



# THE LIBRARY @ NDDH

## Welcome to the November edition

### Contents:

Page 2-4: Sustainability

Page 5: Self-Care Week

Page 6-7: Recommended Reads

Page 8: Evidence Searching Service & Training

Page 9: Focus on ClinicalKey

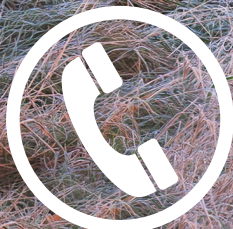
Page 10: Royal Marsden Manual of Clinical Nursing  
Procedures

Page 11: Movember - Men's Health focus

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how they can support you via our website  
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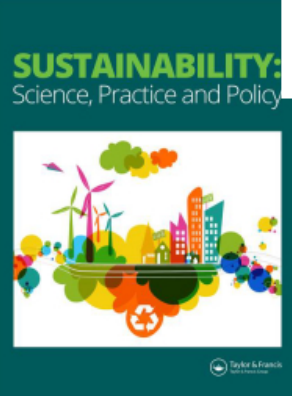
## SUSTAINABILITY

Did you know that we have books, journals and eBooks that support sustainability available through the library?



You can access our full Reading List [HERE](#)


  
 tatiana schlossberg  
 inconspicuous consumption  
 the environmental impact you don't know you have



To access the eResources you will need to be logged in with OpenAthens. You can sign up [HERE](#)

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## SUSTAINABILITY

Find out more about how you can get involved in Royal Devon University Healthcare's sustainability work.



Currently, it is estimated that the NHS accounts for about 4% of all UK emissions as a result of the energy we consume, the miles travelled, the food eaten and the medical and surgical consumables we use. As the biggest employer in Devon with over 15,000 staff, the trust has a responsibility to support staff make positive choices that make a difference to our environment. Our Green Plan will help us to do this in a meaningful way, by focusing attention on the areas that generate the biggest carbon footprint.

Access information about  
Royal Devon's Green Plan [HERE](#)

Building a Net Zero NHS – Learn+ module available for all staff. Are you keen to help us build a Net Zero NHS? Want to learn more about the impact of climate change on health and what you can do to help us become more sustainable? Enrol on the 30 minute Net Zero course on the Learn+ course catalogue to learn more.

Find out more [HERE](#)

# THE LIBRARY @ NDDH

## HOW THE LIBRARY SUPPORTS SUSTAINABILITY

**We are making changes in the library to help make a difference to our environment.**

**We are:**

- turning off some lights in our office,
- choosing digital methods of communication to reduce paper use,
- making sure our stock is up to date and relevant so it is borrowed again and again,
- making it easier for our service users to recycle and dispose of waste correctly at our dedicated recycling & waste area,
- making sure appliances and lights are turned off at night or when not in use,
- travelling together when we need to attend meetings, or moving meetings online,
- walking or cycling or using public transport to work where possible,
- building reading lists and resources that service users can access to learn more about sustainability.



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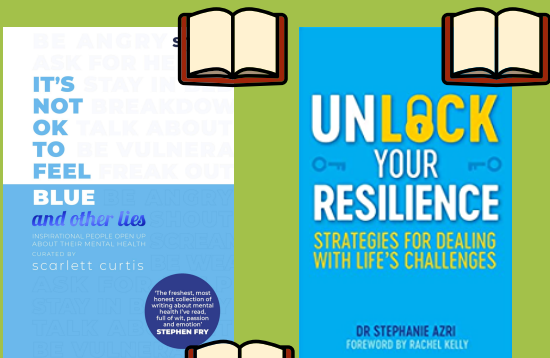


## EXERCISE SELF CARE FOR LIFE

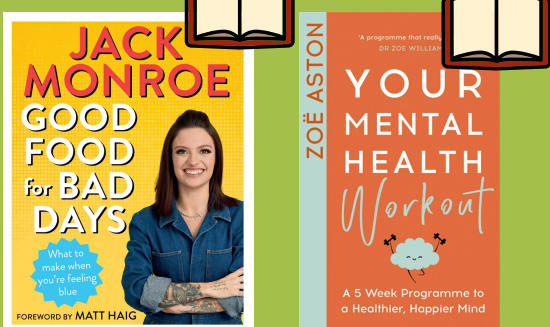
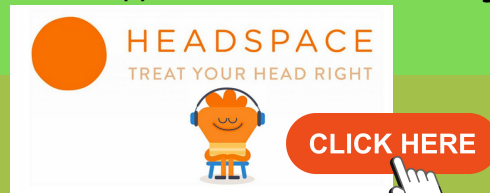
14-20 November 2022

Pick up health and wellbeing tips from our range of resources and books via the library. Our team can search topic areas and suggest titles for you. Pop in the library on Level 1 to have a look at our displays. You can search our library catalogue [HERE](#)

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When times are tough, be kind to your mind. Click below to get your free Headspace Plus subscription now, just for NHS staff. After you sign up, make sure to look out for a verification email from Headspace. Click this link <https://www.headspace.com/nhs> and register/login using your nhs.net email. Download the app for mindfulness on the go.

