

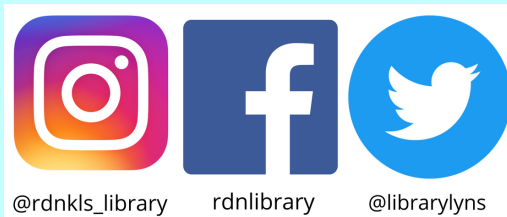


THE LIBRARY @ NDDH

WELCOME TO THE MAY EDITION

You can contact us whichever way suits you!
Our services and resources are for **all** staff-
From Hartland to Holsworthy, Stratton to
South Molton, Kitchen to Conservatory,
Knowledge & Library Services are available
wherever you are working!

http://



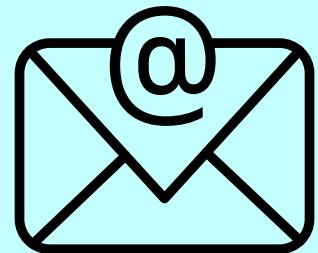
@rdnks_library

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Social Media

Website: northdevonhealth.nhs.uk/library/



Email: ndht.library@nhs.net



Intranet



In Person
Level 1 at
NDDH



Phone: 01271 322363
x2363

THE LIBRARY @ NDDH

LIBRARY IMPROVEMENTS

We have been making some improvements to the Library space. We welcome your feedback. Please drop by and let us know what you think.



Plants and Wall Art

Bookable Pods for online training & meetings

New book collections



THE LIBRARY @ NDDH

LIBRARY UPDATES

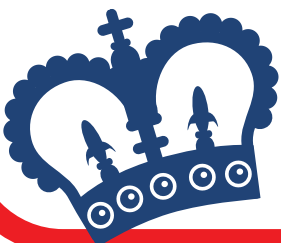
Well done to Ellie who won a mug of goodies from our Newsletter Prize Draw!



Please note that the library will not be staffed on:

- Monday 2nd May-May Day Bank Holiday
- Thursday 2nd June-Spring Bank Holiday
- Friday 3rd June-Platinum Jubilee Bank Holiday

You can access the library as you usually would during out of hours periods.



THE LIBRARY @ NDDH

Login with OpenAthens for full access to our online resources

PHYSIOTHERAPY

Access Books, Journals, Point of Care Tools and more via the Knowledge and Library Search Hub HERE

DynaMed®

Specialties Recent Alerts Drugs A-Z Drug Interactions Calculators

Specialty

Physical Medicine and Rehabilitation

- Medical Rehabilitation
- Musculoskeletal Rehabilitation
- Rehabilitation of Central Nervous System Disorders
- Pediatric Rehabilitation

SWIMS

50th Anniversary

Advanced Techniques in Physiotherapy & Occupational Therapy

Krishna N Sharma

BrowZine

Physical Therapy and Rehabilitation

CATEGORIES

All Journals >

- Anatomy and Physiology
- Kinesiology
- Rehabilitation and Therapy

SJR: 30.475 Annual Review of Physiology	SJR: 3.357 Movement Disorders	SJR: 2.652 International Journal of Behavioral	SJR: 2.353 Journal of Stroke	SJR: 2.004 The Journal of General Physiology	SJR: 1.722 Journal of Science and Medicine in Physiotherapy	SJR: 1.615 Journal of Physiotherapy
SJR: 3.591 Acta Physiologica	SJR: 1.560 The Journal of Strength and Conditioning	SJR: 1.428 Pflügers Archiv - European Journal of Physiology	SJR: 1.386 Journal of Sport and Health Science	SJR: 1.367 Journal of Orthopaedic & Sports Physical	SJR: 1.32 Frontiers in Physiology	SJR: 1.305 Archives of Physical Medicine and Rehabilitation
SJR: 1.266 Neuromodulation Technology at the Neural	SJR: 1.270 Biology of Sport	SJR: 1.220 Virchows Archiv	SJR: 1.213 Human Pathology	SJR: 1.188 Journal of Athletic Training	SJR: 1.180 Journal of Geriatric Physical	SJR: 1.115 Clinical Rehabilitation

