

# THE LIBRARY @ NDDH

Remember  
the clocks  
change on  
Sunday 26th  
March!



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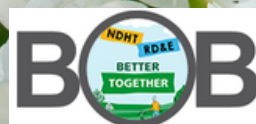
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In Person at the Library on Level 1 - Monday to Friday  
8.30 -5pm





# THE LIBRARY @ NDDH

## New Two-Person Library Pod

One-person pods and two-person pod  
now available to book

**BOOK  
NOW**



Book via [northdevonhealth.nhs.uk/library/pods](https://northdevonhealth.nhs.uk/library/pods)  
or scan the QR code

Library pods are available for meetings, training, lectures or other situations where you need a private space. The new two-person pod is ideal if you need to work collaboratively or need a private space to have a face-to-face meeting with a colleague.

They can be booked  
Monday-Friday  
between 8.30am – 4.30pm.

Find out more at: [northdevonhealth.nhs.uk/library/pods](https://northdevonhealth.nhs.uk/library/pods)  
Please ask Library staff if you need more information.



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## Resources to support the Safety Culture webinar series



### THE POWER OF SAFETY CULTURE

Find out more about the webinar series and how to register or watch recordings [HERE](#)

The webinar series is exploring what we mean by 'safety culture' and why it is important in this personal and unique series.

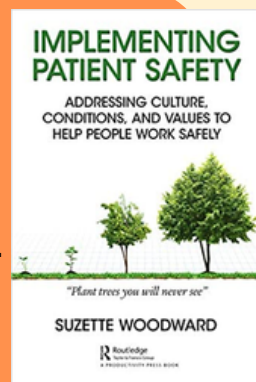
Catch up: Civility Saves Lives with Dr Chris Turner [HERE](#)

Access Chris's TEDx Talk [HERE](#)



Catch up: Rethinking Patient Safety with Suzette Woodward [HERE](#)

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Catch up: Compassionate Leadership with Professor Michael West [HERE](#)

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## International Women's Day

March 8, 2023

#IWD2023 #EmbraceEquity

[www.internationalwomensday.com](http://www.internationalwomensday.com)

For International Women's Day and beyond, Let's all fully #EmbraceEquity.

Equity isn't just a nice-to-have, it's a must-have.

A focus on gender equity needs to be part of every society's DNA.

And it's critical to understand the difference between equity and equality. Read more about this [HERE](#).

We can all challenge gender stereotypes, call out discrimination, draw attention to bias, and seek out inclusion.

Allies are incredibly important for the social, economic, cultural, and political advancement of women.

Encourage and rally your friends, family, colleagues, and community to embrace equity.

Together we can work collectively to impact positive change. Together we can all help forge an equal world.

Let's all embrace equity today, and always.

Are you in? Will you embrace equity?



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## International Women's Day

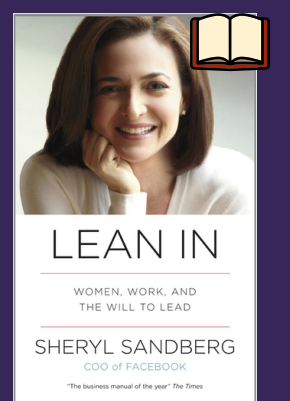
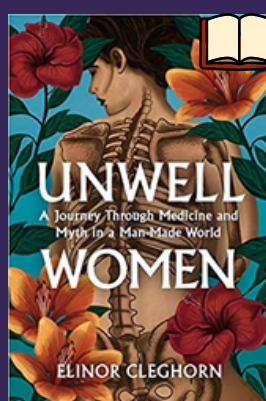
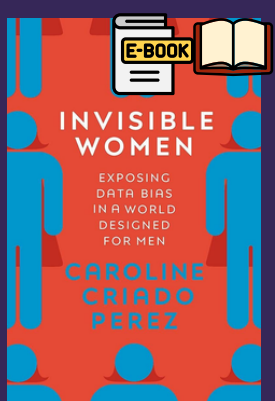
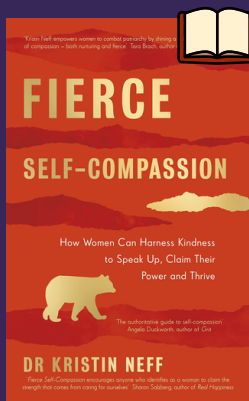
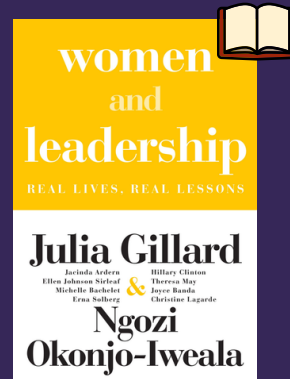
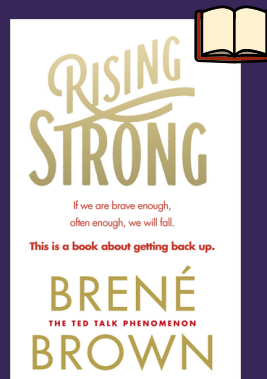
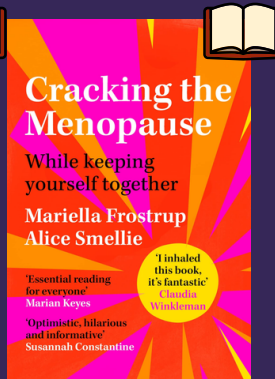
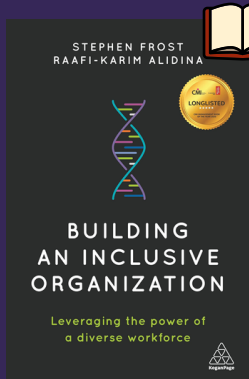
March 8, 2023

