



THE LIBRARY @ NDDH

WELCOME

TO THE KNOWLEDGE AND
LIBRARY SERVICES

The Knowledge and Library Services are here to support you in your work, studies and 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

Join the library now [HERE](#)



THE LIBRARY @ NDDH

THE KNOWLEDGE AND LIBRARY SERVICES



- Library Learning space available on site at NDDH - Staffed Monday to Friday 8.30am - 5pm - Accessible outside of staffed hours 24/7 with your staff ID card.
- Remote Digital Services via the website [HERE](#)
Contact with the Library team via email - ndht.library@nhs.net and phone - 01271 322363.
- Evidence Searching Services and Training
Book and Journal Article Request Service
Photocopy, Print, Computers, Study Space, Bookable Library Pods and much much more...

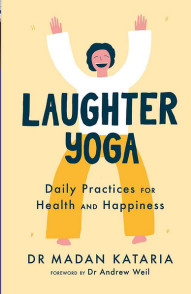
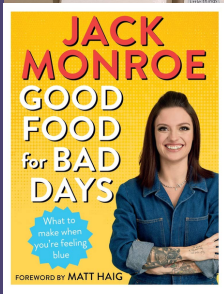
Find out more [HERE](#)

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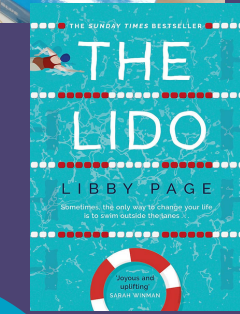
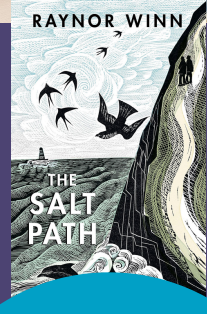
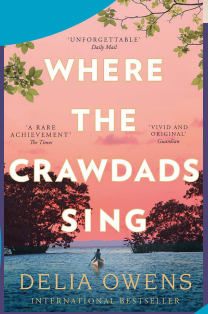
SUPPORTING YOUR HEALTH & WELLBEING



We have many books to help you or to help you support someone else when they need you.



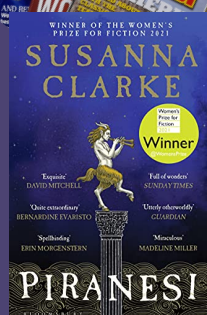
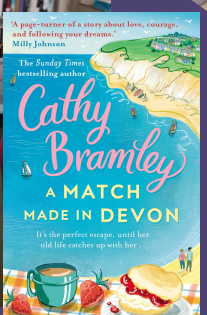
Subjects include:
Sleeping well,
Eating well,
Mindfulness,
Stress control,
Anxiety



We also have special collections:
Your Health Collection &
Uplifting Resources from the NHS for the NHS



Borrow books & magazines from the leisure library



You can come and sit in the library - a place to relax or read

THE LIBRARY @ NDDH

HEALTH INFORMATION WEEK ACTIVITY REPORT

#HIW2022



Health Information Week 2022:
4 July to 10 July

Health Information Week
Inspiring Better Health

The Knowledge & Library Services worked in partnership to provide 'A week of Health Information activity in partnership in North Devon' You can read the report [HERE](#)



Health Information Week is a national multi-sector campaign promoting high-quality information for patients and the public.

northdevonhealth.nhs.uk/library/health-information-week-2022/

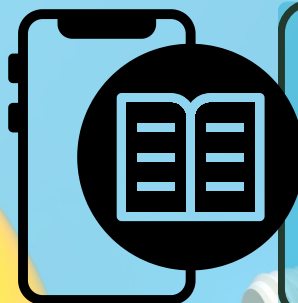
THE LIBRARY @ NDDH

ACCESS ONLINE RESOURCES

Login with OpenAthens for full access to our online resources

Select 'Northern Devon Healthcare Trust' when you join OpenAthens. OpenAthens hasn't switched to Royal Devon University Healthcare yet!

