



# THE LIBRARY @ NDDH

*Happy  
holidays*

## We wish you Happy Holidays!



Thank you for using and supporting your  
Knowledge and Library services this year!

*Yule*  
**BLESSINGS**

*Merry  
Christmas*

During the festive period our  
opening hours will be:

- Monday 26 December - Unstaffed**
  - Tuesday 27 December - Unstaffed**
  - Wednesday 28 December - 8.30-4pm**
  - Thursday 29 December - 8.30-4pm**
  - Friday 30 December - 8.30-4pm**
  - Monday 2 January - Unstaffed**
- You can access the healthcare  
library 24/7 with your staff ID card

**HAPPY  
KWANZAA**





# THE LIBRARY @ NDDH

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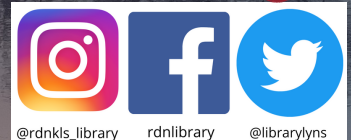
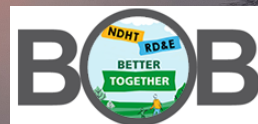
Your Knowledge and Library services support you in your work and studies.

Find out more via our website [HERE](#)

Contact us: [rduh.library-northern@nhs.net](mailto:rduh.library-northern@nhs.net)

01271 322363 x2363

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



# THE LIBRARY @ NDDH

## Anatomy TV - Now available through the library

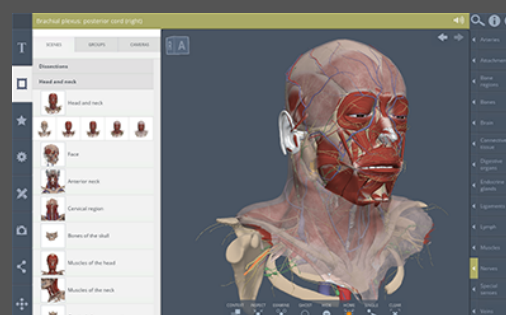
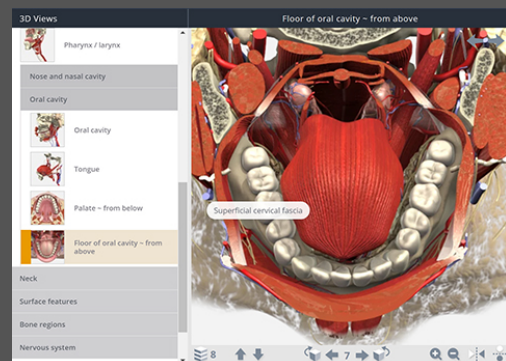
# ANATOMY.TV

 POWERED BY PRIMAL PICTURES

Primal Pictures provides a comprehensive foundation in anatomy and physiology of the whole body from gross to micro-anatomy. Information is presented in a structured, guided learning format supported by highly engaging materials to cover a wide variety of learning objectives and activities.

Anatomy TV includes the following:

- 3D Atlas is structured by anatomical region and guides you through learning with 3D models, real-world scans, a slide library of anatomy, dissections and clinical cases, and comprehensive structure text
- 3D Real-Time allows you to build a bespoke model of anatomy using a full contents list of structures by region. Complete with virtual dissection tools and interactive dissection slides
- Anatomy & Physiology is perfect for learning – guiding you through the relationship of anatomical structure to function in twenty systemic modules, divided into manageable chapters
- The Functional Anatomy suite of products guides you through movement and exercise with 3D models, an animation library of biomechanical movements
- The Clinical Specialities group of resources provide in-depth content on specialities. Your package includes: Speech Language Pathology
- Primal's Imaging speciality products show a range of ultrasounds and CT scan data-sets in correlation with our 3D Models – visit Cross-Sectional Anatomy



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

You can access Anatomy TV [HERE](#)

# THE LIBRARY @ NDDH



Aside from birth, dying is the only other experience we will all share. So why is it so hard to talk about it? And, why is it so important that we should?