#IWD2023 #EmbraceEquity

[www.internationalwomensday.com](http://www.internationalwomensday.com)

## Recommended Reads for International Women's Day

Click on the images below to access the catalogue record. For hard copy books-Fill out a request form [HERE](#) or email us at [rduh.library-northern@nhs.net](mailto:rduh.library-northern@nhs.net) to request.



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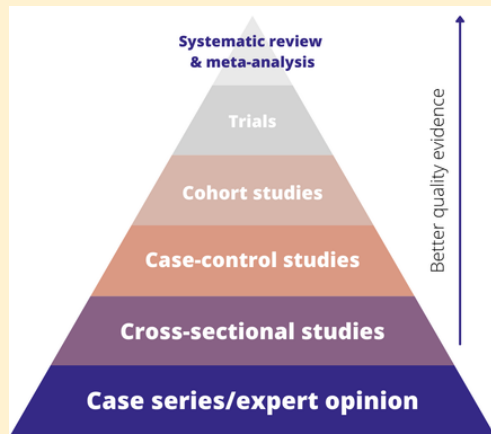
## Know-How: Critical Appraisal

Critical Appraisal is the process of carefully and systematically examining research to judge its trustworthiness, and its value and relevance in a particular context. It is an essential skill for evidence-based medicine because it allows people to find and use research evidence reliably and efficiently. All of us would like to enjoy the best possible health we can. To achieve this, we need reliable information about what might harm or help us when we make healthcare decisions.

Source: <https://casp-uk.net/what-is-critical-appraisal/>

Looking at a typical 'Hierarchy of Evidence' provides a good overview of the types, strength, and quality of the evidence and opens the door to tackle some of the considerations in assessing evidence-based practices.

Source: <https://r1learning.com/blog/2020/02/upon-what-evidence-are-evidence-based-practices-based-4pjtt>



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'Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.'

— Marie Curie



Figure 2. How to read a scientific paper: where to spend your time. (Image credit: Laura Grassie)

### Getting to grips with critically reading papers

Reading a scientific paper requires a methodical approach and a critical (but not negative) mindset to ensure that you fully understand what the paper shows.

Reading a paper can seem daunting, and it can be time-consuming if you go in unprepared. However, the process is quicker and smoother once you know how to approach a paper, including what you can and can't skim. If you don't have enough time, you can still read a paper effectively without reading the entire paper. Figure 2 above highlights what sections can be skimmed and which sections need more of your attention.

Read more: <https://bitesizebio.com/11060/how-to-read-a-scientific-paper/>



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## Recommended resources-Critical Appraisal



**INTERACTIVE**



**READ**



**LISTEN**

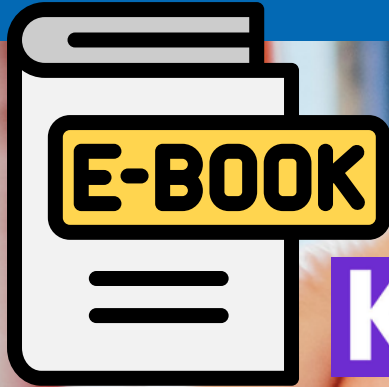
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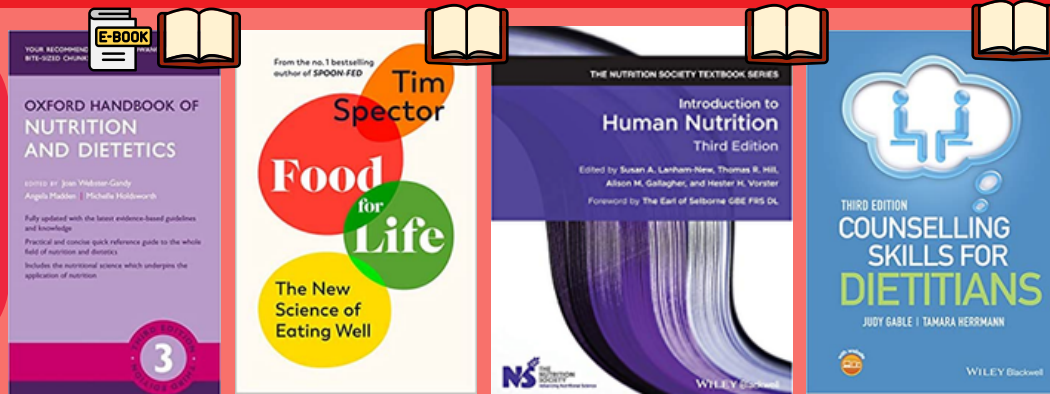


