



# THE LIBRARY @ NDDH

# Happy New Year! 2023

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Your Knowledge and Library services support you in your work and studies.

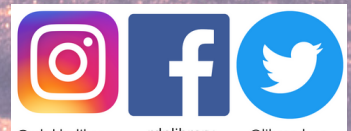
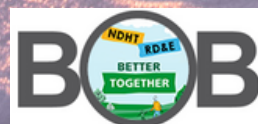
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In Person at the Library on Level 1 - Monday to Friday

8.30 -5pm



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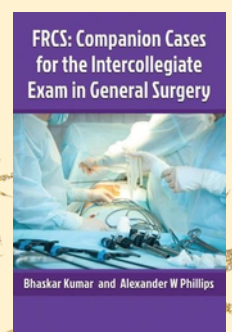
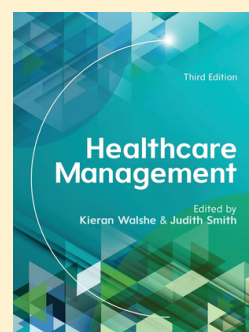
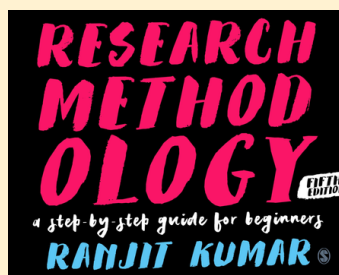
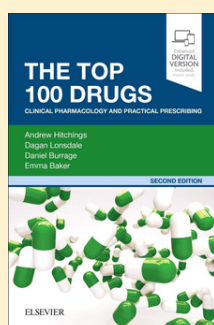
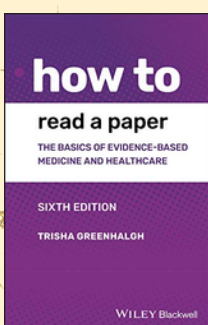
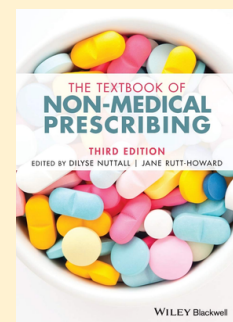
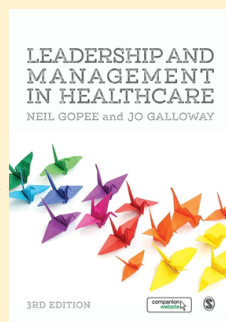
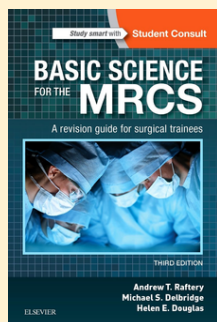
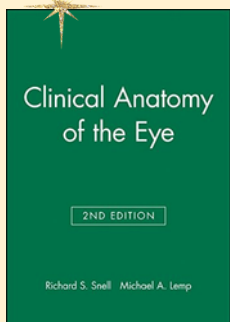
## Top titles from 2022!

Did you borrow any of these this year?  
 Have you seen a title that you like?  
 It is easy to join the library and  
 borrow books, just fill out our online  
 form [HERE](#)

1. Clinical anatomy of the eye by Richard S. Snell, Michael A. Lemp
2. Basic science for the MRCS : a revision guide for surgical trainees by Andrew T. Raftery, Michael S. Delbridge, Helen E. Douglas
3. Leadership and management in healthcare by Neil Gopee and Jo Galloway
4. Leadership in health care by Jill Barr and Lesley Dowding
5. The textbook of non-medical prescribing by Dilyse Nuttall and Jane Rutt-Howard
6. How to read a paper : the basics of evidence-based medicine and healthcare by Trisha Greenhalgh
7. The top 100 drugs : clinical pharmacology and practical prescribing by Andrew Hitchings et al
8. Research methodology : a step-by-step guide for beginners by Ranjit Kumar
9. Healthcare management by Kieran Walshe and Judith Smith
10. FRCS : companion cases for the intercollegiate exam in general surgery by Bhaskar Kumar and Alexander W Phillips.

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## 2022-A Year in Numbers!

