the last boat home after your drinks. Police say you had a reason to lash out at him. You protest. You and Kit are friends - ask Melia, she'll vouch for you. And who exactly is pointing the finger? No, whatever coincidences might have occurred last night, you are innocent, totally innocent. Aren't you?

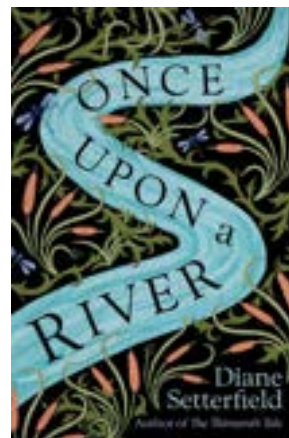
Louisa recommends: *Reader's of the broken wheel* recommend by Katarina Bivald

Sara is 28 and has never been outside Sweden - except in the (many) books she reads. When her elderly penfriend Amy invites her to come and visit her in Broken Wheel, Iowa, Sara decides it's time. But when she arrives, there's a twist waiting for her - Amy has died. Finding herself utterly alone in a dead woman's house in the middle of nowhere was not the holiday Sara had in mind. But Sara discovers she is not exactly alone. For here in this town so broken it's almost beyond repair are all the people she's come to know through Amy's letters: poor George, fierce Grace, buttoned-up Caroline and Amy's guarded nephew Tom. Sara quickly realises that Broken Wheel is in desperate need of some adventure, a dose of self-help and perhaps a little romance, too. In short, this is a town in need of a bookshop.



Like the sound of this? You can find this book at RPH

Joanne recommends *Once Upon a River* by Diane Setterfield



On a dark midwinter's night in an ancient inn on the Thames, the regulars are entertaining themselves by telling stories when the door bursts open and in steps an injured stranger. In his arms is the drowned corpse of a child. Hours later, the dead girl stirs, takes and breath and returns to life. Is it a miracle? Is it magic? And who does the little girl belong to? An exquisitely crafted multi-layered mystery brimming with folklore, suspense and romance, as well as with the urgent scientific curiosity of the Darwinian age, *Once Upon a River* is as richly atmospheric as Setterfield's bestseller *The Thirteenth Tale*.

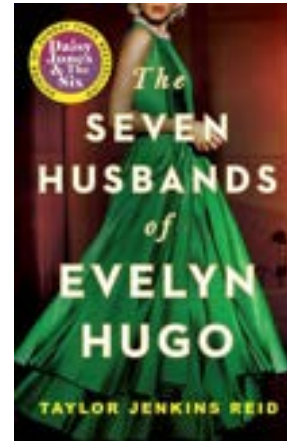
Like the sound of this? You can find this book at RPH

[Georgia recommends...The Story of Silence by Alex Myers](#)

There was once, long ago, a foolish king who decreed that women should not, and would not, inherit. Thus when a girl-child was born to Lord Cador - Merlin-encharnted fighter of dragons and Earl Cornwall - he secreted her away: to be raised a boy so that the family land and honour would remain intact. That child's name was Silence. Silence must find their own place in a medieval world that is determined to place the many restrictions of gender and class upon them. With dreams of knighthood and a lonely heart to answer, Silence sets out to define themselves. Soon their silence will be ended.



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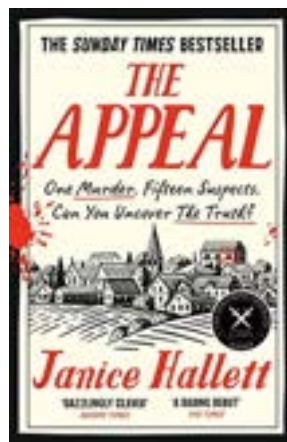
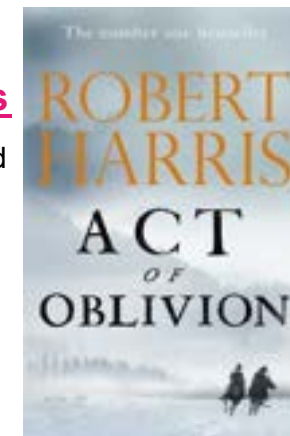
[Amy recommends...The Seven Husbands of Evelyn Hugo' by Taylor Jenkins Reid](#)

Aging and reclusive Hollywood movie icon Evelyn Hugo is finally ready to tell the truth about her glamorous and scandalous life. But when she chooses unknown magazine reporter Monique Grant for the job, no one is more astounded than Monique herself. Why her? Why now? Summoned to Evelyn's luxurious apartment, Monique listens in fascination as the actress tells her story. Evelyn unspools a tale of ruthless ambition, unexpected friendship, and a great forbidden love. Monique begins to feel a very real connection to the legendary star, but as Evelyn's story near its conclusion, it becomes clear that her life intersects with Monique's own in tragic and irreversible ways.

