

YOUR STAFF LIBRARY NEWS

Volume 25, Issue 1

Inside this issue:

- Cover -**
Happy New Year
- Page 2 -**
Christmas Stocking
Winner
- Page 3 -**
Equali-tea Parties
- Page 4 -**
Shelf Care
- Page 5 -**
Shelf Care
- Page 6 -**
Spotlight On...
- Page 7 -**
Spotlight On...
- Page 8 -**
Cook from a Book
- Page 9 -**
Anti Picks
- Page 10 -**
Health Information
Week
- Page 11 -**
OpenAthens
- Page 12 -**
Dates for the Diary
- Page 13 -**
Contact us





Christmas ★ Stocking Winner

Congratulations to the winner of the Christmas Stocking Reading Competition, Elizabeth Burke.

Thank you to everyone who took the time to write reviews and enter the competition.



Equali-tea parties

The library service attend both equali-tea parties at Charters on Dec 4th and Studies canteen at Chorley on Dec 12th. The events were to celebrate living with disabilities month as well as promoting the inclusion forums we have in the Trust. Along with the Equality, Diversity and Inclusion (EDI) team we showcased some of our EDI book collection.

If you want more information on our EDI book collection please see our webpage:

<https://healthacademy.lancsteachinghospitals.nhs.uk/library/library-subject-collections/equality-and-diversity-library-resources/>

For more information on the Inclusion forums please email:

inclusion@lthtr.nhs.uk



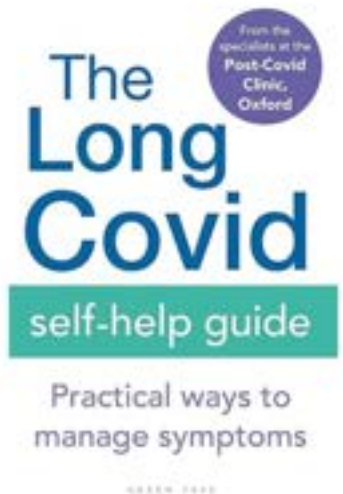
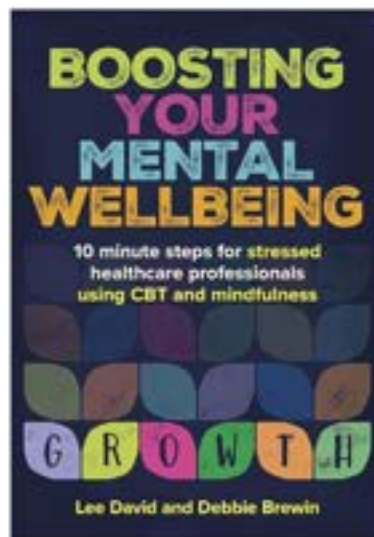
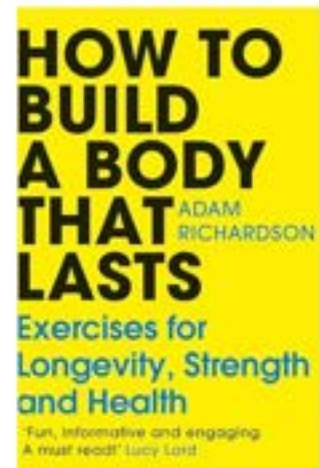
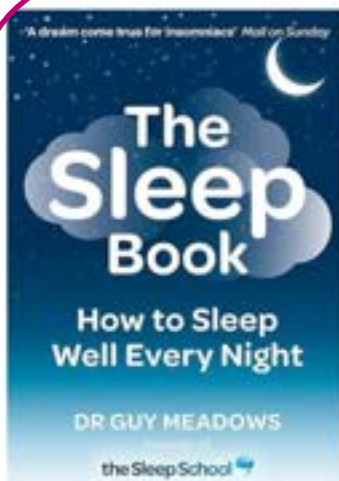
*This New
year*

TRY SOME

"SHELF
CARE"



with books from the library well being collection



Contact the Library for more information
Library@lthtr.nhs.uk

The text "Spotlight on..." is written in a large, bold, red font with a black outline. It is flanked by two black stage spotlights with yellow light beams pointing towards the text.

Spotlight on...

Women's Health

Below is a list of recent articles from internurse looking at women's health. 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](#)

- Developing new practices for managing breast and chest lymphoedema
- Breast cancer-related lymphoedema: advances and outstanding issues
- Intrauterine Device Completely Encapsulated by Fibrous Tissue in a Postmenopausal Woman: A Case Report
- Squamous cell carcinoma of the ovary arising from a mature cystic teratoma associated with hypercalcaemia
- The menopause and mental health
- Women's experiences of vaginal examinations in labour: a literature review
- Delivering care to women with congenital heart disease: the role of clinical nurse specialist
- Postnatal care of women with diabetes: a clinical update
- Maternal mental health and breastfeeding duration: the role of optimism and coping strategies
- Caesarean section vs vaginal birth: a narrative review of decision making and postnatal outcomes
- R v Noor: a landmark case in female genital mutilation prosecution

internurse





Spotlight on...