**Thank you for  
supporting Northern  
Knowledge & Library  
services in 2022!**

**816**  
Journal  
Articles  
sourced

**Training**  
delivered  
to 332  
people

**3441**  
Book  
Loans

**50**  
Evidence  
Searches

**17,545**  
Website  
Visits

**243**  
Library  
Inductions

**Find out more about our services on the website:  
[northdevonhealth.nhs.uk/library/](http://northdevonhealth.nhs.uk/library/)**



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## Integration update



The Northern Knowledge & Library Service team had a brilliant meet up with the Eastern Services team recently. We spent some time viewing the RAMM A Picture Of Health Exhibition and getting to know the Eastern team, particularly as they have had a couple of new members to the team. We've really enjoyed working with them during 2022 and look forward to continuing and developing our collaborative working in 2023.





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'The most important book about the second half of your life you'll ever read. I wish everyone in the UK could be under Dr Lucy's care, but this is the next best thing.'  
Sandi Toksvig

## The Book About Getting Older

(for people who don't want to talk about it)



DR LUCY POLLOCK



Dr Lucy Pollock  
Webinar-Caring  
for Older people  
Missed the  
session?  
Catch up  
HERE

In November, over 80 colleagues joined Dr Lucy Pollock in the Knowledge & Library service webinar on Caring for Older People. Lucy read medicine at Cambridge University and St Bartholomew's Hospital and trained in general and geriatric medicine in London before taking up a consultant post in Taunton in 2001. Her best selling book 'The Book About Getting Older' was published in 2021. Sandi Toksvig said that it's 'The most important book about the second half of your life you'll ever read' and Prof Andrew Goddard, President of the Royal College of Physicians, recommended it to 'all medical students and doctors of any age.' It was wonderful to see so many colleagues and community partners in the session from a huge range of roles and specialities, including, consultants, students, physios, paramedics, GPs, nurses, HCSWs, OTs and senior leaders, frailty specialists and so many more.

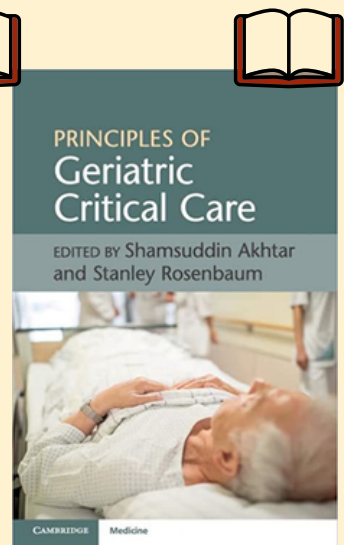
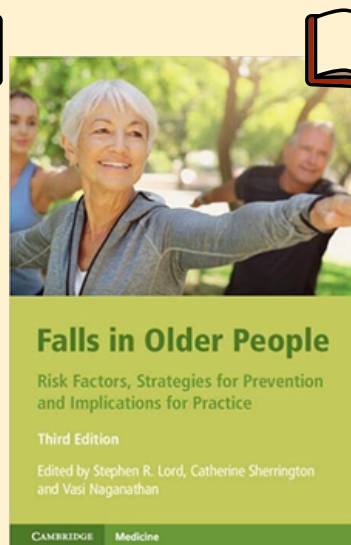
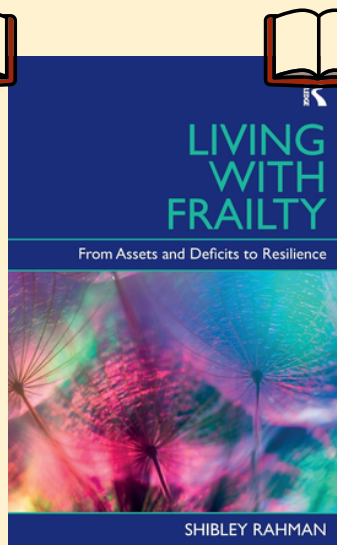
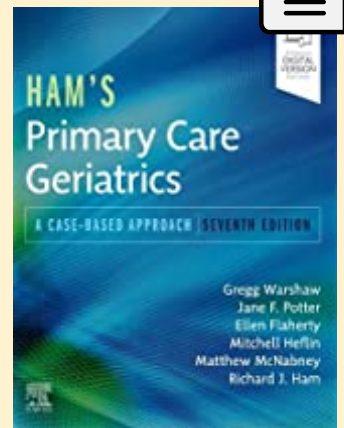
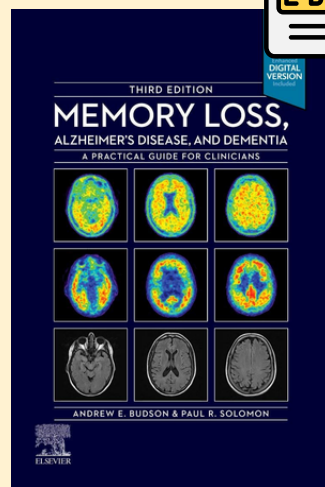
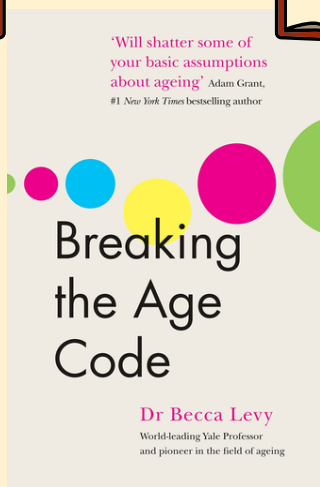
Our survey results showed that attendees of the event were extremely satisfied with it and found it extremely helpful in providing new learning and knowledge. There was so much for everyone to reflect on, but the main takeaways from the event were useful tips on how to avoid overtreatment in elderly patients, the importance of putting the patient first in their individual care plans, and the need for open and honest conversations with patients and their families about their care.