The truth is that death can happen to any one of us at any time. Coming to terms with this reality can help us to spend our time more wisely, and to better appreciate what's truly important in life. Acceptance can help us to find the precious in the present moment.

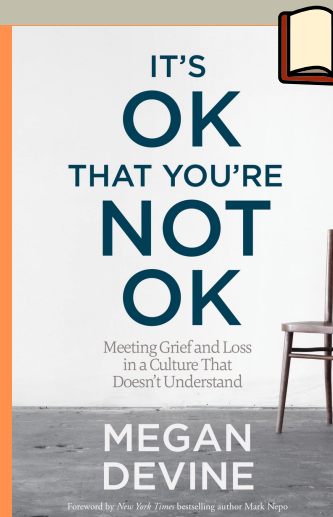
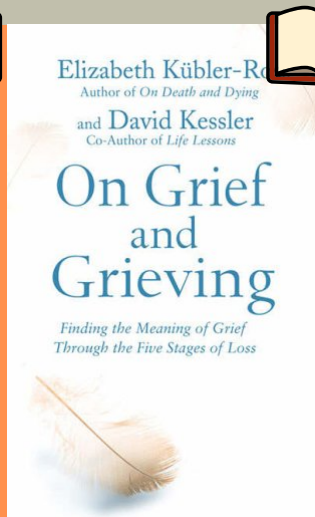
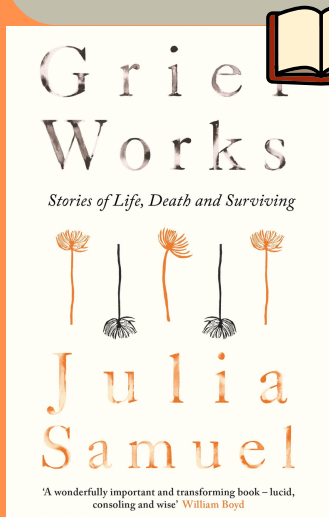
There is a widespread reluctance to discuss dying. It's rarely easy but not impossible. Discussion helps ensure that all of us receive the right care and support.

Source: [artofdyingwell.org/talking-about-death/](https://artofdyingwell.org/talking-about-death/)

Access a range of resources and books via the library on Grief. 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](#)

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.



# THE LIBRARY @ NDDH



There is a myth that you 'get over' grief. That you 'move on'. You don't. You move forward with your grief, but you may be affected by a bereavement throughout your whole life. Often after the funeral, people leave and things go 'back to normal'. This is the time when the bereaved most need support, when they feel alone and isolated. We need to understand that there are triggers that may come from nowhere that will affect them in the weeks, months and years after the death.

The bereaved often have to hide their grief from others. Sometimes it is from their friends and family as they do not want to burden them. Sometimes it is from their colleagues at work. Please look out for them, check they are okay, in the early days and ongoing. They may look alright, they may be going to work, but deep inside they could be struggling and just need your support and understanding.

We are often afraid to mention the person's name who has died. We think we will upset our friend or family member, but it is generally the opposite. By saying their name, remembering them and talking about them, you are helping to share your love and affection for that person. This is very important and will help those grieving to know that you will help to keep their memory alive.

