

THE LIBRARY @ NDHT

HAPPY MARCH AND THE FIRST DAY OF SPRING!



SPRING FORWARD!
FALL BACK!



Clocks go forward on
27th March for
daylight saving.

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Don't forget you can keep up to date with the library by following us on social media! We are now on Facebook & Instagram as well as Twitter.

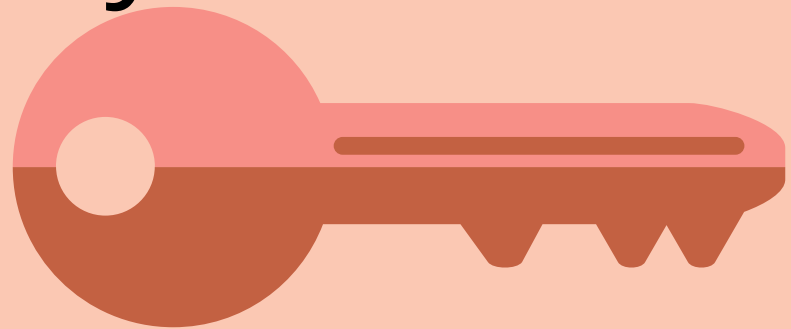


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OpenAthens

The Key to it all!



Join now via:
openathens.nice.org.uk/

One set of login credentials for access to the library's online resources.

The NHS England OpenAthens account gives you secure easy access at work and at home, to online resources such as journal articles, e-books and databases, using a single username and password to sign-in.

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The Knowledge and Library Search Hub is here!

NHS Knowledge
and Library Services

NHS
Health Education England

Your NHS Knowledge and Library Hub is here

The **NHS Knowledge and Library Search Hub** connects NHS staff and learners to high quality knowledge and evidence resources in one place, including:

- journals, books and databases
- clinical decision support resources including NICE Guidelines and BMJ Best Practice
- resources purchased nationally and locally
- one-click links to full-text or request via NDHT Library [HERE](#)

Full access is free to all NHS staff and learners using your NHS OpenAthens account – register [HERE](#)

More in depth
searching with
Native
Databases.
Find out more
[HERE](#)

Help with the Search Hub:
Hub Information Sheet [HERE](#)
Access Hub FAQs [HERE](#)

Resources for advanced searching [HERE](#)

To access full text
resources on the
Hub you will need
an [Openathens
account](#)

Please contact NDHT Library with requests for support & training
[HERE](#)

This service replaces HDAS (Healthcare Databases Advanced Search)

Our services are available to all staff, Clinical & Non-Clinical. For more information visit the website or contact us.

THE LIBRARY @ NDHT

Introducing the

NHS Knowledge and Library Hub



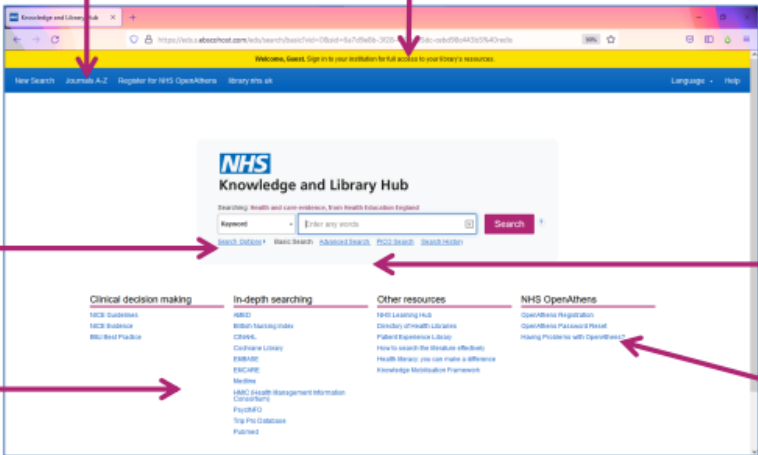
Search for a specific journal title with the Journals A-Z

Login with your NHS OpenAthens account to access full-text articles and locally-licenced resources

Start a new search

Enter your search term(s) in the search box and click search **TIP:** You can enter keywords or specific book, journal or article titles

