

# YOUR STAFF LIBRARY NEWS

## Volume 25, Issue 2

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## Happy RETIREMENT

We recently said a fond farewell to Deirdre who retired after 44 years working in libraries, including 6 years as a Library Assistant here at the Trust. We will miss your fabulous book displays and all the support you provided to staff & students. Enjoy every minute of your retirement!



# THE LIBRARY SERVICE IS NOW AT PRESTON BUSINESS CENTRE!

Once a month the library service will be providing a pop-up library at Preston Business Centre. Our next date is Tuesday 25th February. Find us on the first-floor mezzanine between 10.30am - 14.30pm



Please add the following dates to your diary:  
February 25th Tuesday 10.30am - 14.30pm  
March 27th Thursday 10.30am - 14.30pm  
April 25th Friday  
May 27th Tuesday  
June 23rd Monday

If you want us to bring anything with us please email [library@lthtr.nhs.uk](mailto:library@lthtr.nhs.uk)

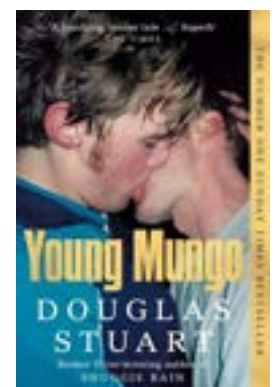
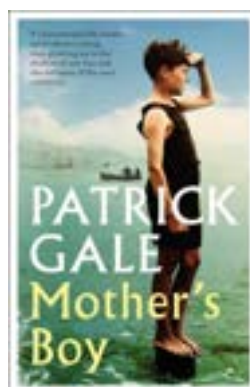
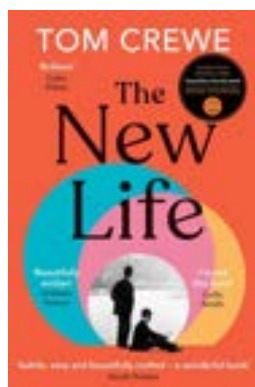
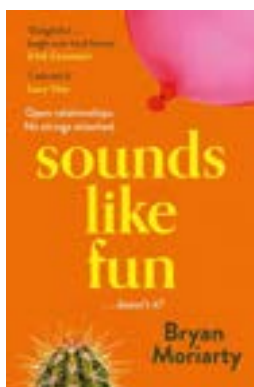
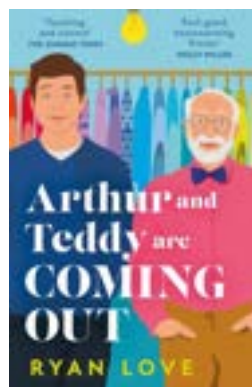
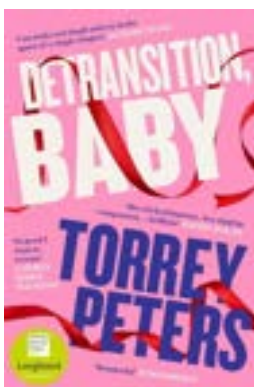
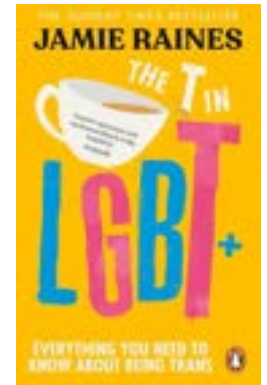
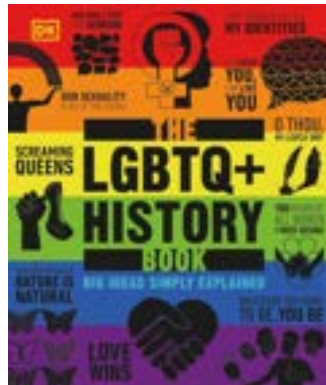
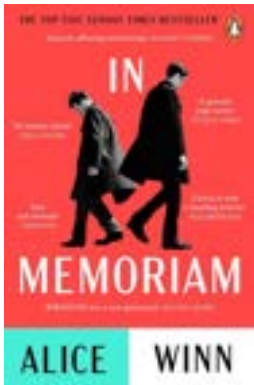