Check the SWIMS Library catalogue HERE



Full text eBooks-Click HERE

Send us an email to order: ndht.library@nhs.net or fill out the Book Request form via the website

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



Access all of these Online Resources HERE



 BMJ Best Practice	 BMJ Case Reports	 BMJ Journals	 BNF/BNF for Children
 BrowZine	 ClinicalKey	 The Cochrane Library	 DynaMed
 HSJ	 MAH Complete Journals	 NHS OpenAthens Registration	 PassMedicine
 ProQuest ASSIA	 Read by QxMD	 Evidence at your fingertips	 Wiley Journals

Our services are available to all staff, students, community based staff, clinical & non-clinical. For more information visit the website or contact us.



THE LIBRARY @ NDDH

FOCUS ON BMJ CASE REPORTS

BMJ Case Reports is an important educational resource offering a high volume of cases in all disciplines so that healthcare professionals, researchers and others can easily find clinically important information on common and rare conditions.

BMJ Journals



BMJ Case Reports

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Search the BMJ Case Reports archive

Access via:

<https://www.northdevonhealth.nhs.uk/library/library-resources/bmj-case-reports/>

Publish in BMJ Case Reports

Instructions for authors

Submit a case report

BMJ Case Reports

Editor's choice article

A 36-year-old man was brought to the emergency department with suspected COVID-19, following a 3-week history of cough, fevers and shortness of breath, worsening suddenly in the preceding 4 hours. On presentation he was hypoxaemic, with an SpO₂ of 88% on 15 L/min oxygen, tachycardic and had no audible breath sounds on auscultation of the left hemithorax. Local guidelines recommended that the patient should be initiated on continuous positive airway pressure while investigations were awaited, however given the examination findings an emergency portable chest radiograph was performed. The chest radiograph demonstrated a left-sided tension pneumothorax. This was treated with emergency needle decompression, with good effect, followed by chest drain insertion. A repeat chest radiograph demonstrated lu...

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BMJ Case Reports

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Ask your librarian for your Fellowship Number today!

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Contact the Library at ndht.library@nhs.net for further information.



THE LIBRARY @ NDDH

SUPPORT RESOURCES & TRAINING

Free Exam Resources available through the website [HERE](#)



Free Referencing Tools available through the website [HERE](#)

Evidence Searching Modules for Self Learning available through the website [HERE](#)

Book one of our Training Sessions through the website [HERE](#)



Books available to borrow from the library on site at NDDH and request through the website [HERE](#)



THE LIBRARY @ NDDH

RECOMMENDED READS SPECIAL

THE
READING
 AGENCY


 Health Education England

 NHS Knowledge and Library Services

Your Health Collection

Your Health Collection – a selection of books and digital support resources from Health Education England.

NHS Knowledge and Library Services have again worked in partnership with The Reading Agency to bring a new collection to NHS staff via their library service.

The theme focuses on supporting better general health and living a healthier life, including topics such as men's health, women's health and menopause, life as a trans person, dealing with stress and better mental wellbeing. The intention is that people will use them for themselves or to get a better understanding of someone else's general health issues.

These books and digital resources are not meant to lecture or influence people about their health and don't focus on specific illnesses or conditions, but simply support readers and users to live a generally healthier life. Funded by Health Education England, 10 books titles and 30 digital resources, such as videos, podcasts and other online materials have been selected working with the various communities involved.

Send us an email to order: ndht.library@nhs.net
 or fill out the [Book Request form](#) via the website



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RECOMMENDED READS SPECIAL

THE
READING
AGENCY

NHS
Health Education England

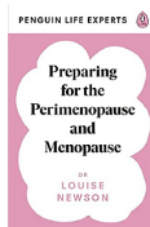
NHS Knowledge and Library Services

10 book titles 30 digital resources

Your Health Collection

Giving you the information you need to help manage your own health or support other with theirs.

There are thirty digital resources to choose from and ten books. The books are:



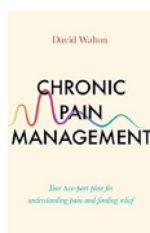
Preparing for the Menopause and Perimenopause by Dr Louise Newson (2021)

Drawing on new research and empowering patient stories from a diverse range of women who have struggled to secure adequate treatment and correct diagnosis.