Links to other useful resources. **TIP:** use the listed databases for a more in-depth literature search



Choose 'Advanced Search' in order to access more search options

Register for an NHS OpenAthens account or reset your account password

TIP: on the search results page use the filters on the left-hand side to reduce the number of results

Results Page

Start a new search

Modify your search

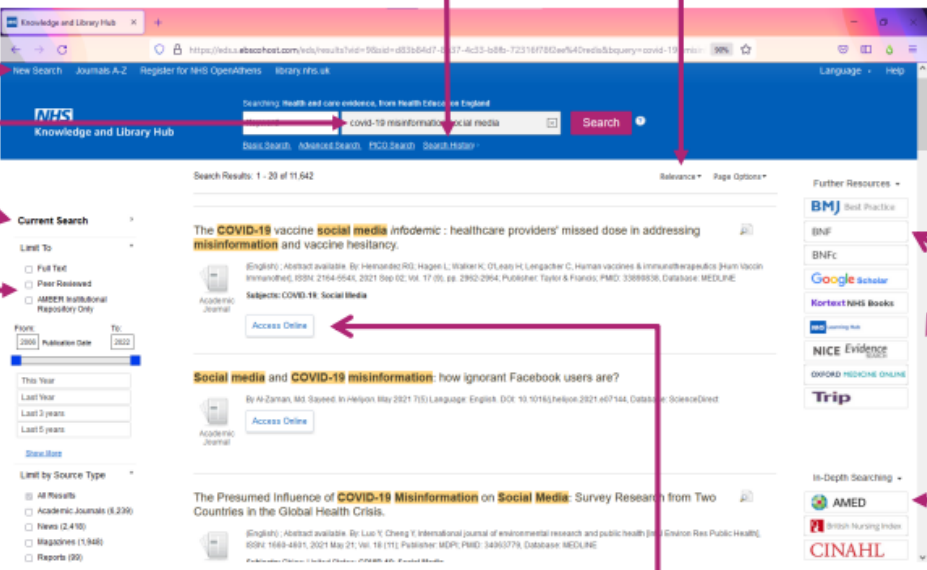
Current search term(s) and applied search filters

Available limits:

- Full text = only results available to access online will display
- Peer reviewed = only peer reviewed research will display
- Date range = use the sliding scale to narrow to a range
- Source types = specify the type of resource you want e.g. books or journals (select 'show more' to view all options)

View your search history

Results are automatically sorted by relevance - click to sort by date instead



Links to other useful resources

Links to other databases for more in-depth and advanced searches

Online books and articles will display either an 'Access Online' / 'Full Text' or 'Request' button

Results with an access online or full text button may be viewed in full - simply click the button and login with your NHS OpenAthens login details if requested

Results with a request button are not available to access online but can be requested from the library - simply click the button, enter your contact details and submit

THE LIBRARY @ NDHT

NHS Knowledge
and Library Services

NHS
Health Education England

Evidence at your fingertips

Join us in the Raleigh Restaurant Level 0 to
find out more!

Wednesday 9th March

Thursday 10th March

Friday 11th March

Library Staff will be there approx. 12 - 2 pm to
answer queries and tell you more.





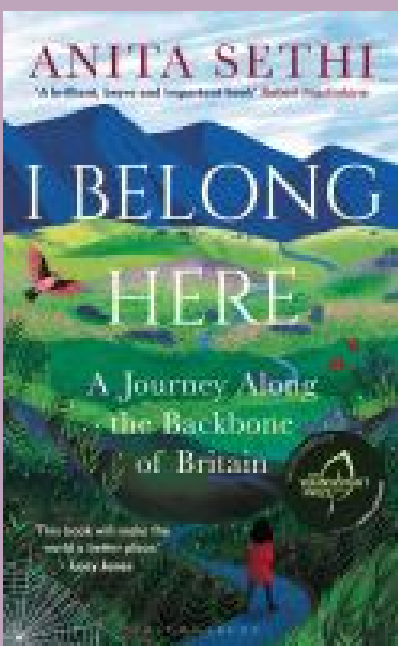
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RECOMMENDED READS



Send us an email to order-ndht.library@nhs.net or fill out the [Book Request form](#) via the website

I Belong Here: A Journey Along the Backbone of Britain by Anita Sethi



One woman's journey of reclamation through natural landscapes as she contemplates identity and womanhood, nature, place and belonging. Anita Sethi was on a journey through Northern England in Summer 2019 when she became the victim of a racially motivated hate crime.

