

# YOUR STAFF LIBRARY NEWS

## Volume 24, Issue 9

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## Non-English Language Books

In the staff library at Preston we  
have a growing collection of  
books available in the following  
languages:



German



Gujarati



Polish



Urdu



Hungarian

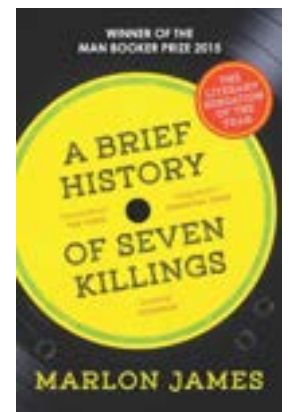
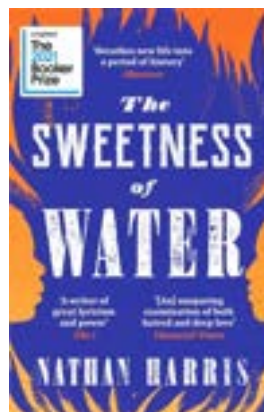
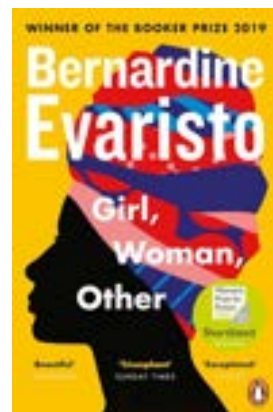
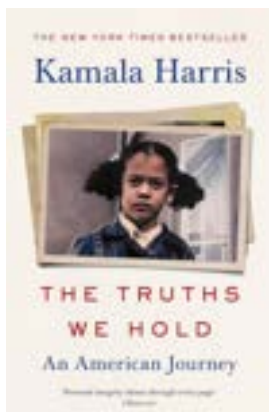
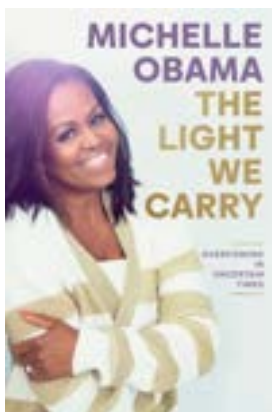
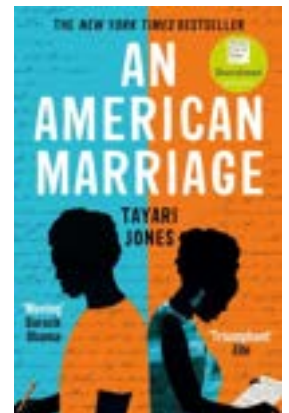
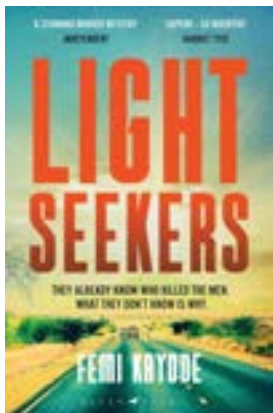
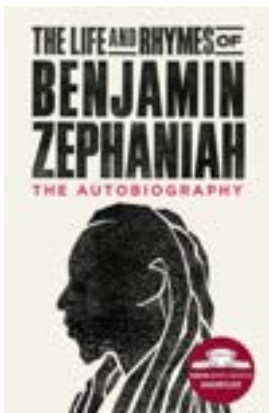
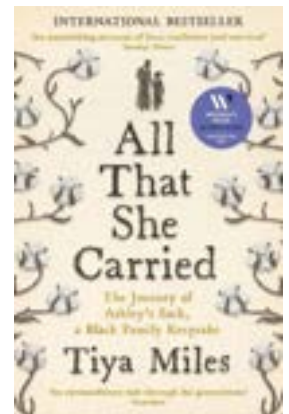
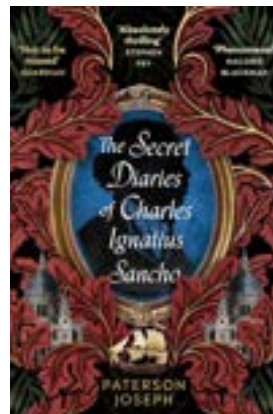
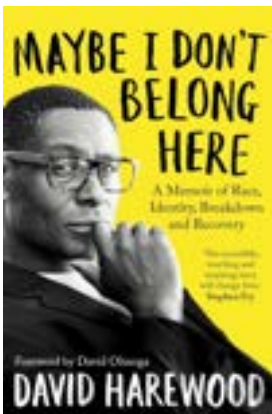
These books can be borrowed, no  
need to issue to your account,  
simply take and return!  
Donations in any language  
welcome!