The book about getting older (for people who don't want to talk about it) by Dr Lucy Pollock (2021)

Many of us are living to a very great age. But how do we give those we love, and eventually ourselves, long lives that are as happy and healthy as possible?



Chronic Pain Management: Your two-part plan for understanding pain and finding relief by David Walton (2021)

Chronic pain affects huge numbers of people - the WHO estimates that 37-41% of people across developed and developing countries suffer, and the figure rises in countries like the UK where the population is ageing.



It's Not Ok to Feel Blue (and other lies) by Scarlett Curtis (2019)

Everyone has a mental health. So, we asked: What does yours mean to you? Over 60 people have shared their stories. Powerful, funny, moving, this book is here to tell you: It's OK.



Men's Health: All You Need to Know in One Concise Manual by Jim Pollard (2020)

Although male life-expectancy at birth is now close to 80, on average only 63 of those years will be in good health.



The Natural Health Service: How Nature Can Mend Your Mind by Isabel Hardman (2020)

Isabel Hardman draws on her own personal experience, interviews with mental illness sufferers and psychologists, and the latest research to examine what role wildlife and exercise can play in helping anyone cope with mental illness.

Send us an email to order: ndht.library@nhs.net or fill out the [Book Request form](#) via the website





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RECOMMENDED READS SPECIAL



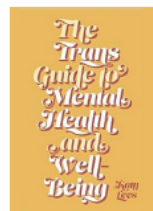
Giving you the information you need to help manage your own health or support other with theirs.

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A manual for Being Human by Dr Sophie Mort (2021)

In this practical and insightful guide, Dr Soph will help you to understand why we all feel anxious, stressed, insecure and down from time to time.



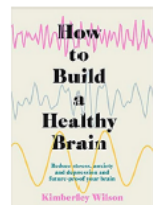
The Trans Guide to Mental Health and Wellbeing by Katy Lees (2022)

This empowering self-help guide provides advice and strategies for trans and/or non-binary people.



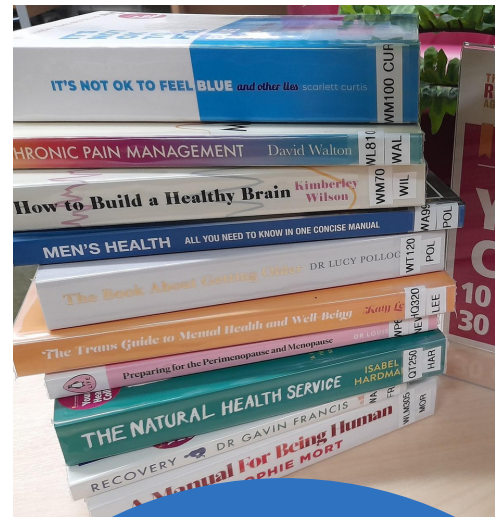
Recovery: The Lost Art of Convalescence by Dr Gavin Francis (2022)

When it comes to illness, sometimes the end is just the beginning.



How to Build a Healthy Brain: Reduce stress, anxiety and depression and future-proof your brain by Kimberley Wilson (2020)

Whatever your age, having a healthy brain is the key to a happy and fulfilled life.



Drop by the Library and choose from other Health and Wellbeing titles.

Send us an email to order: ndht.library@nhs.net or fill out the [Book Request form](#) via the website





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RECOMMENDED READS SPECIAL



30 ONLINE RESOURCES FOR BETTER HEALTH

NHS Knowledge and Library Services

Get the tools to manage your health

Your Health Collection

As well as books, we have a list of 30 online, digital resources to help people look after their health and wellbeing.

They include apps, websites and YouTube videos and cover similar topics to the books, such as recovering from illness, LGBTQ+ and Trans life, how to lose weight, quit smoking or cut down on alcohol and ageing well but much, much more, including:

- What to ask at a doctors appointment
- An A-Z of medicines to understand what you or your family members are taking or prescribed
- First aid tips
- Improving sleep
- Links to a broad range of support groups and charities

Access the online digital resources via:
<https://library.nhs.uk/yhc/>

