

THE LIBRARY @ NDDH

Welcome to a bumper Autumn edition

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Let the Knowledge and
Library Services support you
this Autumn and beyond!
Find out more via our
website [HERE](#)



THE LIBRARY @ NDDH

LibrariesWeek

3-9 OCTOBER 2022

#LibrariesWeek

Never Stop Learning



The Library at NDDH on Level 1 is staffed Monday – Friday, 8.30am-5pm, and the Healthcare Library can be accessed 24/7 via staff ID swipe card entry.

As well as books, computers and study space on site at NDDH, we also have fantastic online resources available to you that can be accessed from anywhere, and you can contact the team via email for remote services, perfect if you are based in the community.

Click [HERE](#) to join and access resources

OPEN LIBRARY



CLICK HERE



24/7

The Northern Knowledge and Library Services are here to support you in your work, with your studies and your mental health & wellbeing.

Your Knowledge and Library team are experts in:

- Providing the right, evidence based intelligence to help you make the right decisions about patient care
- Finding the most up to date information to simplify research and the spread of innovation
- Supporting your education, studies and lifelong learning
- Friendly, knowledgeable, professional services saving you time to focus on patient care

Contact us : ndht.library@nhs.net 01271 322363

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mentalhealth.org.uk/ribbon

Mental Health Foundation publications contain high-quality, evidence-based information on various mental health topics. Access them [HERE](#)



World Mental Health Day is a chance to talk about mental health, how we need to look after it, and how important it is to talk about things and get help if you are struggling.

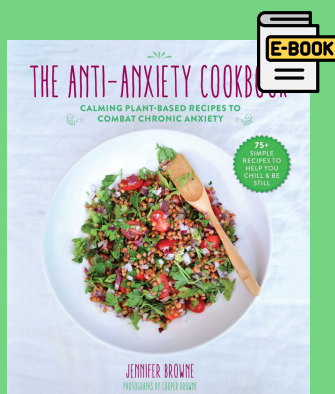
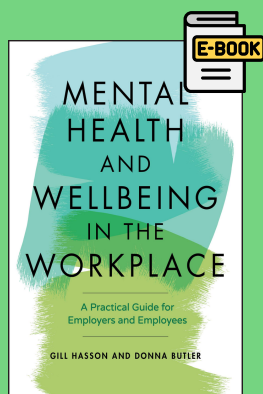
#PinItForMentalHealth

Did you know that we have Health & Wellbeing book collections at the library?

The collections cover a wide range of subjects from sleeping well, menopause, resilience, grief, mindfulness to stress, depression and trauma and much more.

The collections can help support you or help you to support someone else when they need you.

We have books available in hard copy in the library and eBooks via our Library catalogue.



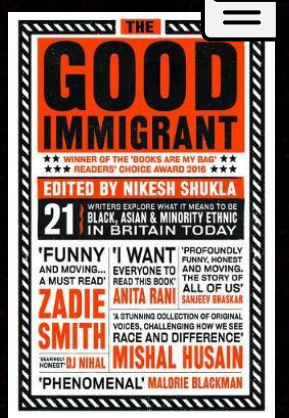
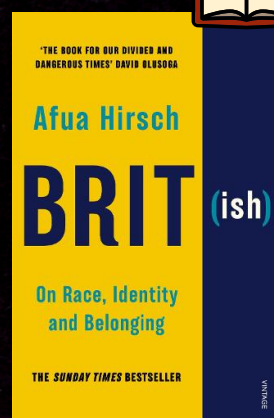
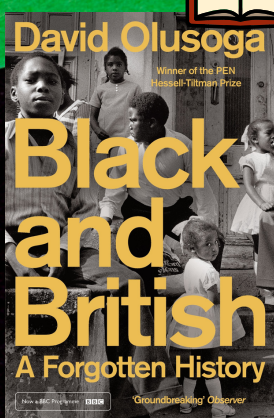
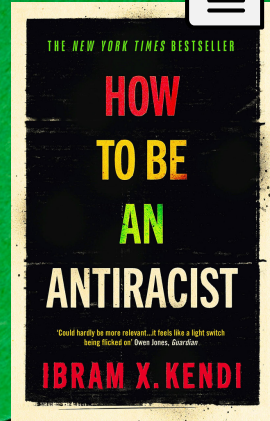
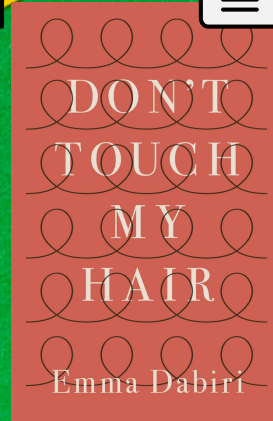
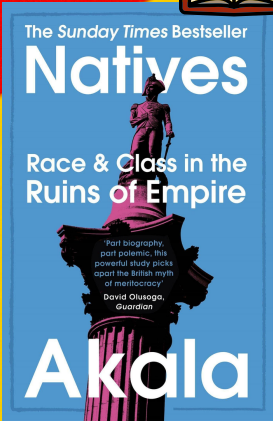
Click on the book covers to access the catalogue record. For eBooks-Access via the book cover link with your OpenAthens. For hard copy books-Fill out a request form [HERE](#) or email us at ndht.library@nhs.net to request.