# Reading List

# Black History Month

You can reserve any of these books by clicking on the covers. Or scan the QR code to be taken to our full reading list.





**HEALTH LITERACY MONTH**  
Building Awareness Through Action

**October 1-31**



New Health and Digital Literacy E-Learning \*strongly recommended\*

Tackle Health Inequalities ✓ Communicate Better ✓ Improve Patient Experience ✓

48.64% of 16–64-year-olds  
can't process health facts.  
Many can't use digital devices.  
This makes them worse off than  
those who can.



That means **nearly 1/2** the patients you see might not understand how to take their medication, how to manage post-operatively, or how to book follow-up appointments.

Complete & evidence professional standards including:

**GMC Professional Capabilities Framework, NMC Code, GPhC Standards for Pharmacy Professionals, and the Care Certificate.**

**This course reflects the principles of equality, diversity and human rights.**

Book a Health Literacy Awareness training session for your team to improve awareness and learn some mitigating techniques

Contact the library: [library@lthtr.nhs.uk](mailto:library@lthtr.nhs.uk) or 01772 522763





We have recently added some signs throughout the bookshelves with QR codes on. These QR codes take you to more books on specific topics.

If you are looking for a book that we don't have another library on the catalogue may have it.

Scan the QR codes in the library to find out!

We have also added a QR code to a helpful video on how to reserve these books.






# Spotlight on...

## Infection & Infection Control

Below is a list of recent articles from internurse looking at infection & infection control. Click on the titles below to access the full text. If you need further help accessing any of these articles or would like further information, then please contact the library: [library@lthtr.nhs.uk](mailto:library@lthtr.nhs.uk)

**Click here to be taken to Internurse**

- Post-discharge surgical site infection surveillance using patient smartphones: a single-centre experience in cardiac surgery
- Pets, obesity and nurses: surgical site infections in the community
- An overview of diabetes-related foot ulcers
- Knowledge and practice of infection control measures among nurses in Jordan
- Prevention of surgical site infections: implementing effective strategies
- What you need to know about common skin problems in older adults
- Listeria monocytogenes: a rare cause of rhomboencephalitis in an immunocompetent patient
- Surgical site infection prevention bundles: a focus on preoperative skin decolonisation
- Using quality improvement science to reduce healthcare-associated infections



More on the  
next page

**internurse**



**Spotlight on...**  
**Infection &**  
**Infection Control**

Below is a list of recent articles from internurse looking at infection & infection control. Click on the titles below to access the full text. If you need further help accessing any of these articles or would like further information, then please contact the library: [library@lthtr.nhs.uk](mailto:library@lthtr.nhs.uk)

**Click here to be taken to Internurse**

- **Improving wound infection management: education and evaluation of an infection management pathway**
- **Metal-based nanoparticles: an alternative treatment for biofilm infection in hard-to-heal wounds**
- **Artificial intelligence in wound care: diagnosis, assessment and treatment of hard-to-heal wounds: a narrative review**
- **Clinical use of 0.1% polyhexanide and propylbetaine on acute and hard-to-heal wounds: a literature review**
- **Maggot therapy for resistant infections: the disconnect between scientific evidence, clinical acceptance and practice**
- **Wristwatches in bare-below-the-elbows out-of-hospital policies: time for a review**

**internurse**

# Cook from a Book!

## Halloumi Fajitas with Sweetcorn Salsa



Find this recipe and more in the book: *The Busy Mum's Vegetarian Cookbook* by Mary Gwynn. Available to borrow from the [library](#).