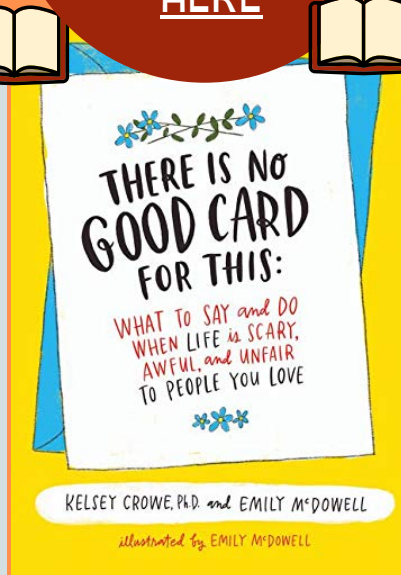
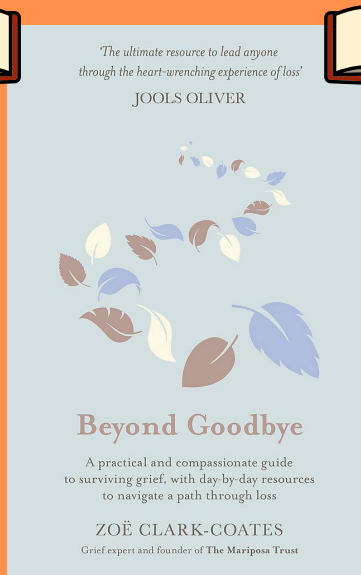
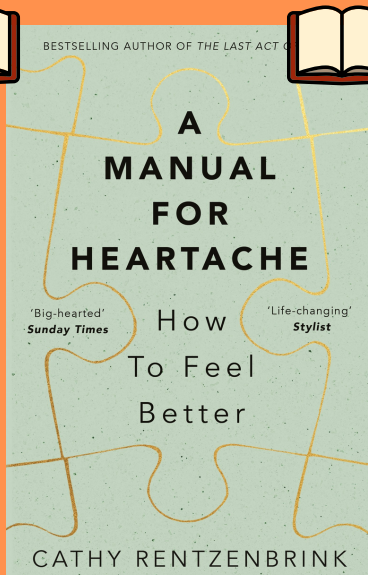
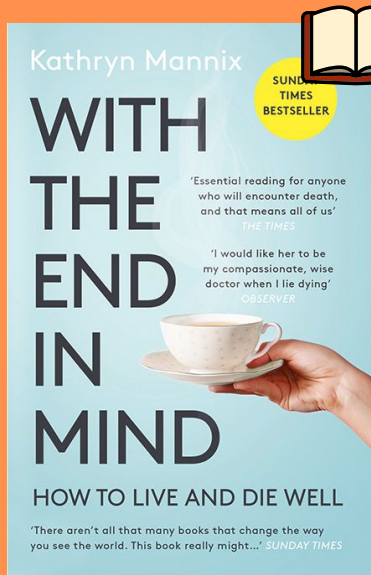
Source: [thegoodgrieftrust.org/ngaw/](http://thegoodgrieftrust.org/ngaw/)

## Recommended Reads for Grief awareness

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.

Access information about support with Grief [HERE](#)





# THE LIBRARY @ NDDH

# RESOURCES FOR PRESCRIBING

Access a variety of resources via the Library to assist you in prescribing with confidence

**WILEY** | Health Education England **NHS**

**The World-renowned Reference Guide**

Funded by Health Education England, free to all NHS staff and trainees in England

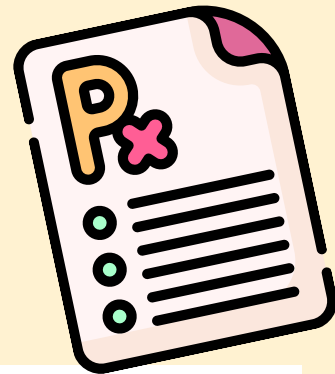
[wiley.com/learn/NHSHub](http://wiley.com/learn/NHSHub)

Access as an eBook [HERE](#) or request a hard copy via the library [HERE](#)

**DynaMed**<sup>®</sup>

Drugs A-Z and Drug Interactions

**CLICK HERE**



**ClinicalKey**<sup>®</sup>

Drug monographs and Clinical Calculators

**CLICK HERE**

**BNF**  
**BNFC**

Clinical Calculations, Drug monitoring checker, By Drug, By Therapeutic Area, Nurse Prescribers' Formulary, and more.

via **BMJ** Best Practice

Access BNF & BNFC via 'Drugs' on BMJ Best Practice

**CLICK HERE**



Click on the images above 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.