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B: M2022

DIG DEEP, LOOK CLOSER, THINK BIGGER

Books to read through out this Black History Month



Click on the book covers to access the catalogue record.
 For eBooks-Access via the book cover link with your OpenAthens.
 For hard copy books-Fill out a request form [HERE](#) or email us at ndht.library@nhs.net to request.

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Health Literacy Month Did you know?



43% of 16-65 year olds in England are unable to fully understand written health information. When we add numbers into this data, the percentage rises to 61% of 16-65 year olds that are unable to routinely understand health information.

Source: <https://doi.org/10.3399/bjgp15X685285>

Adults who have low language, literacy and numeracy skills, and their children and families, suffer the worst health outcomes in society.

These can include:

- unhealthy lifestyles and poor general health
- low use of preventative services, like vaccinations and screening
- difficulty taking medicines correctly
- increased A&E attendances and hospital admissions
- reduced life expectancy



It is estimated that health literacy-related problems account for up to 5% of national health spending.

Source: <https://service-manual.nhs.uk/content/health-literacy>

Percentage of 16-65 year olds that DON'T understand health information both numeracy & literacy that is shared with them

North Devon
59.68%

Torrige
61.57%

West Devon
55.86%

Source: <http://healthliteracy.geodata.uk/>

Health Literacy:

You can make a difference



Access further information about Health Literacy on the website [HERE](#)



Health Literacy Module eLearning session - Access [HERE](#) or Search for 'Health Literacy' via Learn + Takes about 30 minutes to complete.

At the end of the session, you will know why health literacy is important and how to use some simple techniques including TeachBack, chunk and check, using pictures and simple language to improve how you communicate and check understanding with others. After each section you can complete an action plan of how you intend to use the techniques in your practice. You can use this plan as evidence of your learning in your appraisal or professional portfolio.

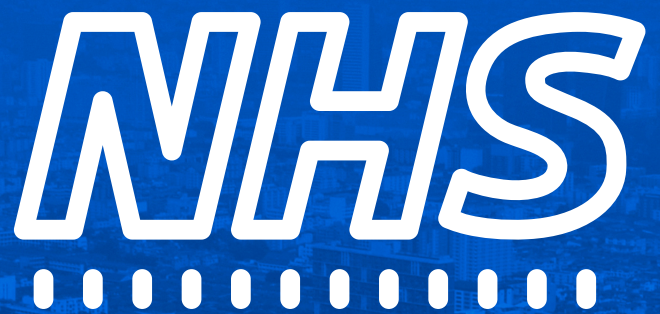
The Knowledge and Library Services team offers a number of Health Literacy training sessions to support you and your teams. We can do 1-to-1 or group training. Please contact us to find out more via ndht.library@nhs.net

We offer sessions from 20 minute overview sessions through to 2.5 hours accredited and practical sessions.



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Working for the Trust in the community?



We can support you with Journal articles and books and get them to you where you work. Let our services support you with your article searching and book requests. Fill out our request form [HERE](#) or drop us an email with some details of your request- ndht.library@nhs.net



Our Evidence Searching Service can support you if you are looking for evidence to support a service change, teaching, quality improvement and more. Fill out our form [HERE](#) and give us some details so we can begin our search for you.