### Ingredients:

- 1 tsp ground cumin
- 1/2 tsp chilli powder
- 1/4 tsp ground cinnamon
- 250g pack halloumi cheese, cut into strips
- 2 red and yellow peppers, deseeded and sliced
- 2 tsp olive oil
- 200g can sweetcorn, drained
- 6 spring onions, sliced
- 1/2 red chilli, deseeded and chopped
- 3tbsp chopped fresh coriander
- juice of 1 lime
- 1tbsp dark muscovado sugar
- 6-8 tortillas
- salt and freshly ground black pepper

### Instructions:

Prep time: 10 minutes  
Cook time: 30 minutes  
Serves: 3-4

Preheat the oven to 200°C/fan oven 180°C/Gas Mark 6. Mix together the spices and seasoning and rub over the halloumi. Toss the sliced peppers in the oil and arrange over the base of a roasting tin. Roast for 20-25 minutes until charred and tender, adding the halloumi for the final 5 minutes.

While the peppers are cooking make the salsa. Mix together the sweetcorn, spring onions, red chilli, coriander and seasoning. Stir in the lime juice and sugar. Heat a non-stick frying pan over a medium heat. Add the tortillas and cook for a minute on each side.

Serve with diced avocado and shredded iceberg lettuce. Let everyone assemble their own wraps.

# Staff Recommendation

## Chickpea Spinach Curry

### Ingredients:

- 3 tbsp sunflower or canola oil
- 1 large onion finely chopped
- 4 cloves garlic, crushed
- 1 inch ginger, finely grated
- 1 tbsp ground coriander
- 1/2 tbsp ground turmeric
- 1/2 tbsp ground cumin
- 1/4 - 1/2 tsp cayenne pepper or chili flakes
- 1.5 cups crushed tomatoes (400g)
- 2.5 cups cooked chickpeas (400g)
- 1/2 cup vegetable stock (120 ml)
- 1 cup frozen chopped spinach or 100gm fresh/frozen chopped spinach
- 1/2 - 1 tsp salt
- 1 tsp sugar
- 1 tsp garam masala
- 1 tbsp lemon juice
- OPTIONAL: 1/4-1/2 cup full-fat coconut milk (50-100 ml)
- 1 tbsp chopped fresh cilantro leaves (coriander leaves)

Celebrate World Vegetarian Day with this recipe from The Fiery Vegetarian available [here](#)

### Instructions:

1. Heat the oil in a large pan over a medium-high setting. Sauté the finely chopped onion until golden.
2. Add the crushed garlic and grated ginger and cook for 1-2 minutes, stirring frequently, until the garlic doesn't smell raw anymore.
3. Mix in the next four ingredients (ground coriander, turmeric, cumin, and cayenne) and toast for two minutes stirring often.
4. Add the crushed tomatoes, chickpeas and vegetable stock. Increase the heat to high and once boiling, lower to medium-low to maintain at a simmer for 10 minutes, stirring every now and then.
5. Add 1/2 tsp salt, the sugar, and the spinach. If the spinach is frozen increase the heat until the curry is bubbling away again. Simmer for an additional five minutes.
6. Add the garam masala, lemon juice and coconut milk and stir. Sprinkle over the chopped cilantro leaves and serve hot.



THE BOOKS YOU LOVE TO HATE

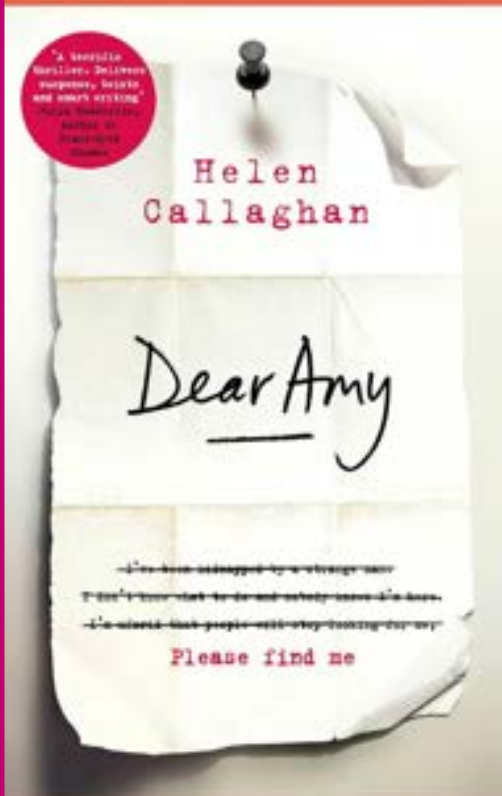
# ANTI PICKS

Welcome to the new section of library news.