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ACRM

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



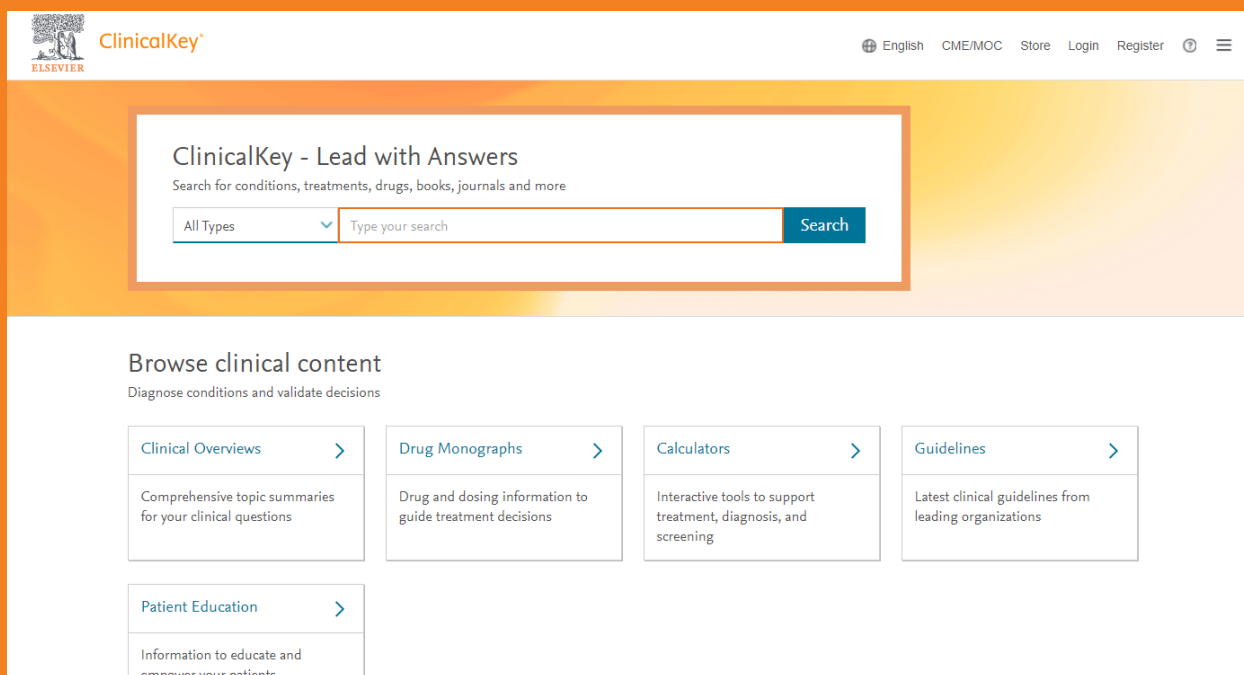
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- full-text reference books and journals,
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- Medical & Surgical text and Reference works
- Image & video collection organised by specialty