Attendees also appreciated Lucy's engaging and charismatic style of speaking and the use of real-life examples and anecdotes in the presentation and reported that they received all of the information they needed before the event. There were no suggestions for improvements, and overall, the attendees would highly recommend the event to a colleague with a number of respondents suggestions for the future saying 'can we have more sessions like this please!'

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## Recommended Reads for Positive Ageing and Caring for Older People

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## FAST ONE CLICK ACCESS TO ARTICLES



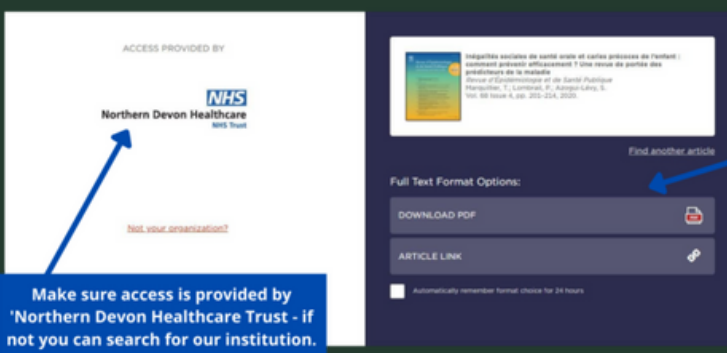
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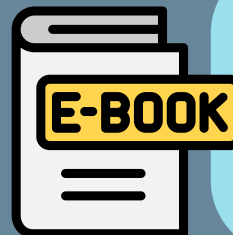
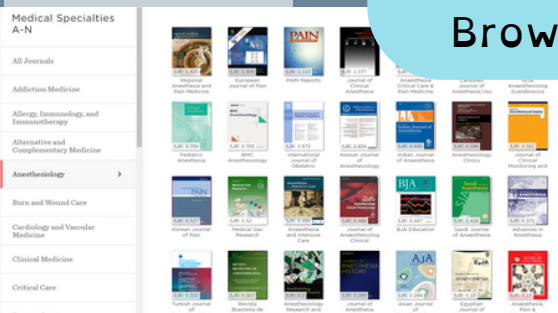
### ClinicalKey®

Up to date Clinical Overviews via ClinicalKey in Anaesthesia and Anaesthesiology. Access [HERE](#)

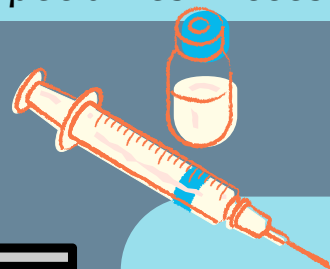
### BMJ Best Practice

In BMJ Best Practice select Anaesthesiology in Specialties. Access [HERE](#)

