

YOUR STAFF LIBRARY NEWS

Volume 24, Issue 10

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Win our Christmas Stocking 4th Nov-12th Dec

**It is that time of year again!
Our Christmas competition is
back, this year be in with the
chance of winning our Christmas
Stocking.**

**For more information on how to
enter check out page 2.**





Win the Library Christmas Stocking 4th Nov-12th Dec

How to enter the draw to win our Christmas Stocking
filled with wellbeing goodies!

Be a library member – all Trust staff can join. Join in the library or
online

at <https://bit.ly/3Q1m9wP> or scan the QR code



Borrow a book from our leisure reading or well-being collections
between Nov 4th and Dec 12th 2024

Email your book review to library@lthtr.nhs.uk

The more books you borrow and review the more chances you have
of winning..



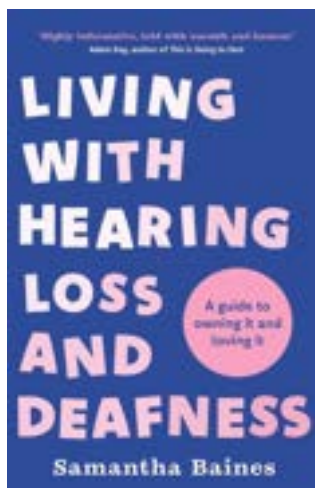
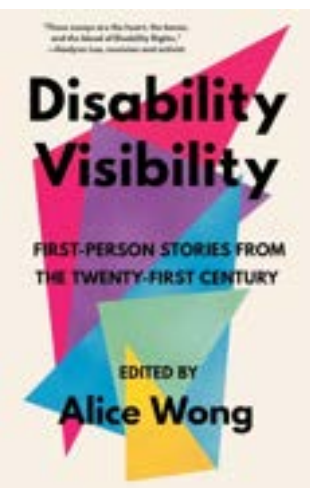
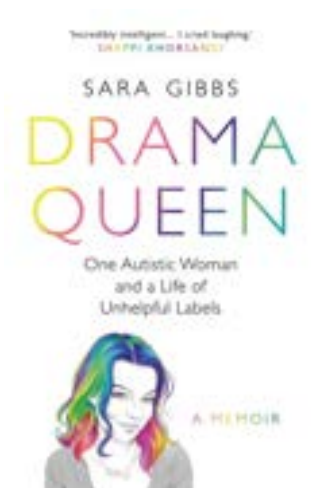
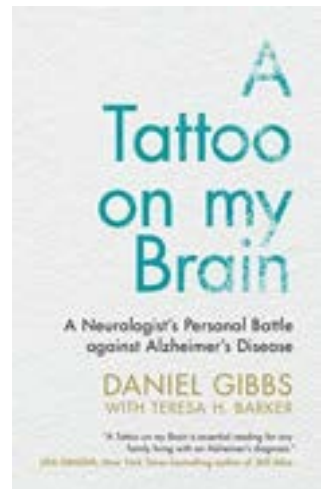
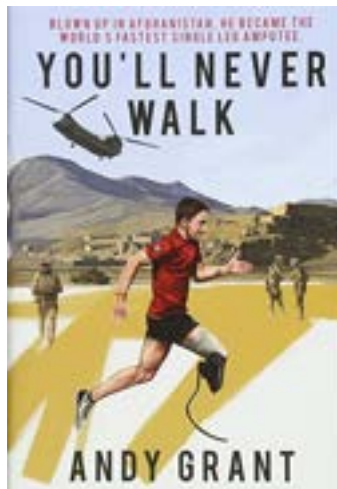
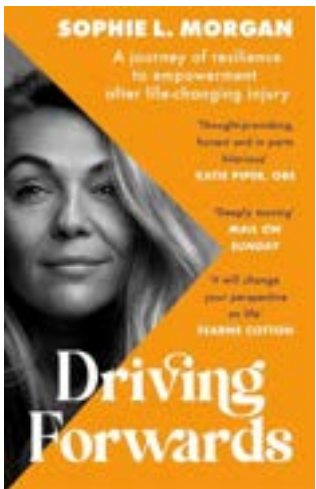
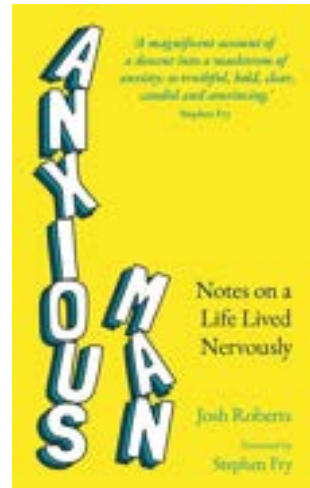
Please note the winner will
be required to have their
photo taken for our social
media