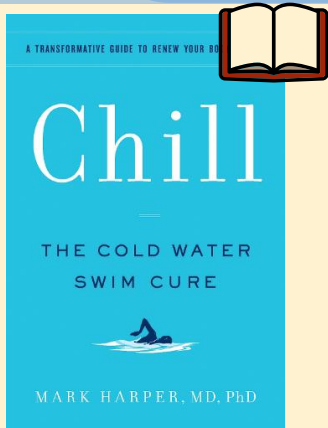


An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.  
-Anonymous

# THE LIBRARY @ NDDH

## Recommended reads

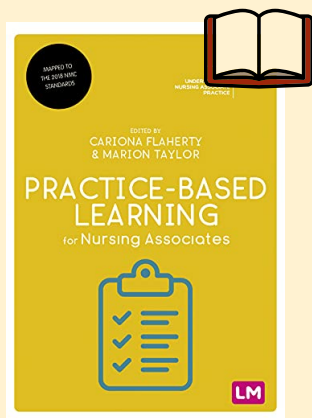
Keep reading.  
It's one of the most marvellous adventures anyone can have.  
-Lloyd Alexander



### Chill: The cold water swim cure by Mark Harper

In Chill, expert anaesthetist and researcher Dr. Mark Harper delivers long-awaited evidence that cold-water swimming can, in fact, achieve powerful, tangible health benefits. Combining cutting-edge neuroscience with case studies, laboratory results, and stories from the lives of patients, Dr. Harper illuminates the ways in which cold water can impact us physiologically and mentally, alleviating conditions like: chronic pain, dementia, arthritis, anxiety, depression, PTSD, migraines, and more.

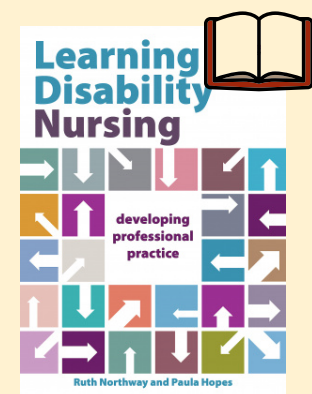
Eye-opening and actionable, and full of extraordinary discoveries about our minds, our bodies, and the healing powers of Earth's most plentiful resource, Chill is a drug-free, no-cost, revolutionary approach to lasting wellness and rejuvenation.



### Practice-based learning : for nursing associates by Cariona Flaherty and Marion Taylor

This book will help you to prepare for and excel in your nursing associate practice placements. Covering all settings and all fields of nursing, the book will show you how to make the most of each placement and transfer learning and skills from one area of practice to another.

Key features: - Fully mapped to the NMC Standards of Proficiency for Nursing Associates (2018)- Helps you prepare for placements in a way that best supports your professional development and personal wellbeing- Case studies and activities introduce you to different settings across all fields of nursing- Focused specifically on the requirements of the nursing associate role, helping you to develop into a confident professional practitioner.



### Learning Disability Nursing : developing professional practice by Ruth Northway and Paula Hopes

This is a must-have book for all undergraduate nurses studying to become Registered Nurses (Learning Disability), specifically linked to achieving the outcomes required within the NMC Standards for Nurse Education (2018). The book explores all aspects of professional development in learning disability nursing from the foundations to advanced practice. Key themes running through the book include the importance of a human rights and values-based approach, the development of person-centred approaches to care and support, and the need to work in partnership with key stakeholders, including people with learning disabilities and their families. It encourages readers to make links between theory and practice and to develop their skills in critical thinking through case studies and reflective activities.

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# THE LIBRARY @ NDDH

## Recommended reads



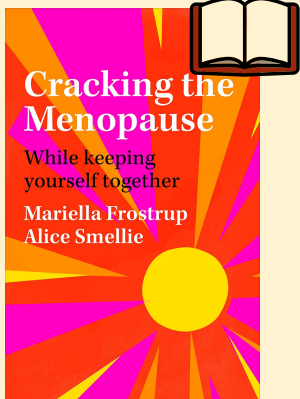
Maybe this is why we read, and why in moments of darkness we return to books: to find words for what we already know.