Women's Health

Below is a list of recent articles from internurse looking at women's health. 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

- New compact micro-hole zone catheter enables women to achieve effective bladder emptying without flow-stops
- Surgical site infections in caesarean wounds
- Clinical and non-clinical team collaboration to develop breast referral triage to improve service delivery in secondary care
- Women's experiences of the transition to motherhood and self-compassion
- Mothers' experiences of negative interactions with health professionals when breastfeeding beyond 1 year
- Breast cancer-related upper limb lymphoedema: an overview
- Iranian Muslim women's adaptation after mastectomy
- Maternity emergencies 1: antepartum haemorrhage
- Maternity emergencies 2: normal birth
- Breech birth
- Effective advice on contraceptive choices

internurse

Cook from a Book!



Spiced Sweet Potato Curry with Peas & Coconut Milk

Find this recipe and more in the book:
The Quick Roasting Tin.
Available to borrow from the [library](#).

Prep Time: 10 minutes

Cook Time: 30 minutes

Serves: 2 adults + 2 children

Instructions:

Ingredients:

- 500g sweet potatoes, peeled and cut into 1cm cubes
- 4 banana shallots, peeled and quartered
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp ground turmeric
- 2 tbsp oil
- 1 tsp sea salt flakes (optional)
- 1x400g tin of coconut milk
- 300ml boiling water
- 150g frozen peas, defrosted
- 100g red lentils

To Serve:

- 1-2 limes, juice only
- A handful of fresh coriander, chopped

Preheat the oven to 210°C fan/230°C/gas 8. Put everything into the roasting tin, except the coconut milk, water, peas and lentils. Mix then roast for 5 minutes. Add the coconut milk, water, peas and lentils, stir well and cook for a further 25 minutes, until the potatoes are cooked through.

Be careful opening the oven, as this dish will release quite a lot of steam. Once cooked, taste and adjust with lime juice and salt as needed, scatter over the fresh coriander and serve with rice or flatbread.

Change it up: For adults, add 1 teaspoon of chilli powder when you roast the sweet potatoes or finely chopped fresh red chilli at the end.

THE BOOKS YOU LOVE TO HATE

ANTI PICKS

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

On the Road



Jack
Kerouac
On the
Road



Assigned reading at Uni, I struggled with Kerouac's writing style. Hated how he talked about women in the first few pages among other things. I enjoyed work by female beatniks but couldn't finish this.

-Niamh



DID YOU LOVE IT OR HATE IT?





Health Information Week

Inspiring Better Health

The 20th-26th of January is Health information Week. We will be taking part in the campaign by promoting trustworthy resources for the public and patients.

The themes for this year are:

- Monday, 20 January – Winter Health
- Tuesday, 21 January – Mental Health
- Wednesday, 22 January – Wellbeing
- Thursday, 23 January – Health Literacy and Misinformation
- Friday, 24 January – Digital Literacy



**Lancashire
Health Hub**

[Click here for the website!](#)

The Lancashire Health Hub is a website created to help the public find trusted health information. There is also a section for professionals with useful resources and e-learning on health literacy.



OpenAthens



Register for an OpenAthens account for free access to a wide range of high-quality digital resources

Who can register for an account?

All Trust staff & students are entitled to an OpenAthens account which provides access to:

- Electronic Journals
- Electronic Books
- Databases such as Medline & Cinahl
- Point of care tools such as DynaMed and BMJ Best Practice.

Why should I get an account?

An OpenAthens account will help you:

- Access the **latest evidence** for patient care.
- Gather evidence of **CPD** for **revalidation**.
- Carry out **research**.
- Find journal articles for your **studies**.

How do I register for an account?

You can register for an account quickly and easily - go to the following website and complete the form: <https://openathens.nice.org.uk/>

We recommend you register at work on a Trust computer and using your Trust email account.

OpenAthens Resource of the Month

With an OpenAthens account you can access **The Royal Marsden Manual Online, 10th edition** - The Gold Standard in Evidence-Based Nursing Care!



Go to:

[https://
www.rmmonline.co.uk/](https://www.rmmonline.co.uk/)

“An excellent tool to enable nurses to access the latest research relevant to practice quickly and easily from a source they can trust”

What's happening in January?

Dates for the diary

4th: World Braille Day



8th: Ethnicity Pay Gap Day



11th: Human Trafficking Awareness Day

19th: World Religion Day

20th: Blue Monday (Mental health Awareness)



20th-26th: Cervical Cancer Prevention Week

24th: International Day of Education

25th: Burns Night



27th: Holocaust Memorial Day

29th: Chinese New Year



January is the month of:

Cervical Cancer Awareness Month

Dry January



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

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

Follow us: @LancsHospLib

