

YOUR STAFF LIBRARY NEWS

Volume 23, Issue 4

Date: 01/04/23

Inside this issue:

Cover - EXCITING THINGS ARE HAPPENING AT CDH

Page 2 - INSTAGRAM

Page 3 - NEW BOOKS

Page 4 - DYNAMED

Page 5 - AS SEEN ON SCREEN

Page 6 - STRESS AWARENESS

Page 7 - OXFORD HANDBOOKS

Page 8 - CASTAWAY WINNER

Page 9 - SPRING CASTAWAY

Page 10 - AWARD NOMINATION

There's something exciting happening at Chorley Library...

CDH LIBRARY
GRAND OPENING OF...

NEW
STUDY
PODS

TUESDAY 18TH APRIL, 2023
12PM-2PM. GRAND OPENING
WITH KEVIN MCGEE-2PM

SEE OUR BRAND NEW PODS
PERFECT FOR STUDY AND TEAMS
MEETINGS. FREE TEA, COFFEE
AND SWEET TREATS!

Did you know we have Instagram?

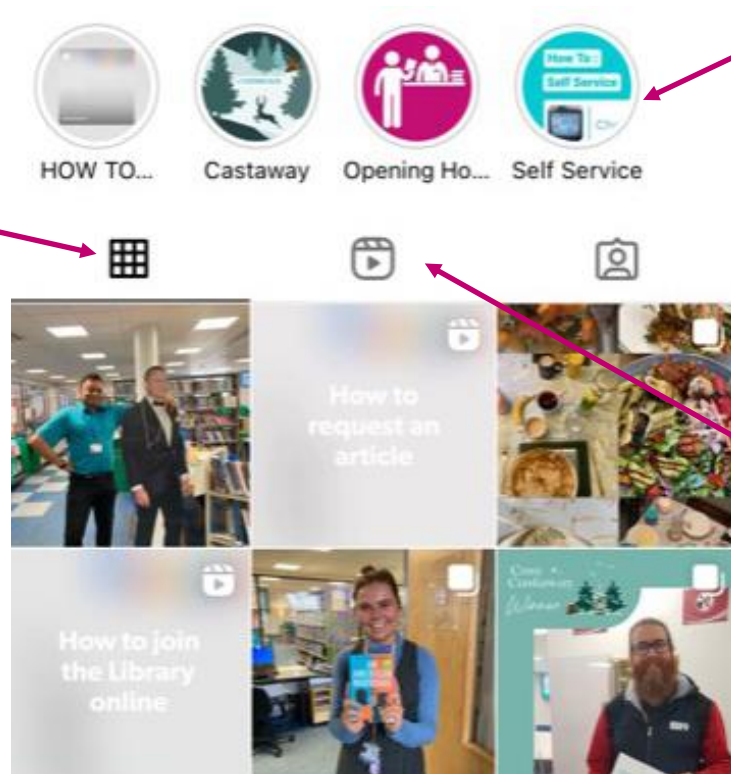
USERNAME-
search for this
on Instagram.
This is how
you'll find us!

**TURN THIS
BOX WHITE!**
Click on this to
give us a follow.



LINKS-Helps
provide quick
access to key
areas eg book
renewals or
joining the
library

THE GRID.
This shows
your our posts
from newest-
oldest.