Reading List

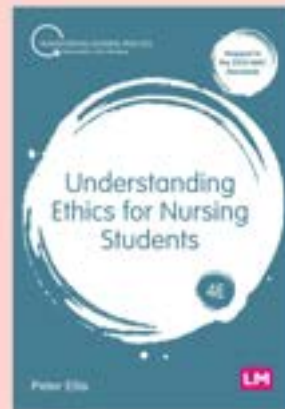
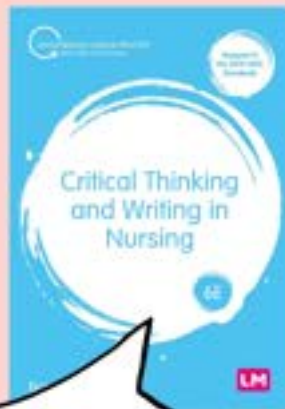
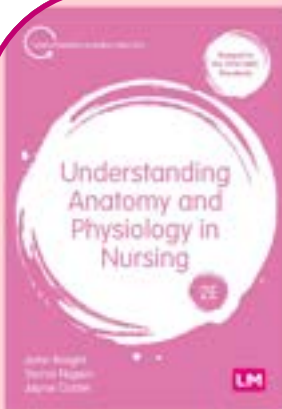


Disability History Month

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



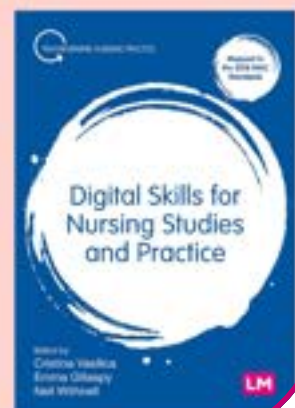
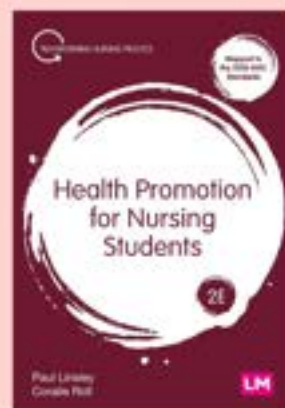
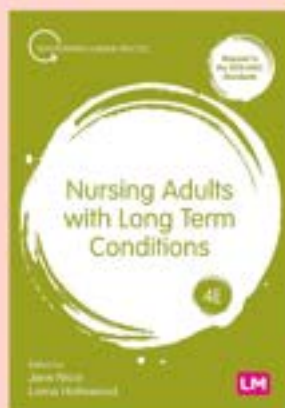
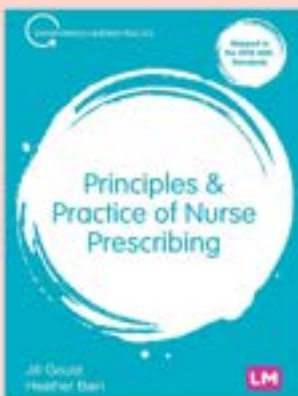
Excellence in Education



**Perfect for
Student Nurses!**

Transforming Nursing Practice

Browse our new and updated
collection of books from the
**Transforming Nursing
Practice series. Reserve the
books you want here:**



Get involved with Living Libraries

On Thursday, 21 November, LTHTr Libraries are hosting another of their popular Living Libraries events where colleagues are welcomed to share their experiences of living with disabilities or long-term health conditions. Alternatively, if you're interested in learning from others, simply come and listen to life through the eyes of another.