The crime was a vicious attack on her right to exist in a place on account of her race. After the event Anita experienced panic attacks and anxiety. A crushing sense of claustrophobia made her long for wide open spaces, to breathe deeply in the great outdoors. She was intent on not letting her experience stop her from travelling freely and without fear.

Anita transforms her personal experience into one of universal resonance, offering a call to action, to keep walking onwards, forging a path through and beyond pain. Every footstep taken is an act of persistence. Every word written against the rising tide of hate speech, such as this book, is an act of resistance.

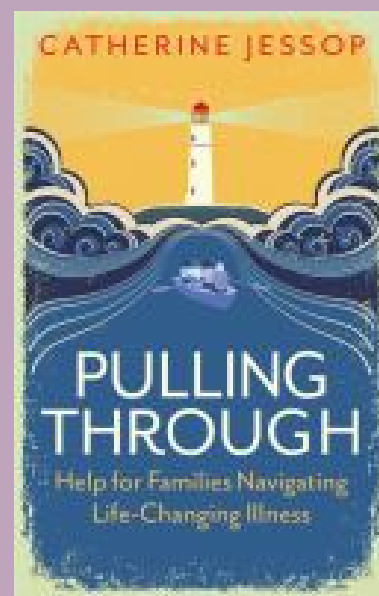
Pulling Through: Help for families Navigating Life-Changing Illness by Catherine Jessop

"And at that exact moment, the earth tipped, and we all slid into a parallel universe..."

On Christmas Day 2016, the Jessops were just an ordinary family, but on Boxing Day, one near-death experience swept them all into the bewildering world of hospitals and serious illness, and their lives changed forever.

Pulling Through is a handbook of everything Catherine has learned on their journey.

This is a book of hope, help and reassurance on every aspect of coping with life-changing illness in the family: the good, the bad, the funny, the sad, and the useful. If you, or someone you know, has a life-changing illness, then this book is here to help.



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RECOMMENDED READS



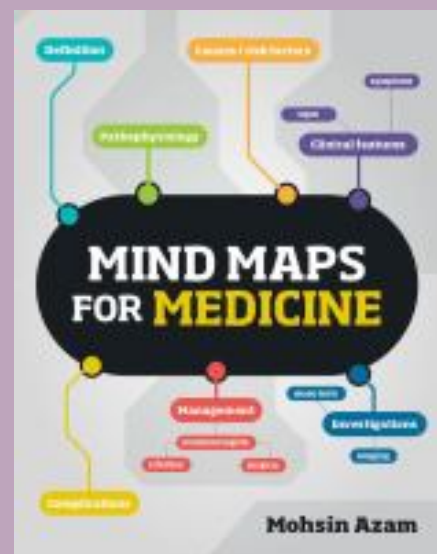
Send us an email to order-ndht.library@nhs.net or fill out the [Book Request form](#) via the website

Mind Maps for Medicine by Mohsin Azam

An innovative, visual textbook to help medical students learn and understand core medical conditions. The book features over 100 easy to follow, full colour mind maps of clinically relevant medical conditions using a systems-based structure: Cardiology Respiratory Gastroenterology Renal Endocrinology Neurology Rheumatology Infectious diseases.

The mind maps give you quick access to key information in a visually appealing way. All topics are clinically relevant or likely to appear in medical school examinations .

Mind Maps for Medicine is crucial reading for all medical students but particularly those who consider themselves visual learners.