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MEDICAL EXAM RESOURCES

Let the Knowledge and Library services support you with your medical exams. We have a range of books, and other resources to support you to achieve your best.

Free access via the Library-
Proven revision resource that helps you pass
high-stakes medical exams.
Email ndht.library@nhs.net to request access.
Choose from: MRCP Part 1 MRCO Part 2 MSRA
AKT (GP) DRCOG & Medical Student finals.

Free Exam Resources [HERE](#)
Choose from: Almost a Doctor, Radiology
Masterclass, Revise MRCP, Geeky Medics, Zero to
Finals, MRCPass, i-Medics & Intensive Anaesthesia.

You can look for titles on our
SWIMS Library catalogue
Click on the logo to access
Then fill out our form to
request [HERE](#)



OPENATHENS

The Key to it all!
Get your account now [HERE](#)
Look for 'Royal Devon University Healthcare Northern'

Password policy changes for existing users!

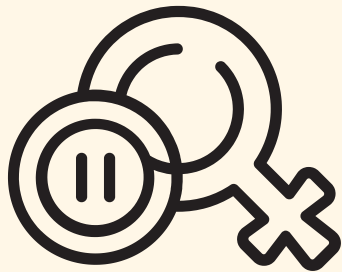
Passwords must now meet increased complexity requirements. You will see a prompt if your password doesn't meet requirements. All accounts where passwords don't meet requirements will expire unless a new password is set.

What will change?

- New minimum password length of 10 characters for users and administrators.
- The password must meet a minimum complexity score assessed by an industry-standard password strength checker.

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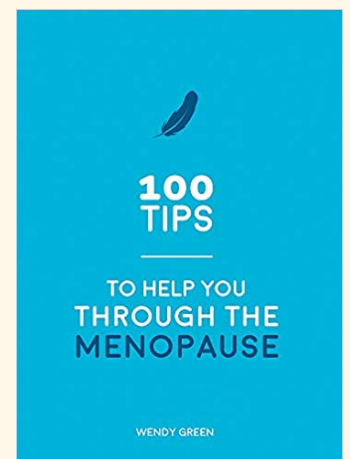
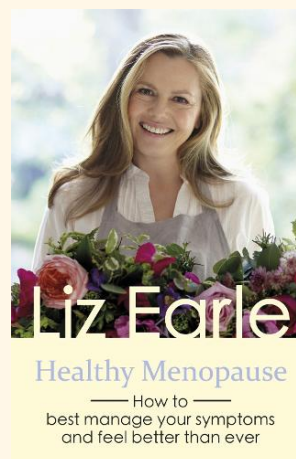
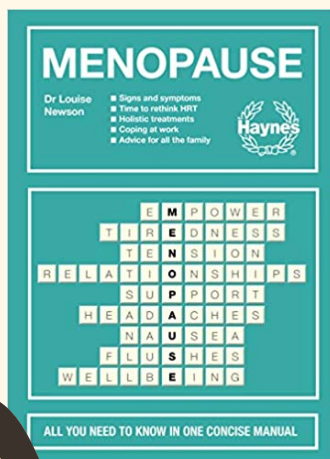
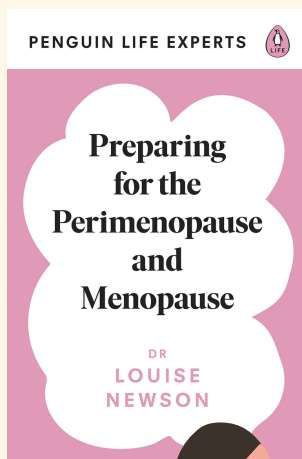
World Menopause Day Tuesday 18th October



Resources to help you understand and manage your perimenopause and menopause



Access books to borrow via the library at NDDH.
Fill out a request form [HERE](#)
or email us at ndht.library@nhs.net to request



You can look for titles on our **SWIMS Library catalogue**
Click on the logo to access
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We have compiled resources including:
websites from different support organisations, information on symptom trackers, fact sheets, apps, evidence based information and advice, videos, and HRT information [HERE](#)

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