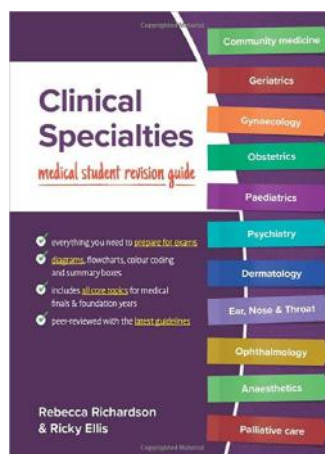
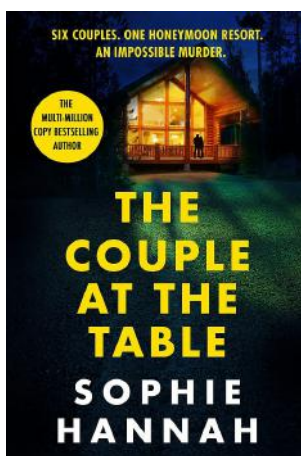
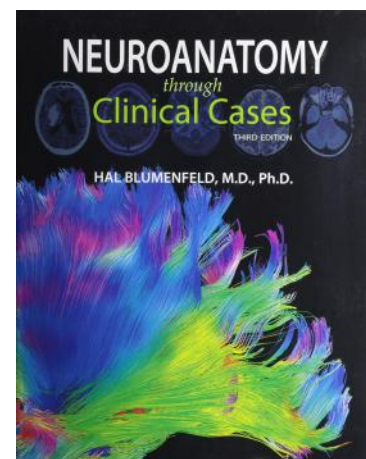
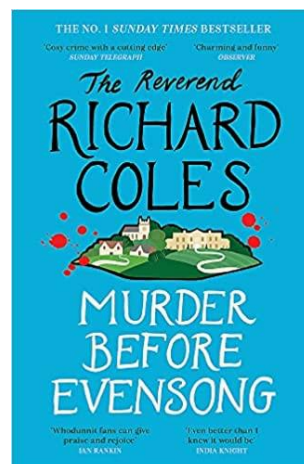
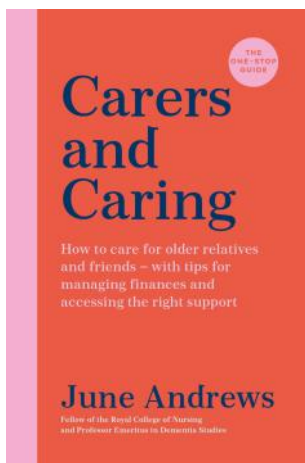
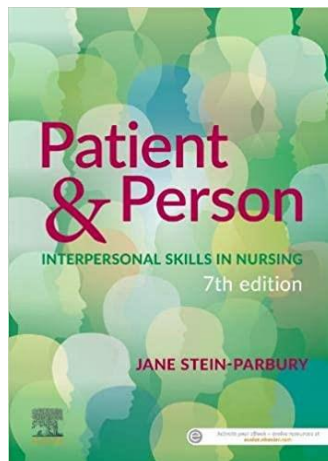
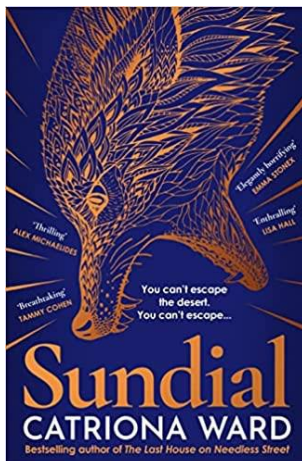


Highlights-
Click on this for
easy access to
important
information.

REELS-Click
on this to watch
our short videos
AKA 'reels'.
Instagram's
version of tik-
tok.

GO ON GIVE US A FOLLOW- Lancshosplib

Want a knowledge upgrade? Fancy escaping into a new world? Check out our newest arrivals!



Want to view all our new in books? You can do so [here](#).

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

[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.



Preventing malnutrition and dehydration promotes health and well-being and reduces pressure on health and social care systems. Follow the *DynaMed* topic on [Malnutrition in Children](#) to access the evidence-based info behind evaluation and management.