Deepen your knowledge

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Procedure Videos >

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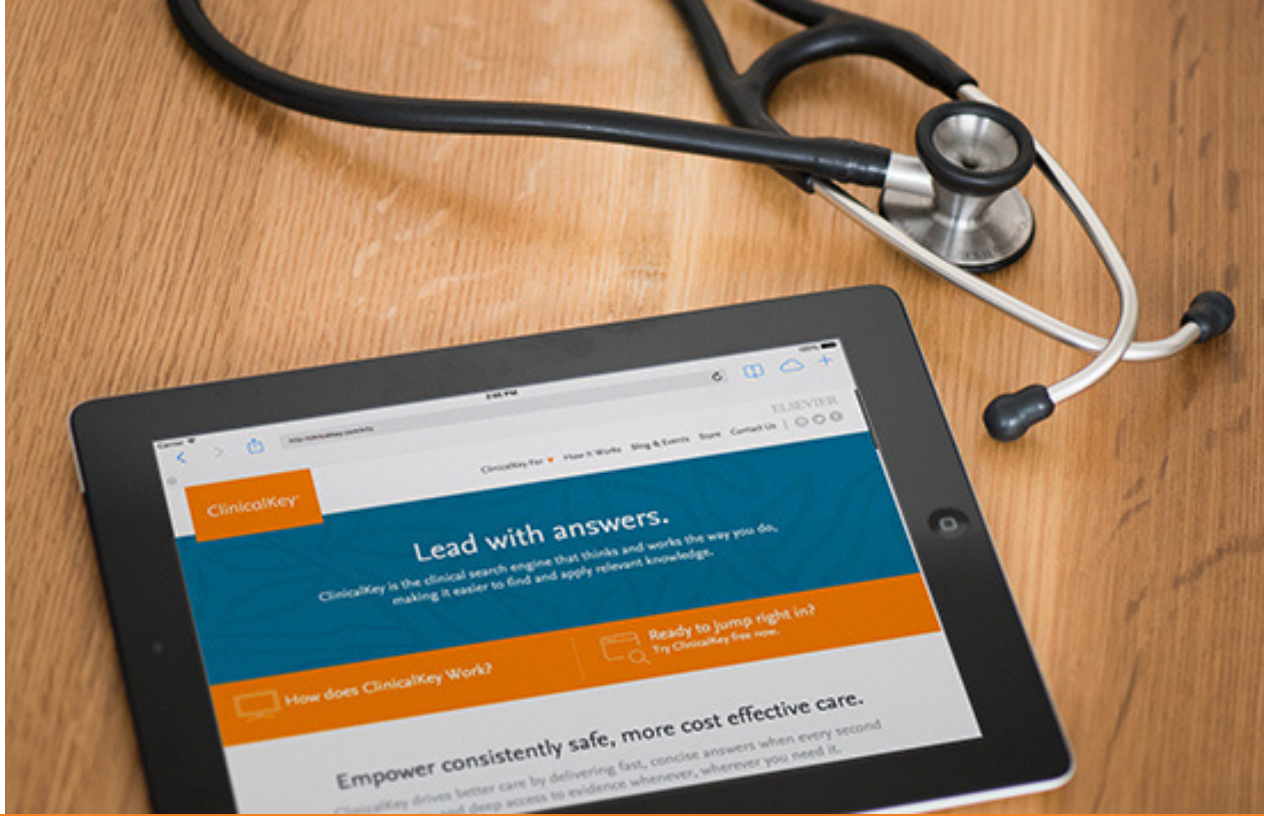
Image and video collection organized by specialty



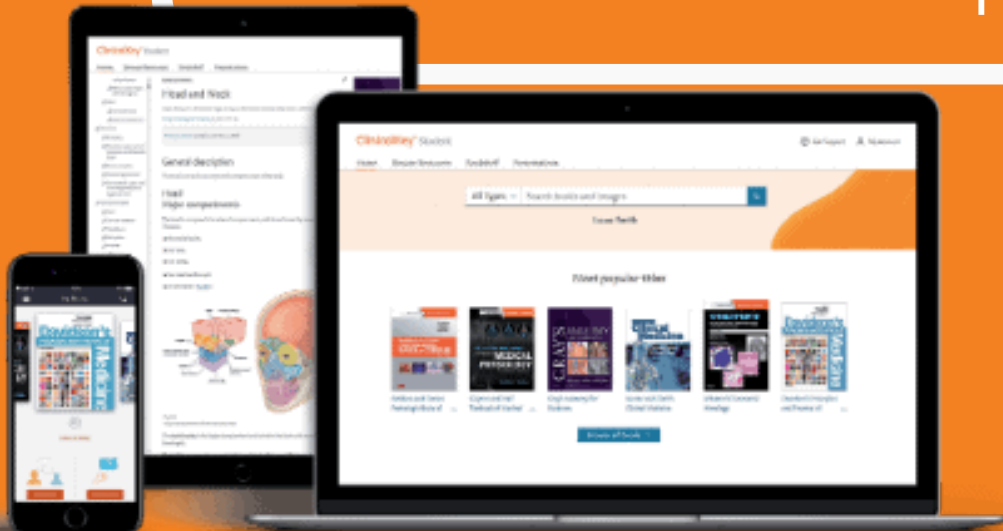
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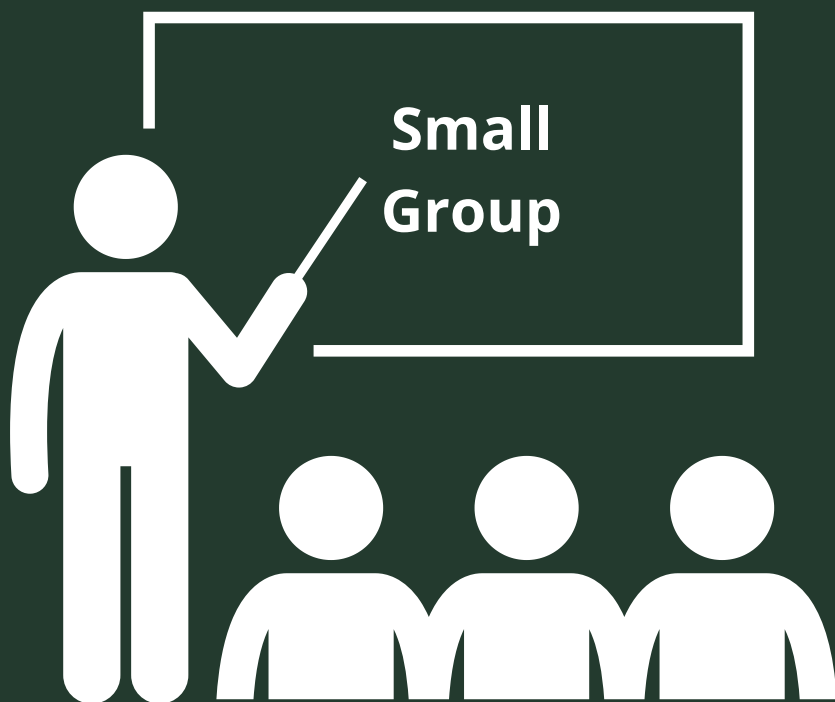
THE LIBRARY @ NDDH