# Reading List



# LGBT+ History Month

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





# Spotlight on...




## Care of the Elderly

Below is a list of recent articles from internurse looking at care of the elderly. 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](#)

- The A–Z of age-related dermatological diseases
- The impact of cold weather on older people and the vital role of community nurses
- Self-management of long-term conditions: a district nursing perspective of patient engagement
- Prevalence of elder abuse: a narrative review
- Urinary incontinence in older adult women: fighting a rising tide
- Legal aspects of dying and the community nurse
- The challenge of meeting the nutritional needs of older people in the community
- Antimicrobial Stewardship in the Frail Elderly
- Polypharmacy in Older Patients
- Enhancing health care for ethnic minority communities: a path to equitable care
- Unravelling elder abuse through a human rights lens: a case study
- An expanded focus in advanced wound care for geriatric emergency management nursing: a case study analysis



More on the  
next page

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

### Click here to be taken to Internurse

- Urinary incontinence: implications for nursing practice
- The impact of urinary and bowel incontinence: psychological and physical effects and interventions
- Malnutrition in frail older adults and the risk of refeeding syndrome: a clinical review
- Advanced practitioners working with older people in primary care and community settings: a survey of roles and use of technology
- Prescribing in frailty
- Pharmacokinetics in older people: an overview of prescribing practice
- Dysphagia: causes, diagnosis and treatment – an update for practice nurses
- Effects of ketogenic diet on cognitive function of patients with Alzheimer's
- The complex overlap between syncope and falls: helping older people to stay safe and well in the nursing or residential care home
- Spirituality and ageing: how to support older people in nursing or residential care homes

internurse



# Book Sale Trolley

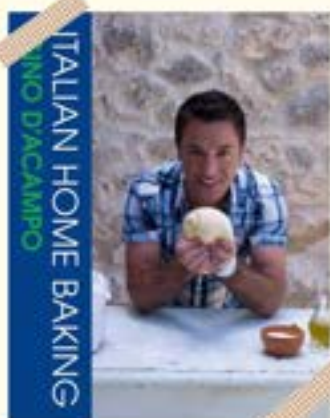
Come into the library to browse our book sale trolley and see what books we currently have on sale.

Find a book you like and take it home to keep for just £1!



# Cook from a Book!

## Classic Margherita



Celebrate Pizza Day on the 9th by making your own from the book:

Italian home baking

Available to borrow from the [library](#).

### *Ingredients:*

Makes 2 pizzas

- 200g strong white flour plus extra for dusting
- 7g fast-action dried yeast
- pinch of salt
- 140ml water, warm
- 3 tbsp extra virgin olive oil plus extra for brushing

For the topping:

- 200g passata
- 2 mozzarella balls, drained and cut into little cubes
- 4 tbsp extra virgin olive oil
- 8 fresh basil leaves
- salt and pepper to taste



Instructions on the next page



# Instructions:



## Classic Margherita

1. Prepare 2 baking trays by pouring 1 tablespoon of oil on each tray and spreading it with your fingers or a pastry brush. Brush the inside of a large bowl with oil.
2. To prepare the dough, put the flour, yeast and salt into a large bowl, make a well in the centre and pour in the water with 1 tablespoon of oil, Use a wooden spoon to mix everything together to create a wet dough.
3. Turn out the dough onto a well-floured surface and work it with your hands for about 5 minutes until smooth and elastic. Place in the oiled bowl, brush the top with oil and cover with clingfilm. Leave to rest at room temperature for 25 minutes.
4. Preheat the oven to 200°C fan/gas mark 6.
5. Once rested, turn out the dough onto a well-floured surface and divide into 2 equal halves. Use your hands to push each one out from the centre, to create 2 round discs about 25cm in diameter. Place the pizza bases on the oiled baking trays
6. Spread the passata evenly over the top of the bases using the back of a tablespoon. Season with salt and pepper.
7. Divide the mozzarella between the 2 pizzas and drizzle each one with 2 tablespoons of extra virgin olive oil.
8. Cook in the middle of the oven for 18 minutes until golden brown.
9. Two minutes before the end of the cooking scatter of the basil and continue to cook.
10. Serve hot and enjoy.