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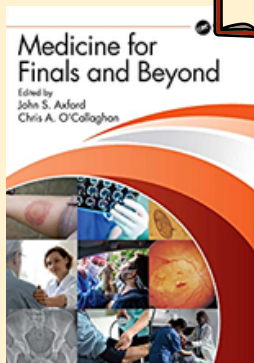


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## Recommended reads

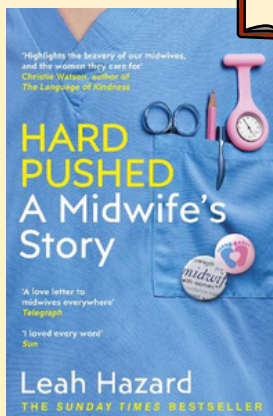
“Reading is essential for those who seek to rise above the ordinary.”

- Jim Rohn



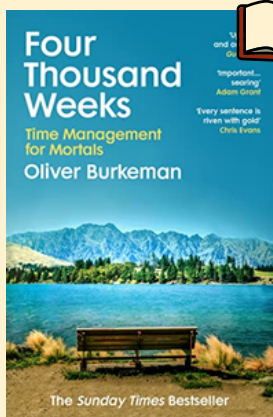
### Medicine for finals and beyond by John S. Axford

Clinically-orientated and focused squarely on the core curriculum, Medicine for Finals and Beyond delivers what medical students need to know in a manner that encourages learning and recall. The consistent, easy-to-navigate structure makes locating information simple and is tailored for exam success. Highly illustrated throughout, notes based information is supplemented by 'At A Glance textboxes', 'Emergency Presentations' and 'Must Know Checklists' for quick reference, while online question and answer material allows for self-testing during that inevitable last-minute revision. This brand-new revision aid for medical students will be a convenient companion throughout clinical studies and an ideal aide-memoire for those approaching their final examinations.



### Hard pushed : a midwife's story by Leah Hazard

No sleep for twenty hours. No food for ten. And a ward full of soon-to-be mothers... Midwives are there for us at some of the most challenging, empowering and defining moments of our lives. From heart-wrenching grief to the pure joy of a new-born baby, midwife Leah Hazard has seen it all. But life on the NHS front line, working within a system at breaking point, is more extreme than you could ever imagine. Moving and compassionate, funny and unexpected, Leah shares her experiences in this extraordinary love letter to new mothers and fellow midwives everywhere. 'Heart-rending, inspiring and funny, Hard Pushed brings alive the world of midwifery in all its complexity and radiates love and respect for women.' PROFESSOR LESLEY PAGE CBE, former president of the Royal College of Midwives



### Four thousand weeks : time management for mortals by Oliver Burkeman

What if you stopped trying to do everything, so that you could finally get round to what counts? We're obsessed with our lengthening to-do lists, our overfilled inboxes, the struggle against distraction, and the sense that our attention spans are shrivelling. Still, we rarely make the connection between our daily struggles with time and the ultimate time management problem: the question of how best to use our ridiculously brief time on the planet, which amounts on average to about four thousand weeks. Four Thousand Weeks is an uplifting, engrossing and deeply realistic exploration of the challenge. Rejecting the futile modern obsession with 'getting everything done,' it introduces readers to tools for constructing a meaningful life by embracing rather than denying their limitations. Drawing on the insights of both ancient and contemporary philosophers, psychologists, and spiritual teachers, Oliver Burkeman sets out to realign our relationship with time.

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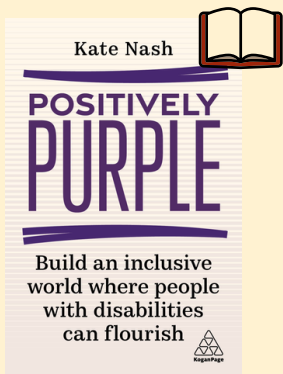
## Recommended reads

“Reading is an exercise in empathy; an exercise in walking in someone else’s shoes for a while.”