Hosting their first in-person event since Covid, this is a fantastic experience to gain insight from others or to share your everyday experiences of life within the Trust. If you are interested in attending or participating, please contact Siobhan via email Siobhan.Corrin@lthtr.nhs.uk to secure your space.

Taking place in Lecture Room 2 in Education Centre Two, between 11:00 - 1:30 all are welcome to simply drop in.

For further information or support, you can contact the Trust's EDI Team at inclusion@lthtr.nhs.uk



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

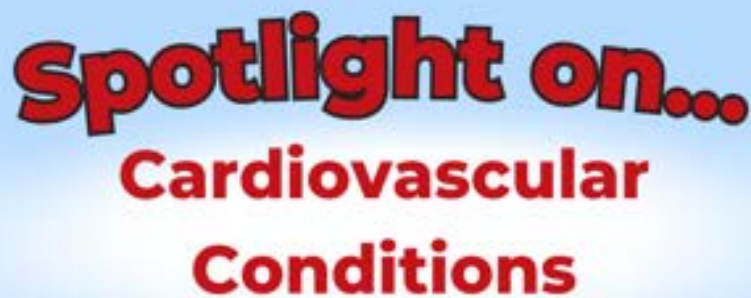


Hungarian



These books can be borrowed, no need to issue to your account, simply take and return!





Spotlight on...

Cardiovascular Conditions

Below is a list of recent articles from internurse looking at cardiovascular conditions. 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

[Click here to be taken to Internurse](#)

- **A guide to preconception care in cardiovascular disease: unlocking the essentials**
- **Ethnic health inequalities in cardiac rehabilitation: driving high-quality data**
- **Artificial intelligence to predict major adverse cardiac events in absence of clinically known risk**
- **Cardiac implantable electronic devices and patient care**
- **Effects of rosuvastatin on serum asymmetric dimethylarginine levels and incidence of long-term cardiovascular events in patients with hyperlipidaemia and H-type hypertension**
- **Diagnostic value of multimodal cardiovascular imaging technology coupled with biomarker detection in elderly patients with coronary heart disease**
- **Recognition and initial management of acute aortic dissection**
- **Causal effects of risky behaviours on heart failure: a two-sample Mendelian randomisation study**
- **Delivering care to women with congenital heart disease: the role of clinical nurse specialist**



internurse





Spotlight on...

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[Click here to be taken to Internurse](#)

- The cardiovascular system and associated disorders
- Heart failure patients' experiences of telerehabilitation
- Cardiac amyloidosis at a glance
- Cardiovascular disease, medication regimens and HIV in pregnancy: new research relevant to nurses
- Impact of lifestyle interventions in cardiac rehabilitation for individuals with ischaemic heart disease: a prospective cohort study
- Deprivation links to bystander cardiopulmonary resuscitation and defibrillation rates
- Use of pharmacogenetics to guide cardiovascular drug prescribing
- Tafamidis use in amyloid cardiomyopathy
- Inotrope therapy for neonatal hypotension
- Post-operative medication considerations in cardiac transplant patients



internurse

Cook from a Book!

Roasted Sweet Potato Soup



Find this recipe and more in the book: A soup for every day: 365 of our favorite recipes. Available to borrow from the [library](#).

Cook time: 35 minutes

Serves: 4

Ingredients:

- 3-4 sweet potatoes, peeled and diced
- 1 medium onion, peeled and cut into 8 wedges
- 2 tbsp olive oil
- 1 tsp ground cumin
- 750ml hot vegetable stock
- 4 tbsp natural yoghurt

Instructions:

Preheat the oven to 200°C/400°F/gas mark 6.

Place the sweet potato and onion in a roasting tin, drizzle with the olive oil, then sprinkle over the cumin. Season a little, then toss together to coat evenly.