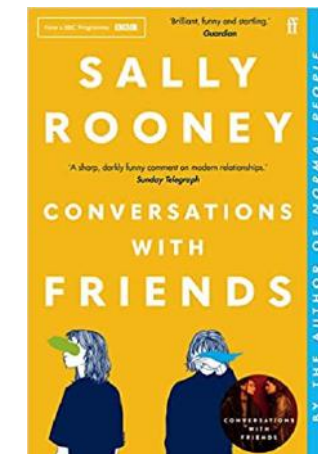
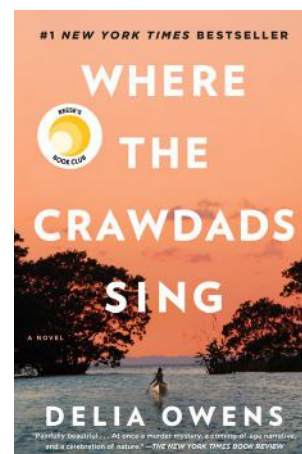
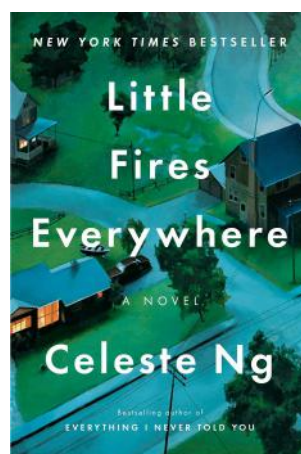
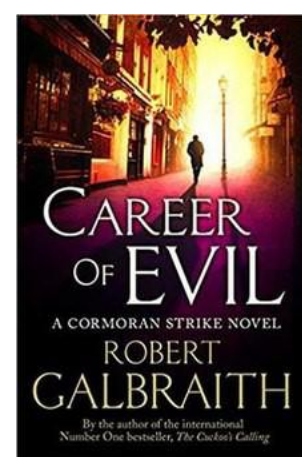
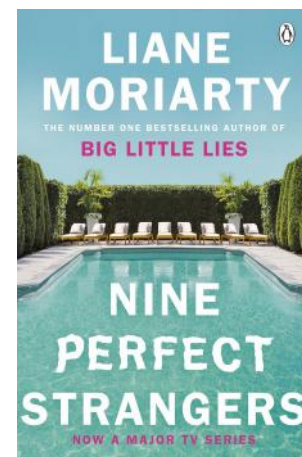
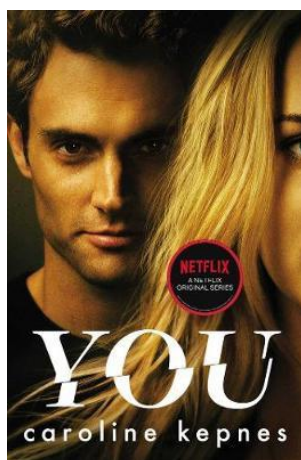
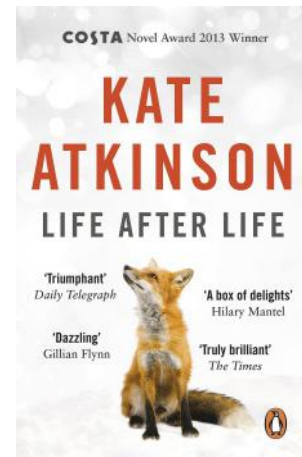
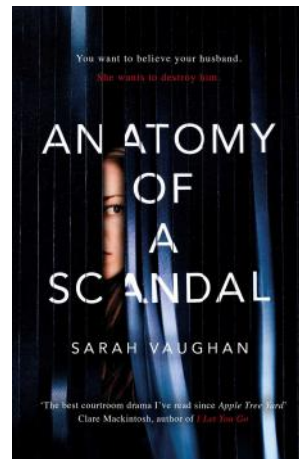
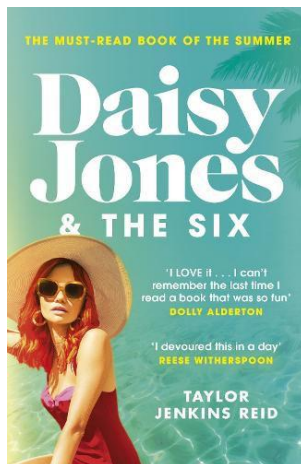
"Periodontal diseases have been linked to cardiovascular diseases, high blood pressure, stroke, diabetes, dementia, respiratory diseases, and mortality, where an inflammatory pathway was depicted.

Follow the topic in *DynaMed* for the evidence-based evaluation and [management of periodontal disease](#). "



You've watched it, why not read it?

With awards season truly upon the library staff have put together our 'As seen on screen' guide to the best book versions of film and TV shows!

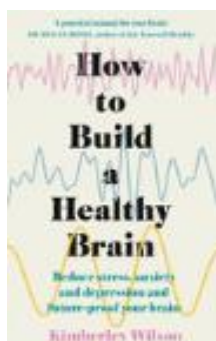




April is Stress Awareness Month.