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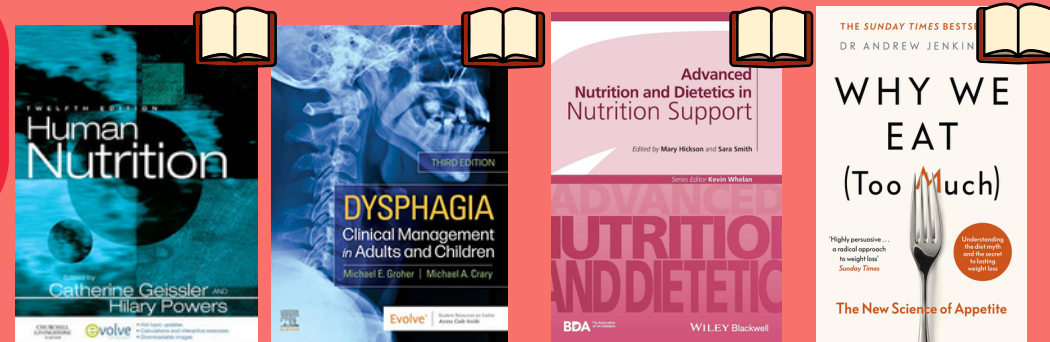
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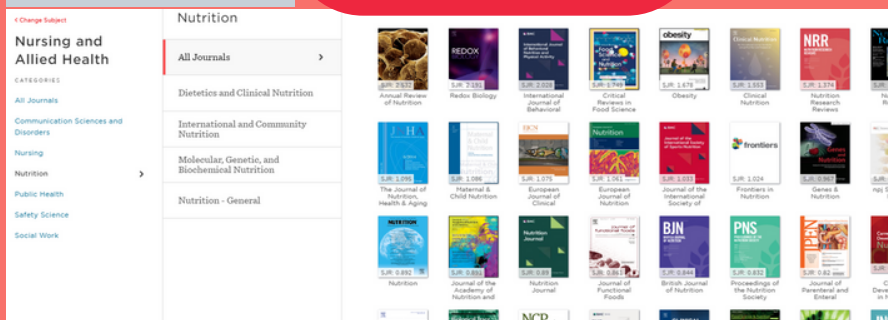


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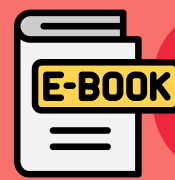
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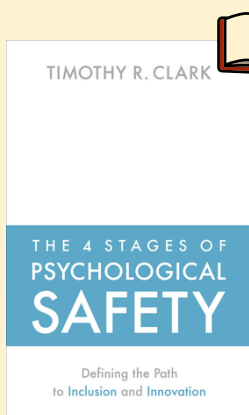
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## Recommended reads

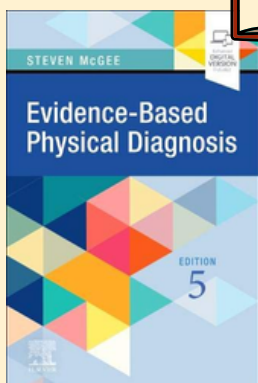
"The best advice I ever got was that knowledge is power and to keep reading."

- David Bailey



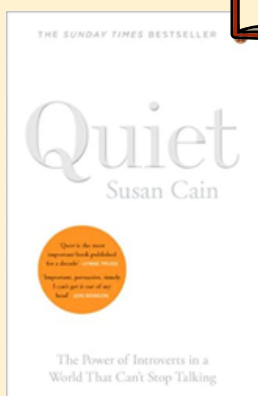
### The 4 stages of psychological safety : defining the path to inclusion and innovation by Timothy R. Clark

This book is the first practical, hands-on guide that shows how leaders can build psychological safety in their organisations, creating an environment where employees feel included, fully engaged, and encouraged to contribute their best efforts and ideas. Clark draws deeply on psychology, philosophy, social science, literature, and his own experiences to show how leaders can, and must, set the tone and model the ideal behaviours--as he says, "you either show the way or get in the way." This thoughtful and pragmatic guide demonstrates that if you banish fear, install true performance-based accountability, and create a nurturing environment that allows people to be vulnerable as they learn and grow, they will perform beyond your expectations.