- Malorie Blackman

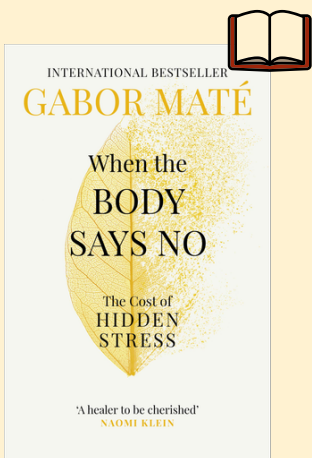


### Positively purple : build an inclusive world where people with disabilities can flourish by Kate Nash



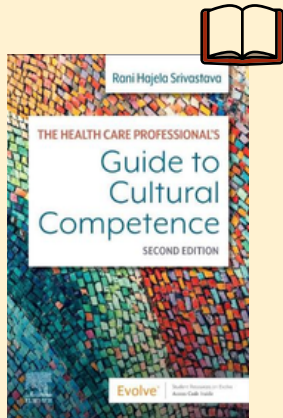
Most employers will have a workforce where at least 10% of their people will have a visible or invisible disability. And 86% of all disabled people acquire their disability during the course of their working lives. How can businesses create strategies and a company culture that includes all staff? Kate Nash , founder of #PurpleLightUp - a global movement which celebrates the economic contribution of employees with disability - will help you understand how any organisation can ensure disabled staff and consumers are included and valued. Telling a fascinating story of how to make change happen and recognising that any kind of transformation requires knowledge, determination and hard yards of campaigning, networking and deal making, you will learn how to build disability confidence throughout your organization. Positively Purple allows disabled workers to claim their rightful place centre stage as just another valuable member of the team.

### When the body says no : the cost of hidden stress by Gabor Maté



Can a person literally die of loneliness? Is there a connection between the ability to express emotions and Alzheimer's disease? Is there such a thing as a 'cancer personality'? Drawing on deep scientific research and Dr Gabor Maté's acclaimed clinical work, When the Body Says No provides the answers to critical questions about the mind-body link - and the role that stress and our emotional makeup play in an array of common diseases. When the Body Says No : - Explores the role of the mind-body link in conditions and diseases such as arthritis, cancer, diabetes, heart disease, irritable bowel syndrome and multiple sclerosis. - Shares dozens of enlightening case studies and stories.