TRAINING AND SUPPORT

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 on Teams at a time convenient to you during library opening hours (Mon-Fri 8.30am – 5.00pm).



We aim to give you the knowledge you need to carry out your own research, which is an essential part of the skills needed for your course of study, whatever level you are studying at.

To access our training sessions, please fill out the online booking form [HERE](#).

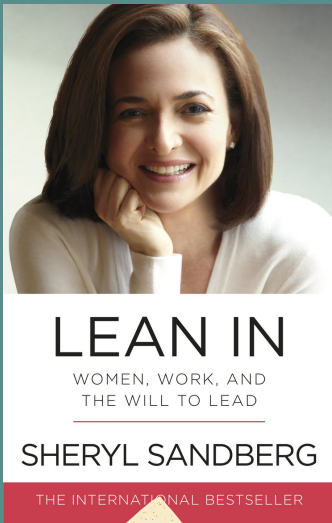
Please email us if you wish to discuss your particular requirements
ndht.library@nhs.net

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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

Lean in : women, work and the will to lead By Sheryl Sandberg



A provocative and inspiring work on overcoming the obstacles facing women on the path to leadership Sheryl Sandberg's Lean In is a massive cultural phenomenon and its title has become an instant catchphrase for empowering women.

In Lean In , Sheryl Sandberg - Facebook COO and one of Fortune magazine's Most Powerful Women in Business - draws on her own experience of working in some of the world's most successful businesses and looks at what women can do to help themselves, and make the small changes in their life that can effect change on a more universal scale.



Becoming By Michelle Obama

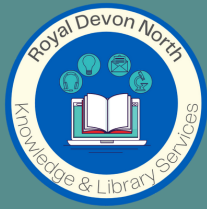


The intimate, powerful, and inspiring memoir by the former First Lady of the United States THE SUNDAY TIMES NO. 1 BESTSELLER BRITISH BOOK AWARDS, NON-FICTION BOOK OF THE YEAR THE SUNDAY TIMES , MEMOIR OF THE YEAR 2018 BOOKS OF THE YEAR- THE TIMES, OBSERVER, GUARDIAN, EVENING STANDARD

In her memoir, a work of deep reflection and mesmerising storytelling, Michelle Obama invites readers into her world, chronicling the experiences that have shaped her. With unerring honesty and lively wit, she describes her triumphs and her disappointments, both public and private, telling her full story as she has lived it -- in her own words and on her own terms.

Warm, wise, and revelatory, Becoming is the deeply personal reckoning of a woman of soul and substance who has steadily defied expectations -- and whose story inspires us to do the same.





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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

Rising strong By Brene Brown

A powerful new book from Brene Brown, the international bestselling author of *Daring Greatly*, on how to have the courage to embrace fear, failure and vulnerability to create a life you love.

'Thanks to Brene Brown I learned how to be vulnerable. a life changer' Miranda Hart

The physics of vulnerability is simple- If we are brave enough often enough, we will fall. This is a book about what it takes to get back up and how owning our stories of disappointment, failure, and heartbreak gives us the power to write a daring new ending.

Struggle can be our greatest call to courage and *Rising Strong*, our clearest path to deeper meaning, wisdom and hope.

**RISING
STRONG**

If we are brave enough,
often enough, we will fall.

This is a book about getting back up.