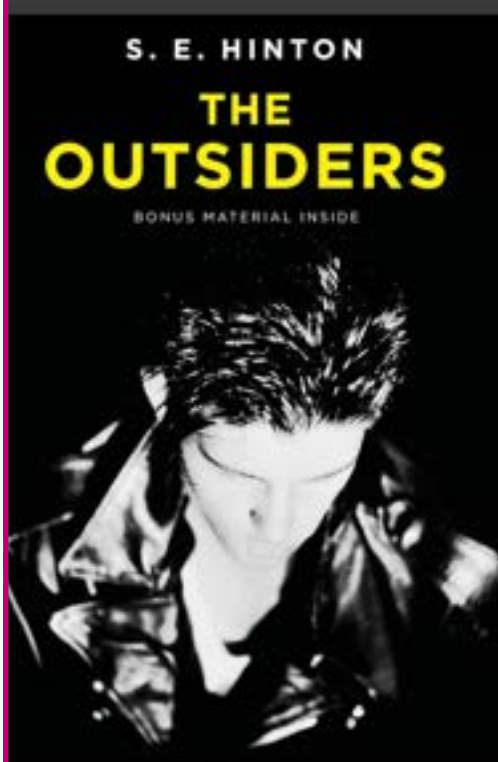
THE BOOKS YOU LOVE TO HATE

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

## The Outsiders



An acknowledged classic of what today would be called, YA. Made into a film directed by Francis Ford Coppola and starring Tom Cruise and Patrick Swayze. I read this when I was 11 or 12 in the 1980s and it was my favourite book. Read it multiple times in my early teens. Spotting it in Waterstones a couple of years ago, decided to reread. Only 136 pages but had to force myself to get through it. Had it been longer would have DNFed. For me, a good book, but one that belongs to a particular time in life.

-Andrew



DID YOU LOVE IT OR HATE IT?





# 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

## OpenAthens Resource of the Month

With an OpenAthens account you can access **BMJ Best Practice** which takes you quickly and accurately to the latest evidence-based information, whenever and wherever you need it. Go to: <https://bestpractice.bmj.com/info/>

**Provides step by step guidance on diagnosis, prognosis, treatment & prevention.**





# Internurse



## For quick & easy access to nursing research

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

- 17 specialist nursing titles
- Supports learning and professional development
  - Over 200 new articles each month
- Stay up-to-date & enhance your understanding
  - Improve patient care standards
  - Find articles for your university work
  - Gather evidence of CPD for revalidation.

Internurse offers current issues plus archives of leading titles, such as *British Journal of Nursing*, *British Journal of Healthcare Assistants*, *British Journal of Neuroscience Nursing*, *Gastrointestinal Nursing*, *International Journal of Palliative Nursing*, *Journal of Kidney Care*, *Journal of Wound Care*, *Nursing Practice* and much more!

### Journal of the Month - British Journal of Cardiac Nursing



Essential reading for all nurses involved in this demanding specialty with its leading clinical coverage and professional focus.

Go to: <https://www.magonlinelibrary.com/journal/bjca>

**THE COMPLETE ONLINE NURSING RESOURCE**

# What's happening in February?

## Dates for the diary

1st: World Hijab Day

1st-7th: World Interfaith Harmony Week

3rd-9th: Children's Mental Health Week

3rd-9th: UK Race Equality Week

3rd-9th: Sexual Abuse & Sexual Violence week

4th: World Cancer Day

6th: Time to Talk Day (Mental Health Awareness)

11th: International Day of Women & Girls in Science

24th-2nd March: Eating Disorder Awareness Week

28th-30th March: Ramadan (Islamic)



February is the month of:

LGBT+ History Month

UK National Heart Month

Raynaud's and Scleroderma Awareness 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](mailto:library@lthtr.nhs.uk)

**YOUR LIBRARY SERVICE**

**WORK AND STUDY - GET SUPPORT - RELAX**

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services which are available:

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

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