Roast for 25-30 minutes or until the vegetables are tender and have taken on some colour.

Blend the roasted vegetables with the hot stock until completely smooth.

Reheat gently in a saucepan, season to taste, then serve with a dollop of natural yoghurt on top.

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

Norwegian Wood

MURAKAMI



NORWEGIAN
WOOD

The main character is so self-indulgent and believes he is a good guy but treats women so badly. The female characters are portrayed as weak, mentally unstable and suicidal...not what I want to read about at all

Dark, depressing and dull
-Sam



DID YOU LOVE IT OR HATE IT?





Diabetes Awareness Month



**November is National Diabetes Month and
14th November is World Diabetes Day**

Diabetes Awareness Month is observed in November each year. It's a time to raise awareness and support those affected by diabetes.

Search for Diabetes on [DynaMed](#) for all the latest evidence-based information on this condition, including:

[Management of Type 1 Diabetes](#)

[Insulin Management](#)

[Hypoglycaemia](#)

[Diabetic Ketoacidosis](#)

[Diabetic foot ulcer](#)

[Diabetic Retinopathy...](#) and much more!



The screenshot shows the DynaMed interface with a search bar containing 'diabetes'. The main heading is 'Diabetes Mellitus Type 1'. Below the heading, there are several sections with bullet points:

- Main Topics**
 - Diabetes Mellitus Type 1
 - Neonatal Diabetes Mellitus
 - Management of Type 1 Diabetes
- Management**
 - General**
 - Management of Type 1 Diabetes
 - Mature Onset Diabetes of the Young (MODY)
 - Perioperative Management of Diabetes
 - Table: Adjustment of Insulin for Minor Procedures
 - Continuous Glucose Monitoring
 - Diet and Carbohydrate Counting
 - Investigational Medications
 - Insulin**
 - Insulin Management
- Diagnosis and Testing**
 - Diagnostic Criteria for Diabetes Mellitus Type 1
 - Tests for Suspected Diabetic Ketoacidosis
 - Table: Diabetes-specific Autoantibody Tests
- Complications**
 - Hypoglycemia
 - Diabetic Ketoacidosis (DKA) in Adults
 - Algorithm: Diabetic Ketoacidosis Management in Adults
 - Diabetic Ketoacidosis (DKA) in Children and Adolescents
 - Algorithm: Evaluation and Management of Diabetic Ketoacidosis (DKA) in Children
 - Hyperglycemic Hyperosmolar State in Adults
 - Hyperglycemic Hyperosmolar State in Children
 - Calculator: Sodium Concentration Correction for
- Glycemic Goals**
 - All Populations (Overview)
 - Table: Nonpregnant Adults
 - Pregnant Patients
 - Children & Adolescents
 - Elder Adults
- Screening and Risk Factors**
 - Screening
 - Risk Factors
 - Calculator: Diabetes Risk Self-Assessment

Use DynaMed for all your information needs!

What's happening in November?

Dates for the diary

1st: Diwali (Hindu, Buddhism and Sikh)



2nd: National Stress Awareness Day

10th-17th: Interfaith Week

11th: Armistice Day



11th-17th: Anti-Bullying Week

13th: World Kindness Day

13th-19th: Transgender Awareness Week



14th: World Diabetes Day

14th: UK Disability History Month begins

15th: Birthday of Guru Nanak (Sikh)

19th: International Men's Day

20th: Transgender Day of Remembrance

21st: Entrance into the Temple of the Theotokos (Christian)

23rd: Carers Rights Day



25th: International Day for the Elimination of Violence Against Women

30th St Andrew's Day (Christian)

November is the month of:

UK Disability History Month



Library Staffed Hours:

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

24/7 Access to the Library
with Trust ID Badge



Contact Us

Royal Preston
Library
Centre 1
01772 522763

Chorley Library
Centre 3
01257 245606

library@lthtr.nhs.uk

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range of
services which are available:

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

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