BRENÉ
THE TED TALK PHENOMENON
BROWN

Nursing theorists and their work

By Martha Raile Alligood

Nursing Theorists and Their Work, 10th Edition provides a clear, in-depth look at nursing theories of historical and international significance.

Each chapter presents a key nursing theory or philosophy, showing how systematic theoretical evidence can enhance decision making, professionalism, and quality of care.

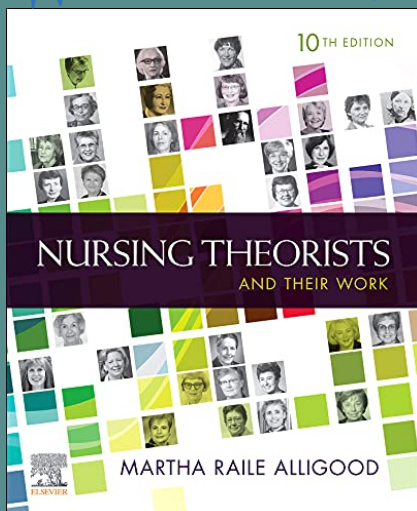
A classic in the field of nursing theory, this text uses objective critiques, case studies, and critical thinking activities to bridge the gap between nursing theory and application.

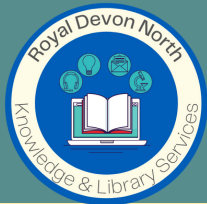
Case studies at the end of each theorist chapter put the theory into a larger perspective, demonstrating how it can be applied to practice.

Critical thinking activities at the end of each theorist chapter help you understand the theory presented and apply it to personal and hypothetical situations.

Diagrams and graphics help you to visualise and better understand abstract concepts and theories.

**READ
LEAD
SUCCEED**





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MENTAL HEALTH AWARENESS WEEK

9-13TH MAY-LONELINESS



The Community Life Survey is a household self-completion survey (online survey, with paper survey for adults not digitally engaged) of adults aged 16+ in England. This chapter summarises results related to wellbeing and loneliness from the 2020/21 survey, which ran from April 2020 to March 2021.

Overall in 2020/21:

- 6% of respondents (approximately 3 million people in England) said they feel lonely often or always. This is the same as in 2018/19 and 2019/20.
- 20% of respondents (approximately 9 million people in England) said they never feel lonely, similar to 2019/20 (21%)
- A composite loneliness score was produced combining three indirect loneliness measures. A high score indicating loneliness was reported for 9% of respondents, approximately 4 million people in England; a similar proportion to 2019/20.
- 7% of respondents who didn't formally volunteer reported being lonely often/always. This was higher than those that did formally volunteer (4%). These figures did not vary from 2019/20.

Source: <https://www.gov.uk/government/statistics/community-life-survey-202021-wellbeing-and-loneliness/wellbeing-and-loneliness-community-life-survey-202021>

Health risks of Loneliness

- Loneliness is likely to increase your risk of death by 26% (Holt-Lunstad, 2015)
- Loneliness, living alone and poor social connections are as bad for your health as smoking 15 cigarettes a day. (Holt-Lunstad, 2010)
- Loneliness is worse for you than obesity. (Holt-Lunstad, 2010)
- Loneliness and social isolation are associated with an increased risk of developing coronary heart disease and stroke [1]
- Loneliness increases the risk of high blood pressure [2]
- Loneliness with severe depression is associated with early mortality [3] and loneliness is a risk factor for depression in later life [4]
- Loneliness and social isolation put individuals at greater risk of cognitive decline and dementia [5]

Source and references: <https://www.campaigntoendloneliness.org/the-facts-on-loneliness/>



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MENTAL HEALTH AWARENESS WEEK

9-13TH MAY-LONELINESS



Top Tips for when you're feeling lonely



Find people with similar interests

Don't worry if you haven't found "your people" yet. There are many opportunities throughout life to meet similar people.

Explore ways to express your thoughts and feelings

Find out what works best for you. You could try journaling, sports or listening to music.

Talk to someone

Opening up is brave. There is lots of support out there, including your GP, friends, family and school.

Do things you enjoy

Doing things you enjoy and are confident in will make you feel happy!

Connect with people

Supportive relationships will help us feel less lonely. Spend time with people you trust.

Look out for yourself

Feelings of loneliness are okay and can happen to everyone at some point. Do what makes you comfortable.

Be mindful of social media

If social media is making you feel lonely, take a break or be aware of what content is making you feel this way.

Be kind

Showing gratitude for the things around us can help to make us feel more connected and less lonely.