### Evidence-based physical diagnosis by Steven McGee

Evidence-based insights into physical signs have evolved and progressed greatly over the past few years, further defining how physical findings identify disease, solve clinical problems, and forecast patient outcomes. Evidence-Based Physical Diagnosis, 5th Edition, is an up-to-date, authoritative resource for guidance on interpreting physical signs, enabling you to determine the most appropriate physical finding to confirm a diagnosis. Incorporating more than 200 new studies, this definitive text helps you glean the most from what you hear, see, and feel at the bedside-information that, combined with modern technologic testing, will grant clinicians the keys to outstanding patient care. Emphasizes the most important physical signs needed to determine the underlying condition or disease. Internationally renowned author Dr. Steven McGee shows readers how to pare down the multiple tests needed to confirm a diagnosis, saving both the physician and patient time and money.



### Quiet : the power of introverts in a world that can't stop talking by Susan Cain

The most fundamental dimension of personality, at least a third of us are introverts, and yet shyness, sensitivity and seriousness are often seen as a negative. Some of the world's most talented people are introverts - without them we wouldn't have the Apple computer, the theory of relativity and Van Gogh's sunflowers. In Quiet , Susan Cain shows how society misunderstands and undervalues introverts while giving them the tools to better understand themselves and take full advantage of their strengths. Passionately argued, superbly researched, and filled with real stories, whether an introvert or extrovert, this book will change how you see human beings for good.

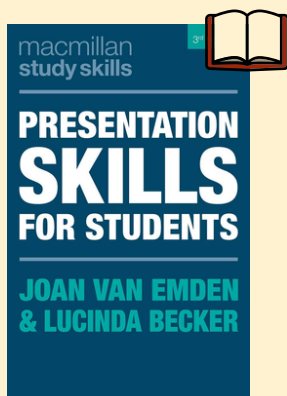
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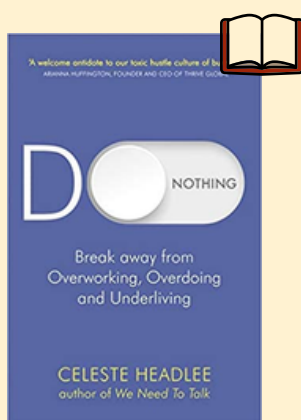
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## Recommended reads

“Reading is the gateway skill that makes all other learning possible.”  
- Barack Obama

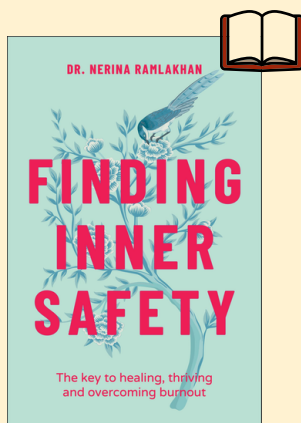


**Presentation skills for students by Joan van Emden and Lucinda Becker**  
This is the essential guide to the most transferable of all student skills: delivering a presentation clearly, coherently and confidently. Written in a friendly and accessible style, it takes the fear out of public speaking and helps students to acquire the skills they need to deliver effective presentations at university and in their future careers. Revised and updated throughout, it provides readers with practical guidance on controlling their nerves, creating visual aids and structuring presentations. This is an invaluable resource for students of all disciplines in further or higher education who have to give presentations as part of their course.



**Do nothing : break away from overworking, overdoing and underliving by Celeste Headlee**

In *Do Nothing*, award-winning journalist Celeste Headlee illuminates a new path ahead, seeking to institute a global shift in our thinking so we can stop sabotaging our well-being, put work aside and start living instead of doing. The key lies in embracing what makes us human: our creativity, our social connections (Instagram doesn't count), our ability for reflective thought, and our capacity for joy. Celeste's strategies will allow you to regain control over your life and break your addiction to false efficiency.



**Finding inner safety : the key to healing, thriving and overcoming burnout by Nerina Ramlakhan**

When we work hard, sometimes we put our mental health on the backburner. Stress, a lack of sleep and other factors can quickly lead to burnout. How can we balance our goals with a peaceful lifestyle? Replace stress, burnout and surviving with resilience, energy-optimisation and thriving. With expert guidance from international author and speaker Dr. Nerina Ramlakhan, you'll learn how to use quick, manageable solutions to make a profound difference to your mindset, energy levels and subsequent productivity. *Finding Inner Safety* provides practical knowledge, insight, and methods to help you unwind from our modern world in a deeper sense, both at home and at work, without asking you to give up on your ambitious goals.

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