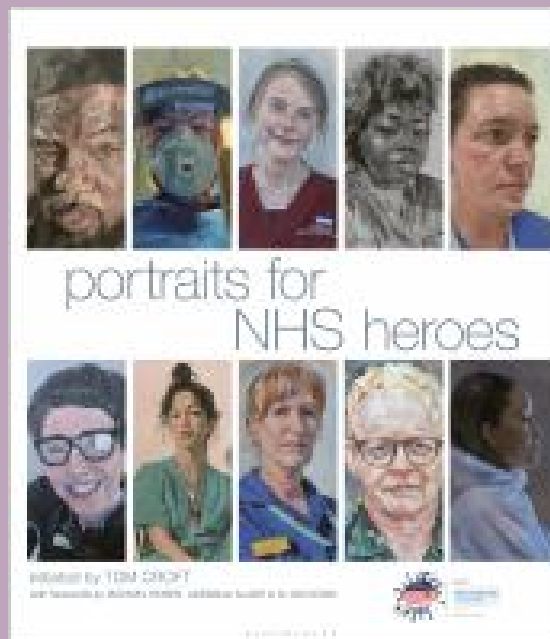


learners.

Portraits for NHS Heroes By Tom Croft

When the UK went into lockdown in March 2020 to contain the spread of the Covid-19 virus, artist Tom Croft offered to paint an NHS key worker's portrait for free. Unsure how to help and offer his support, he wanted to capture and record the bravery and heroism of frontline workers who were risking their physical and mental health for our wellbeing.


' I just couldn't imagine what it must be like to have to put on your PPE and head into the frontline of the pandemic, so I wanted to try and thank NHS workers in some small way. We are indebted to them, so to be able to commemorate, celebrate and record their experiences through portraiture felt fitting. This collection will stand as a permanent record of their bravery in a time of national crisis.' Tom Croft



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NUTRITION & HYDRATION WEEK 14TH - 20TH MARCH

www.nutritionandhydrationweek.co.uk

Barking, Havering and Redbridge 
University Hospitals
NHS Trust

Eating and Drinking Well at Work

Keeping healthy at work helps us provide the best care and maintain focus. At this time it is all the more important for staff take care of their own health, as well as that of the patients we are treating. At the heart of keeping healthy there are three key themes;



Have breakfast and try not to skip meals

- Aim for starchy foods that release energy slowly and try to include a source of protein
 - Oats or whole-wheat cereal made with semi-skimmed milk or mixed with yogurt
 - Wholemeal bread with nut spread or eggs or cheese or beans
- Include a portion (or two) of fruit with your breakfast where possible
 - Add fruit to your porridge or cereal
 - Mashed or sliced fruit on toast with peanut butter

Why not try some of our healthy breakfast recipe ideas that you can make in advance and bring to work with you.

Have your '5 A Day'

Fruit and vegetables can be fresh, frozen, canned or juiced.

- Add one or two portions of either fruit or vegetables to each of your three meals as this will help you to reach the goal quicker
- Try juicing your fruit and vegetables if you are on the go.. every 150ml glass of juice you make can be classed as one of your 5 a day
- One 30g portion of dried fruit counts as your 5 a day so you can stock up on some snack bags for when your need a pick me up.
- Try freezing your fruit and vegetables if you are struggling to shop as much. Most freeze really well!

Drink Plenty

It is recommended to have between 6-8 glasses of fluid per day; some tips to increase your fluid intake include:

- The healthiest and cheapest drink is water; tap water is great if you have access to it. For a refreshing boost, you can add slices of lemon, cucumber, mint or berries.
- Other drinks such as unsweetened coffee, tea or iced tea, as well as unsweetened, infused or flavoured (sparkling) water count as good choices for hydration if you wanted something different in flavour.
- Carry your own refillable water bottle with you and challenge yourself to finish it by the end of the day

Dehydration occurs when the body does not have enough water, and is very dangerous. It is easy to see if you are hydrated, all it takes is one look at your urine. The lighter the colour, the more hydrated you are! Lighter is always better...

Although coffees are easily available in the hospital, you should avoid too much caffeine as this can contribute to dehydration and anxiety. It is suggested to limit caffeine to 400mg/day.

Remember: stay active – the healthy hikes around the hospital are a great way to increase your activity and get some fresh air!

Be mindful while you are eating, this way you can make the most of the food you are eating and know when you are full. Try turning off the TV or other devices while you are eating and sitting at a table where possible.