We want to start a conversation, so let us know if you agree or disagree with us. And if there are any books you hated, disliked or did not finish get in touch and tell us why.

library@lthtr.nhs.uk

## Dear Amy



I hated the book Dear Amy by Helen Callaghan, I found it to be far fetched nonsense with an obvious plot twist  
-Louisa



DID YOU LOVE IT OR HATE IT?



# Dyslexia Awareness Week Webinar

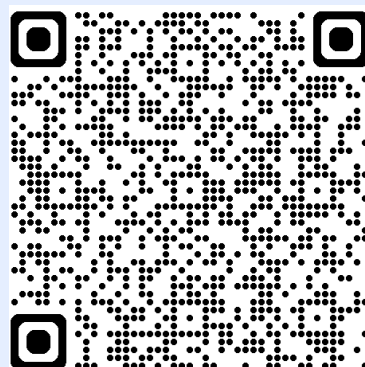
To celebrate Dyslexia Awareness Week (7<sup>th</sup>-13<sup>th</sup> Oct), the North West NHS Dyslexia Network, which was founded by Barrie Morgan-Scrutton in the Group EDI Team, are hosting an online webinar, with guest speaker Janette Beetham from Right Resources, sharing about: What Dyslexia is, how it can effect you and what is a reasonable adjustment.

This year's theme is **"What's Your Story?"** It has three key messages and one call to action: Every story is different – showcasing the diversity of the dyslexic community and highlighting that everyone's experience of dyslexia is unique.

The webinar is being held on Thursday 10<sup>th</sup> October between 10:00am and 11:30am.

If you would like to attend the webinar, please click below or scan the QR code to book a place!

[CLICK HERE](#)



# Menopause Awareness Month

October is Menopause Awareness Month - an annual campaign aimed at increasing understanding of menopause and its impact on women's health. The Library provides access to resources to support patients and staff going through the menopause, including:

## DynaMed Topic - Menopause

DynaMed is a clinical decision support system that provides clinicians with evidence-based information for quick answers at the point of care.

## BMJ Best Practice - Menopause

BMJ Best Practice takes you quickly and accurately to the latest evidence-based information, whenever and wherever you need it.

## Journal Articles - Internurse

Internurse is a comprehensive collection of peer-reviewed nursing journals essential for nurse education.

## Library books - Menopause

The Library has a growing collection of books in our Health and Well-being section to help support staff going through the menopause.



# What's happening in October?

## Dates for the diary

2nd-8th: Dyslexia Awareness Week

3rd-11th: Navaratri (Hindu)

7th-11th: National Work Life Week

7th-13th: Dyspraxia Awareness Week

10th: World Mental Health Day

10th-17th: OCD Awareness Week

11th: World Coming Out Day

12th: Yom Kippur (Jewish)

12th-20th: Bone and Joint Week

16th: International Pronouns Day

17th: Pavarana Day (Buddhist)

18th: World Menopause Day

20th-27th: Asexual Awareness Week

22nd: International Stammering Awareness Day

31st-4th November: Diwali (Hindu)



## October is the month of:

Black History Month

ADHD Awareness Month

Breast Cancer Awareness Month

National Guardian Speak Up Month



**Library Staffed Hours:**

Monday - Friday  
9:00am - 5:00pm

24/7 Access to the Library  
with Trust ID Badge



**Contact Us**

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01772 522763

Chorley Library  
Centre 3  
01257 245606

[library@lthtr.nhs.uk](mailto:library@lthtr.nhs.uk)

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library](http://www.healthacademy.lancsteachinghospitals.nhs.uk/library)

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