# THE LIBRARY @ NDDH



# KnowledgeShare

## Are you overwhelmed and frustrated with too much evidence?

We can help keep you up-to-date with relevant, specific and personalised evidence updates.

- KnowledgeShare is our targeted current awareness service. Whenever we find high impact evidence in your area of interest or specialty, we'll let you know
- Giving you the latest, high-level evidence in your field
- Your personalised KnowledgeShare profile is created to be as broad or as specific as you need

### How do I sign up?

Our online form is simple to complete and will only take a few minutes.

Visit our dedicated sign up page [HERE](#)

Once you've completed the form, the Knowledge and Library Services team takes over and creates your individual, personalised account.





# THE LIBRARY @ NDDH

Login with [OpenAthens](#) for full access to our online resources

## BMJ JOURNALS & HSJ

### BMJ Journals

#### Discover the latest clinical knowledge and opinion

BMJ Journals is a collection of more than 70 medical and allied science titles. They are published by BMJ, the global healthcare knowledge provider and pioneer in the development of open access.

BMJ Journals includes a variety of key titles, across a range of specialities, including clinical, evidence-based and public health journals.

Access BMJ Journals now [HERE](#)

FOR HEALTHCARE LEADERS

# HSJ

#### Health Service Journal – The latest NHS news and jobs for healthcare leaders.

Health Service Journal (HSJ) provides a deep understanding of the NHS through a wide range of services and solutions – news, analysis, insight, data, live networking events and unique best practice database – aimed at senior management, decision-makers and policy makers in the UK healthcare industry.

**How do I access HSJ?** To register for HSJ access, please contact the Library at [rduh.library-northern@nhs.net](mailto:rduh.library-northern@nhs.net) or phone 01271 322363 (x 2363) and an account can be allocated to you.





# THE LIBRARY @ NDDH



## FOCUS ON PRIMARY CARE

Access Books, Journals, Point of Care Tools and more via the Knowledge and Library Search Hub [HERE](#)  
Login with [OpenAthens](#) for full access to our online resources

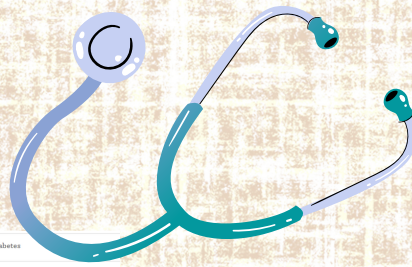


Search Primary Care on SWIMS Library catalogue for books and eBooks [HERE](#)

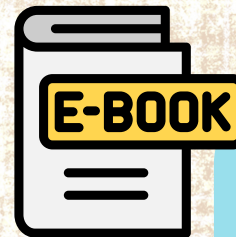


### BMJ Best Practice

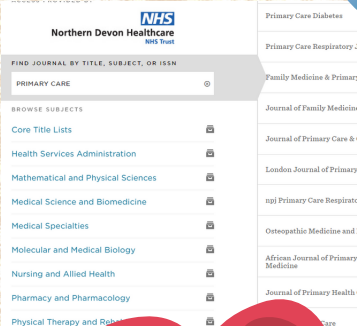
In BMJ Best Practice select Primary Care in Specialties. Access [HERE](#)



Access Journals for Primary Care on BrowZine [HERE](#)



Primary Care eBook collection Access [HERE](#)



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

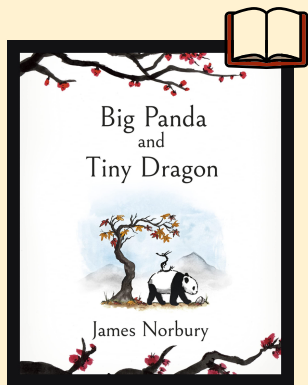
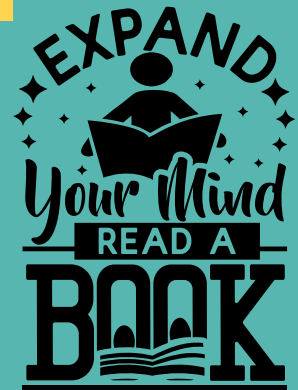