-Alberto Manguel

### Cracking the Menopause: While keeping yourself together

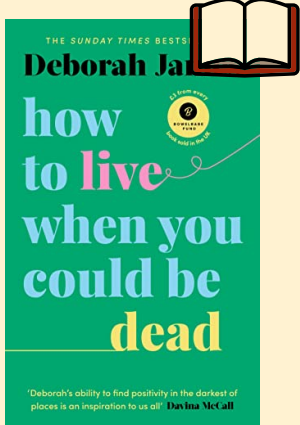
by Mariella Frostrup and Alice Smellie

'Essential reading for everyone' - Marian Keyes It's high time we renovated and elevated this life change. Despite the centuries of speculation and propaganda, we are not overheating or inherently cold, we are not hysterics or boiling vats of toxic poisons, we are not dried up or washed up, we are simply menopausal. Cracking the Menopause, from straight-talking broadcaster Mariella Frostrup and health journalist Alice Smellie, has all the information you need, delivered with characteristic wry humour. Cracking the Menopause opens up the conversation about an urgent topic that half the population will experience, but barely anyone is talking about. Designed to equip you with the knowledge to manage your symptoms from perimenopause onwards, this essential book separates the myths from the reality and offers expertise, hope and advice.



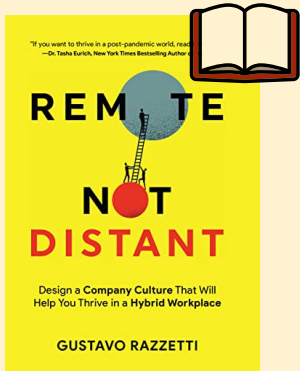
### How to live when you could be dead by Deborah James

The Sunday Times No.1 Bestseller 'Deborah James has captured the heart of the nation' - The Duke and Duchess of Cambridge @KensingtonRoyal 'Deborah's ability to find positivity in the darkest of places is an inspiration to us all' - Davina McCall When Deborah James was diagnosed with incurable bowel cancer at just 35, she learned a powerful lesson: the way we respond to any given situation empowers or destroys us. And with the right skills and approach, we can all face huge challenges and find strength and hope in the darkest of places. How to Live When You Could Be Dead will show you how. It will awaken you to question your life as if you didn't have a tomorrow and live it in the way you want to today. By harnessing the power of positivity and valuing each day as though it could be your last, you'll find out, as Deborah did, that it is possible to live with joy and purpose, no matter what.

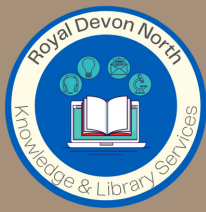


### Remote not distant : design a company culture that will help you thrive in a hybrid workplace by Gustavo Razzetti

In this practical, meticulously researched book, top culture thought leader Gustavo Razzetti provides a roadmap to understand, adapt to, and succeed in a hybrid workplace. Razzetti has spent years investigating the leading edges of this revolution, from Amazon, Slack, GitHub, Volvo, and Microsoft, to name just a few. The lessons are simple yet stunning. Through insights, real-life examples-both successes and failures-exercises, and experiments, Razzetti will guide you through today's rapidly changing workplace to improve collaboration whether if your team members work from home, the office, or both."The future of work isn't fixed; it's waiting to be built. Remote, Not Distant offers a tactical blueprint to building a better future for all."--Darren Murph, Head of Remote, GitLab



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# THE LIBRARY @ NDDH

## Evidence Searching Service & Training

We can help with research and study – the library is here to support all staff and students.



Do you need information to support clinical practice or your research project?

Looking for evidence to update a policy or guidelines?

Do you require articles for your teaching session?

We can help by carrying out a evidence search on your behalf.

Fill out our form [HERE](#) and give us some details so we can begin our search for you.

If you are undertaking a course of study we can support you by providing training in how to carry out a evidence search. This can be a 1:1 or small group session at a time convenient to you during library opening hours (Mon-Fri 8.30am – 5.00pm).

Find out more [HERE](#)



# THE LIBRARY @ NDDH CLINICALKEY

ClinicalKey®

## ClinicalKey

Supporting healthcare professionals with the latest evidence across specialties in a variety of formats

including:

- full-text reference books and journals,
- point-of-care monographs,
- drug information,
- videos,
- practice guidelines,
- customised patient education handouts,
- clinical calculators and more.