[Like the sound of this? You can find this book at RPH](#)

[Jane recommends...Act of Oblivion by Robert Harris](#)

1660, General Edward Whalley and Colonel William Goffe, father- and son-in-law, cross the Atlantic. They are on the run and wanted for the murder of Charles I. Under the provisions of the Act of Oblivion, they have been found guilty in absentia of high treason. In London, Richard Nayler, secretary of the regicide committee of the Privy Council, is tasked with tracking down the fugitives. He'll stop at nothing until the two men are brought to justice. A reward of £100 hangs over their heads for their capture, dead or alive.



[Maisie recommends...The Appeal by Janice Hallett](#)

In a town full of secrets... Someone was murdered. Someone went to prison. And everyone's a suspect. Throughout the Fairway Players' staging of All My Sons and the charity appeal for little Poppy Reswick's life-saving medical treatment, the murderer hid in plain sight. Yet we believe they gave themselves away. In writing. The evidence is all here, between the lines, waiting to be discovered. Will you accept the challenge? Can you uncover the truth?

[Like the sound of this? You can find this book at RPH](#)

Cosy Castaway



You are in a remote cabin for the Winter. You can take 3 books: which ones do you choose? Email us at library@lthtr.nhs.uk by the end of Feb 2023 and you could win a £30 voucher of your choice!

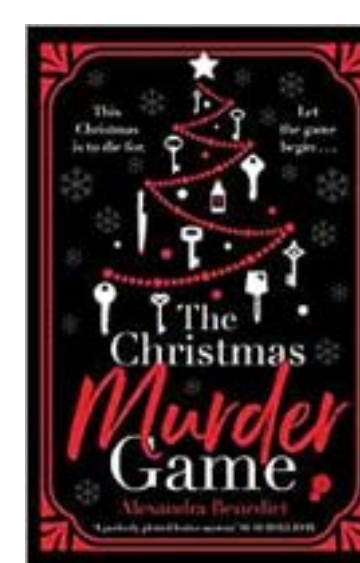
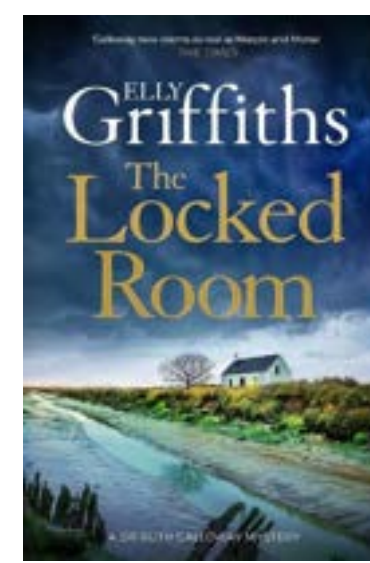
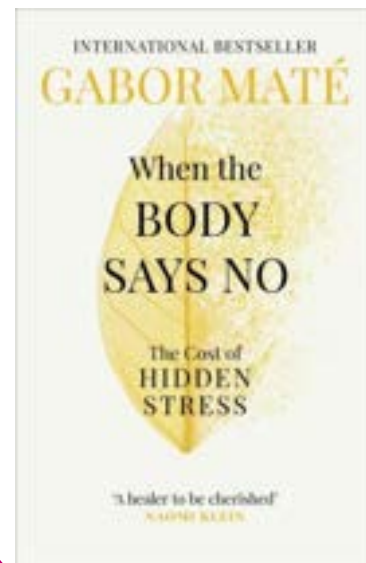
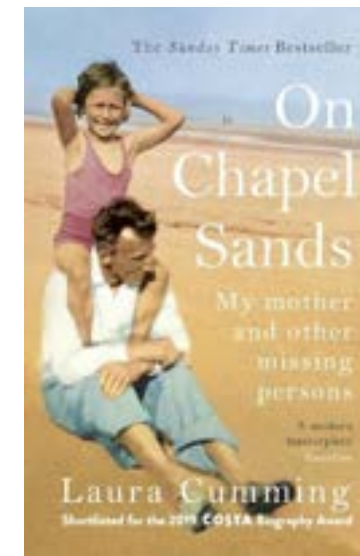
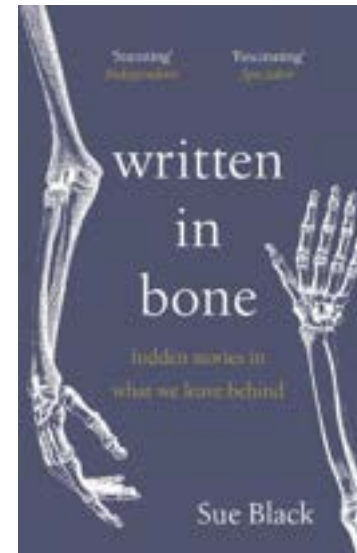