Now more than ever, many of us are feeling increasing stress and pressure. If you are, the Trust has plenty of resources to help:

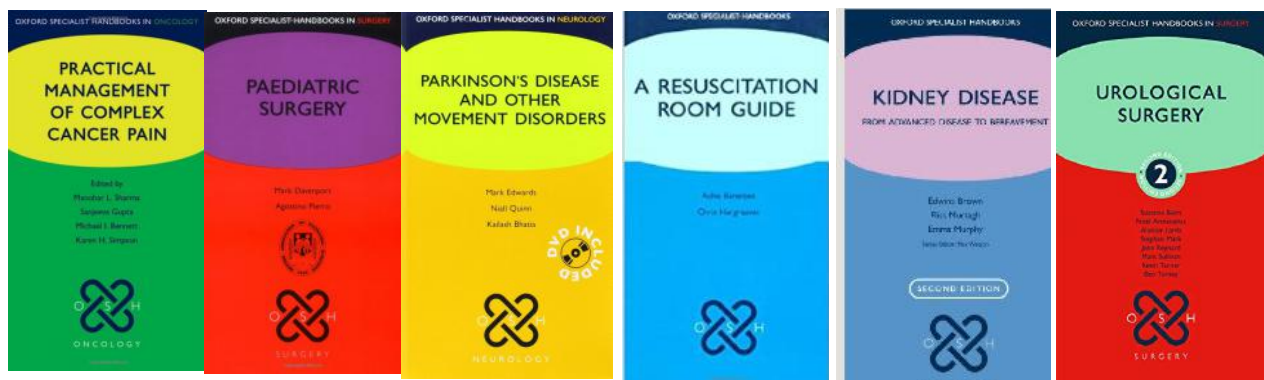
- Why not visit RPH and CDH to find out about our top stress-busting tips?
- Check out our reading list [here](#)
- Use the [Health and wellbeing resources](#) such as [Mindfulness](#) courses. Or get in contact with the team directly:
email psychologyforstaff@lthtr.nhs.uk or call our helpline on 01772 521394, available Monday to Friday 9.30am to 4.00pm.
- Contact charities such as [Mind](#) or [Samaritans](#) for confidential help and support.



DOCTORS!

Whatever your speciality there's a handbook for you!

Check out our range of Oxford specialist handbooks .



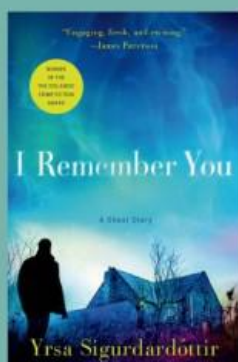
Available as text and e-books! Click [here](#) to see the full collection.

Congratulations to Peter who won our Winter Castaway competition!

Cosy ✨ Castaway



Peter chose to be castaway to a remote cabin with these 3 books.
[Click here to read why!](#)



Castaway



You can only take 3 books
to a remote cottage for the
spring

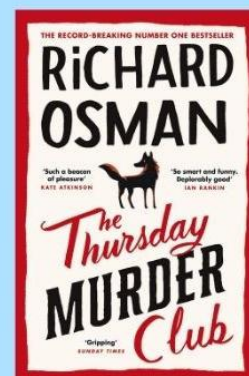
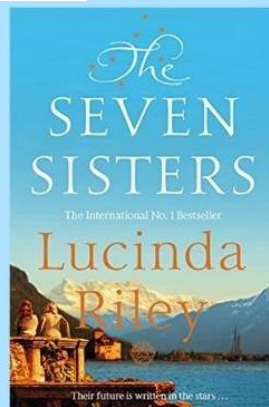
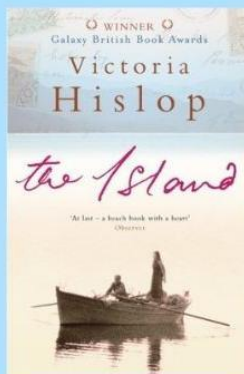


Which ones do you choose?
Email library@lthtr.nhs.uk with
details of the books and why you
have chosen them

Castaway

Our latest Castaway chose these 3 books

Click [here](#) to read why



Team of the year award nomination



We are pleased to announce that the library team have been nominated for Team of the Year in the Our People Awards. We're keeping our fingers crossed for shortlisting!

YOUR LIBRARY SERVICE

Contact Us

Royal Preston Library
Centre 1
01772 522763
library.rph@lthtr.nhs.uk

Chorley Library
Centre 3
01257 245606
library.cdh@lthtr.nhs.uk

24/7 Access to the
Library with Trust ID



Follow us on @LancsHospLib