Access via the Knowledge and Library Services website [HERE](#) or Download the App

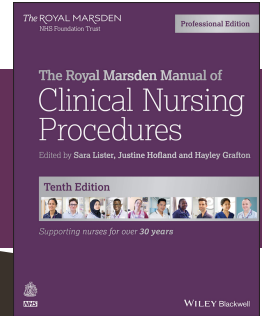
Deepen your knowledge with:

- Latest Medical Journals
- Quick Videos for procedure best-practice
- Medical & Surgical text and Reference works
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# THE LIBRARY @ NDDH

# ROYAL MARSDEN MANUAL



The ROYAL MARSDEN  
NHS Foundation Trust

## The Royal Marsden Manual of Clinical Nursing Procedures

Online Edition • Tenth Edition

Excellence in nursing care



Get online access to  
The Royal Marsden  
Manual of Clinical  
Nursing Procedures -  
one of the world's  
most popular  
resources on clinical  
skills and procedures  
for nurses [HERE](#)

The Royal Marsden Manual provides detailed procedure guidelines based on the latest research findings and expert clinical advice, helping you to deliver clinically effective patient-focused care.

Now in its 10th edition, this full-colour manual provides the underlying theory and evidence for procedures enabling nurses to gain the confidence they need to become fully informed, skilled practitioners.

Written with the student and qualified nurse in mind, this manual provides up-to-date, detailed, evidence-based guidelines for over 200 procedures related to every aspect of a person's care including key information on equipment, the procedure and post-procedure guidance, along with full colour illustrations and photos.

The 10th edition is fully updated content to include:

- **Additional 5 chapters**– extra content allows you to carry out effective patient care
- **Instructional Videos**– key procedures now have step by step, fully subtitled, demonstration videos- more planned
- **Presentation Maker** that allows images to be downloaded into PowerPoint
- **Regular content updates**– this ensures you always have access to the very latest content at your fingertips
- **Integration of new 'Cancer Manual' content**- full access to the Royal Marsden Manual of Cancer Nursing Procedures

You will need Openathens to access this resource. Get your account now [HERE](#) Look for 'Royal Devon University Healthcare Northern'

# THE LIBRARY @ NDDH

## Movember-Men's Health

Life can throw us curveballs. Yet even when things seem tough, there's a lot we can do to look after ourselves and others. That's why Movember provides reliable, expert information to help men cope and live happier, healthier, longer lives –no matter what life throws at us.

Asking, listening and being there for your friends can be lifesaving. If you need a hand having a conversation with someone who's going through a tough time, use this guide.

Click on the book covers to access the catalogue record.

### A.SK

Ask the question

### L.LISTEN

Listen, without judgement or distractions

### E.ENCOURAGE

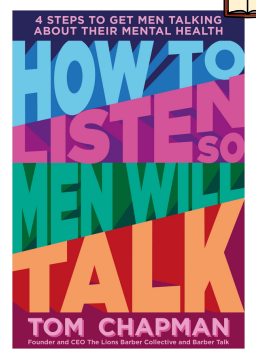
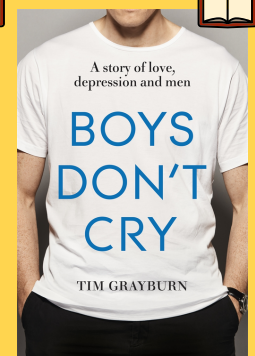
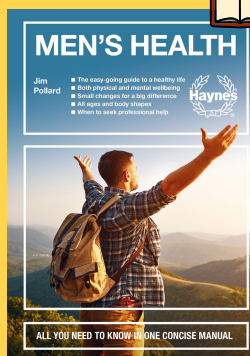
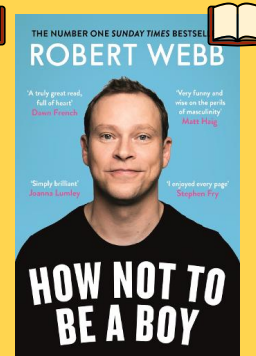
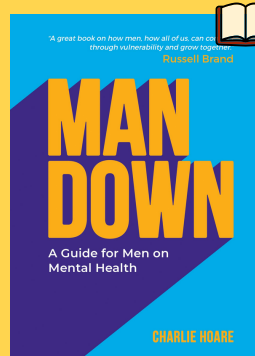
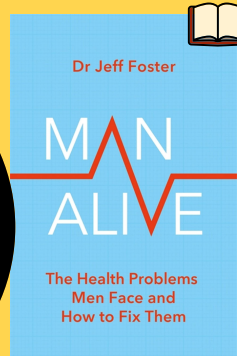
Encourage action

### C.CHECK

Check in

Many thanks to R U OK? for developing the ALEC model.

Find out more about Movember HERE



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Take time out at the Library on Level 1 - a calm place to be for a time