Imagine you are in a remote cabin, snowed in for the winter. Which 3 books would you choose to read? Let us know your name, a short paragraph about yourself and the books you would choose and why. You will then be entered in to a draw to win a £30 voucher of your choice.

Wondering what to do? See examples [here](#)



New Books for December



Struggling with how to use the leftover turkey? Why not try...

Wild Rice, Turkey, Cranberry and Pecan Salad.

From Nigella Christmas-available to borrow from RPH.

A light and refreshing salad perfect for not only using up the leftover turkey but also the cranberries and any greens.

Serves 6-8

500g wild /basmati rice

75g dried cranberries

500g cold cooked turkey: diced or shredded

2x1 ml tablespoons of cranberry sauce/jelly

2x15ml lime juice

0ml olive oil

75g halved pecans

1 handful of parsley roughly chopped

Library team recommends adding: salad green for example spinach, other leaves, cucumber or leftover Christmas veg such as carrots, sprouts, broccoli



Method

- Cook the rice according to the packet instruction and leave to go cold
- Add the dried cranberries and turkey to the cold cooked rice
- Make the dressing by whisking together the cranberry sauce/jelly, lime juice and oil.
- Toss the dressing through the rice cranberries , turkey and any salad greens you may be adding. Add the halved pecan pieces to the salad with the majority o the parsley. Turn out onto a plate r serving dish, mix through again and sprinkle the remaining parsley on top.

The BMJ Best Practice comorbidities manager



The [BMJ Best Practice comorbidities manager](#) supports the management of the whole patient by including guidance on the treatment of a patient's acute condition alongside their pre-existing comorbidities.

Available on desktop or app, 24/7 on and offline, NHS staff and learners can use BMJ Best Practice, and the new comorbidities manager is designed to help clinicians meet the changing and more complex needs of patients and maximise NHS resources, together resulting in better care for patients.

Watch this [useful, short video](#) to find out more about the co-morbidites tool. If you need any help accessing BMJ Best Practice, please contact **Andrew.Craig@lthtr.nhs.uk**



Improve your knowledge of anatomy

The Library is running a series of lunchtime training sessions on Anatomy TV - the ultimate online 3D human anatomy educational resource.

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:

Monday 5th December - 12pm

Friday 20th January - 1pm

Tuesday 28th February - 12pm

Monday 27th March - 1pm

**Transform how you learn and
teach human anatomy!**




ANATOMY.TV
POWERED BY PRIMAL PICTURES



Winter Word Whizz

How many words of three letters or more can you make using the letters to the right?

16 = good 22 = excellent 27 = genius



The image shows a circular word search puzzle. The letters are arranged in a hexagonal pattern: L (top), P (top-right), C (center), I (right), A (bottom), E (bottom-left), and N (left). The puzzle is surrounded by a decorative border of blue and white snowflakes.

Wishing you a happy holiday season from all of us at the Library service! We hope you get a chance to relax over the festive period and cannot wait to see you back in the library in 2023!



Holiday opening hours

RPH library will NOT be staffed:

Monday 26th December -

Tuesday 27th December (Bank holiday) inclusive &

Monday 2nd January (Bank holiday)

&

CDH library will NOT be staffed:

22nd December –3rd January