# THE LIBRARY @ NDDH

## Recommended reads

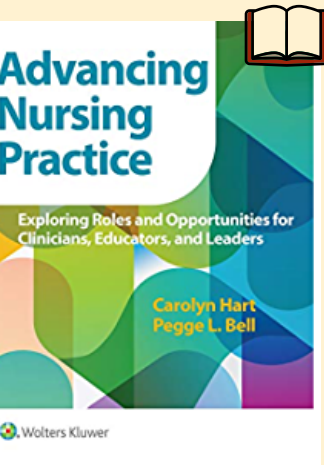
That's the thing about books.  
They let you travel without  
moving your feet.

-Jhumpa Lahiri



### Big panda and tiny dragon by James Norbury

A guiding light in the darker months, Big Panda and Tiny Dragon is the beautifully illustrated and mindful journey of two friends through the seasons, inspired by Buddhist philosophy 'Which is more important,' asked Big Panda, 'the journey or the destination?' 'The company,' said Tiny Dragon. Friends Big Panda and Tiny Dragon journey through the seasons of the year together, day and night, in rain and in sun. Travelling through nature, they find hope and inspiration in the world around them, realising that even in the darkest of days, Spring will always return. And on their journey through the ever-changing seasons, join these two friends as they learn how to live in the moment, be at peace with uncertainty, and find the strength to overcome life's obstacles, together.

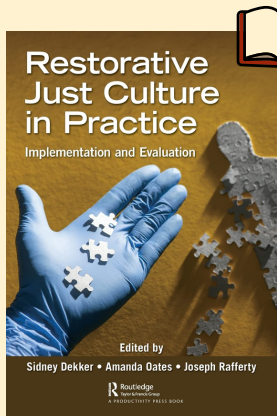


### Advancing nursing practice : exploring roles and opportunities for clinicians, educators, and leaders edited by Carolyn Hart, Pegge L. Bell

Make sure your students get a good grasp of how to apply what they learn in the classroom to the real world of advanced practice nursing. Advancing Nursing Practice: Exploring Roles and Opportunities for Clinicians, Educators, and Leaders eases them into the world of professional practice, discussing what it means to be successful in clinical roles such as a CRNA, CNM, CNS, or NP/DNP. But it doesn't just cover clinical roles--students will discover how they can use their practice in nursing education and administration. This practical guide helps you focus students' attention on the topics that matter most: core competencies aligned to AACN essential competencies, best practices, reimbursement, and what it means to be a leader.

### Restorative just culture in practice : implementation and evaluation edited by Sidney Dekker, Amanda Oates, Joseph Rafferty.

This book offers organisation leaders and stakeholders a practical guide to the experiences of implementing and evaluating restorative practices and creating a sustainable just, restorative culture. It contains the perspectives from leaders, theoreticians regulators, employees and patient representatives. To the best of our knowledge, there is no book on the market today that can function as a guide for the implementation and evaluation of a just and learning culture and restorative practices. This book is intended to fill this gap. This book will provide, among other topics, an overview of restorative just culture principles and practices; a balanced treatment of the various implementations and evaluations of just culture and restorative processes; a guide for leaders about what to stop, start, increase and decrease in their own organisations; and an attentive to philosophical and historical traditions and assumptions that underlie just culture and restorative approaches.



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# THE LIBRARY @ NDDH

## Recommended reads

I think books are like people, in the sense that they'll turn up in your life when you most need them.