### The health care professional's guide to cultural competence by Rani Hajela Srivastava



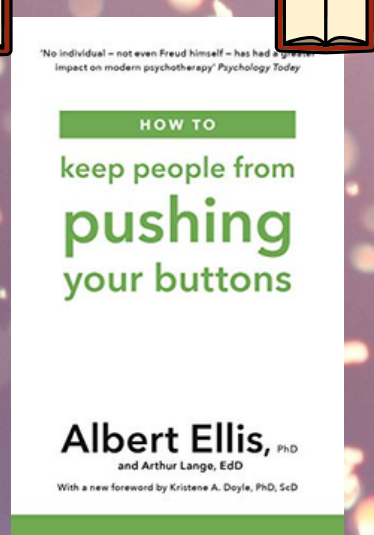
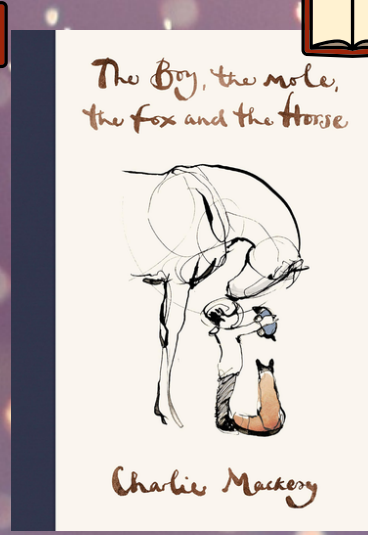
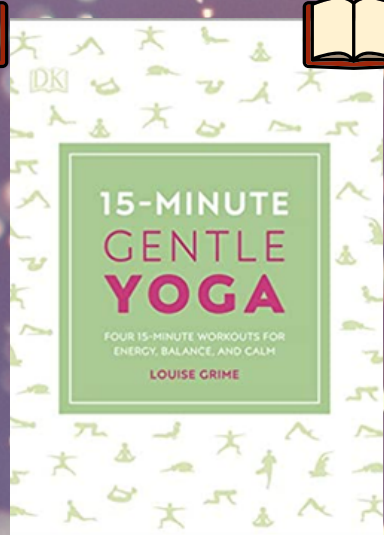
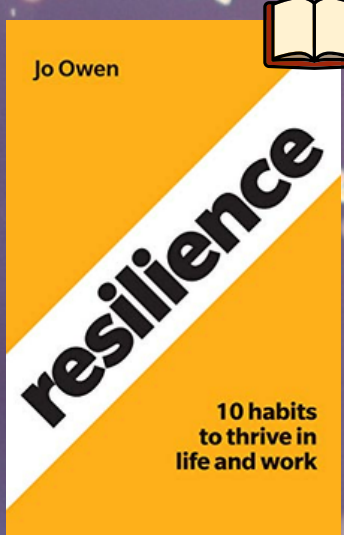
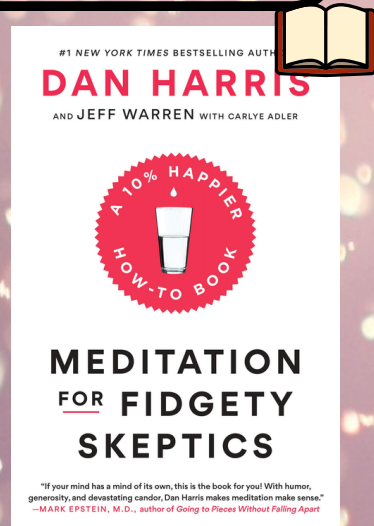
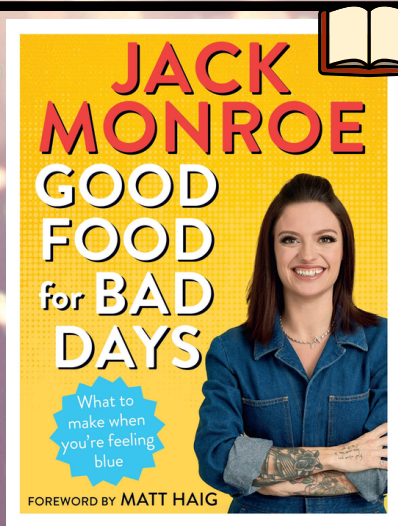
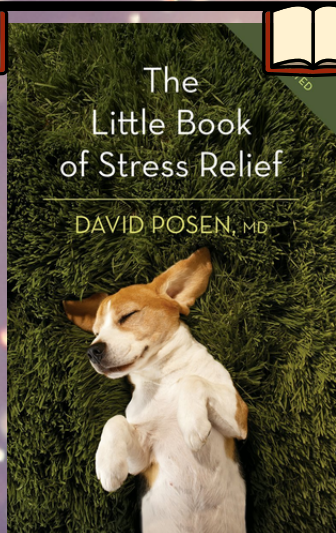
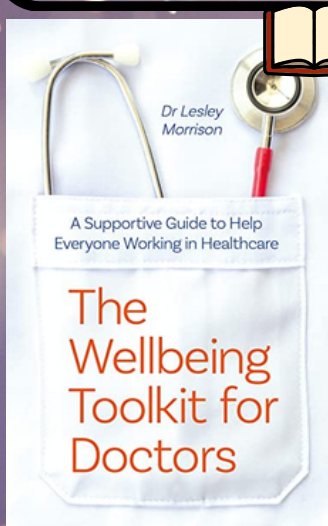
Build the skills you need to understand and care for a wide diversity of patients! The Health Care Professional's Guide to Cultural Competence, 2nd Edition provides a guide to safe and effective cross-cultural care. Applying theory to practice, the book begins with an overview of clinical cultural competence. This guide shows how to apply cultural competence across diverse populations, and then in working with specific populations. Using this approach, you will develop a set of behaviours, attitudes, and policies that help you work effectively in many settings. From an expert team of authors led by Rani H. Srivastava, this guide will enhance your care of Indigenous, LGBTQ2, Black and People of Colour, and immigrant and refugee populations.

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