– Emma Thompson

SO MANY  
**BOOKS,**  
 SO LITTLE  
 TIME

### Quality and safety in nursing : a competency approach to improving outcomes edited by Gwen Sherwood, Jane Barnsteiner

Now in its third edition, this comprehensive resource remains essential reading for all those involved in equipping current and future nurses with the knowledge, skills, and attitudes (KSAs) needed to deliver exceptional care. The new edition begins with an overview of the Quality and Safety Education for Nurses (QSEN) initiative and its origins in the Future of Nursing report published in 2010, before defining each of the six QSEN competencies: patient-centered care, teamwork and collaboration, evidence based practice, quality improvement, safety and informatics. The content incorporates the 2020-2030 Future of Nursing recommendations, as well as the 2021 AACN Essentials for Education competencies. Finally, the text presents both teaching and clinical application strategies for building and implementing a culture of quality and safety across settings.

### Food for life : the new science of eating well by Tim Spector

Food is our greatest ally for good health, but the question of what to eat has never seemed so complicated. Bestselling author and top 100 most-cited scientist Tim Spector has the answers in this definitive, easy-to-follow guide to the new science of eating well. Tim Spector has pioneered a new approach to nutrition, encouraging us to forget misleading calorie counts and nutritional breakdowns. In Food for Life he draws on over a decade of cutting-edge scientific research, along with his own personal insights, to deliver a new and comprehensive approach to what we should all know about food today. Investigating everything from environmental impact and food fraud to allergies and deceptive labelling, Spector also shows us the many wondrous and surprising properties of everyday foods, which scientists are only just beginning to understand. Empowering and practical, Food for Life is nothing less than a new approach to how to eat - for our health and the health of the planet.

### Five steps to financial wellbeing : how changing your relationship with money can change your whole life by Clare Seal

In Five Steps to Financial Wellbeing , Clare Seal walks you through five straightforward, achievable steps to take to change your relationship with money for good, and in doing so, change the rest of your life for the better. This book also addresses the deeper fundamentals of a healthy relationship with money, from building self-worth to tackling consumerism. Five Steps to Financial Wellbeing is a toolkit to help readers of all ages and life stages establish a healthy, positive relationship with money. It also covers how to avoid problem debt, save and invest for the future and above all, take control of your finances instead of letting your finances control you.

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# THE LIBRARY @ NDDH

## Winter Wellbeing Tips

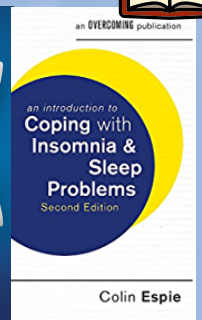
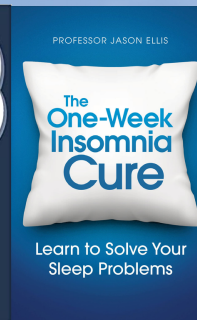
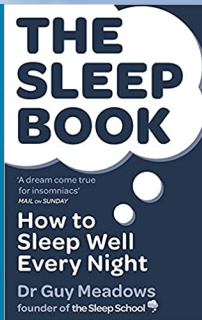
Keep well with some of these Winter Wellbeing Tips this festive season!

### 6 Benefits of Walking 30 Minutes a Day

- Healthy Heart
- Reduce Stress
- Burn Calories
- Boost Your Mood
- Better Sleep
- Strengthens Joints



Top Tips for Sleep for shift workers from The Sleep Charity [HERE](#) Why not borrow some of our books about Sleep?



Try out these Festive Mocktail recipes if you want to go alcohol free [HERE](#)

You can look for titles on our SWIMS Library catalogue Click on the logo to access Then fill out our form to request [HERE](#) or email us at [rduh.library-northern@nhs.net](mailto:rduh.library-northern@nhs.net)



Access our Staff Wellbeing page-Why not try our Just 6 scheme. Find out more [HERE](#)



Support via VIVUP [HERE](#)  
24/7 confidential helpline  
0800 023 9324



Access Staff Health & Wellbeing support via BOB [HERE](#)

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