



THE LIBRARY @ NDDH

HEALTH INFORMATION WEEK



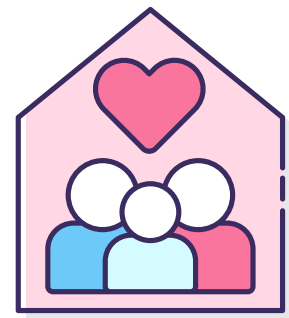
Health Information Week

Inspiring Better Health

High quality health information can have a huge impact on the ability to stay healthy and manage illnesses effectively, giving patients a better quality of life.

#HIW2022

Health Information Week 2022:
4 July to 10 July



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/



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Inspiring Better Health

One of the easiest ways to get Health Information is to use trusted sources. There is a wide variety of information available particularly online but it can be difficult to verify information once it is shared particularly on social media.

Here are some sources of trusted health information:

- [nhs.uk](https://www.nhs.uk)
- Established Charities and health organisations
- [patient.info](https://www.patient.info)
- Materials provided by your GP or another healthcare professional
- Your local public library - [Devon Libraries](#)
- Members of the [Patient Information Forum PIF](#)
- For NHS staff- Your local healthcare library staff

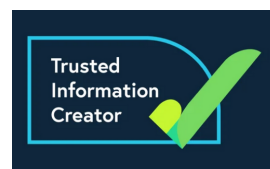


You can also look for quality standards on the information. These include:

- [The PIF TICK \(Trusted Information Creator\)](#)
- [Health on the Net \(HON\)](#)

HONcode Certification
Do you have a website or a health app?
Are you concerned about the quality of medical information available online?
Discover the HONcode certification now!

[THE CERTIFICATION](#) [FOR MY WEBSITE](#) [FOR MY MOBILE APP](#) [FOR MY SOCIAL NETWORK](#)



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



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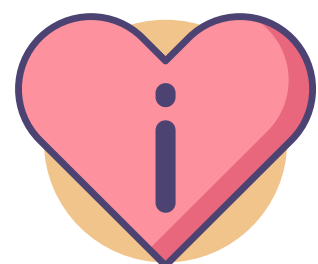
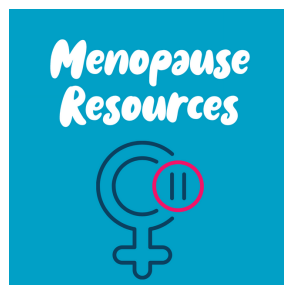
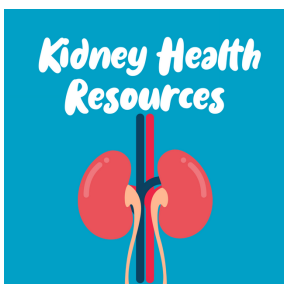
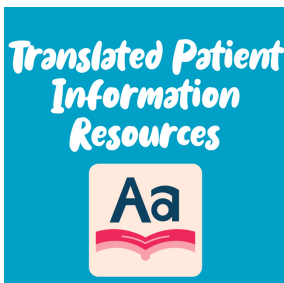
HEALTH INFORMATION WEEK



Health Information Week

Inspiring Better Health

We have collated, via our website, resources on certain health information themes from trusted sources of information. Click on each of the images below to access the resources.

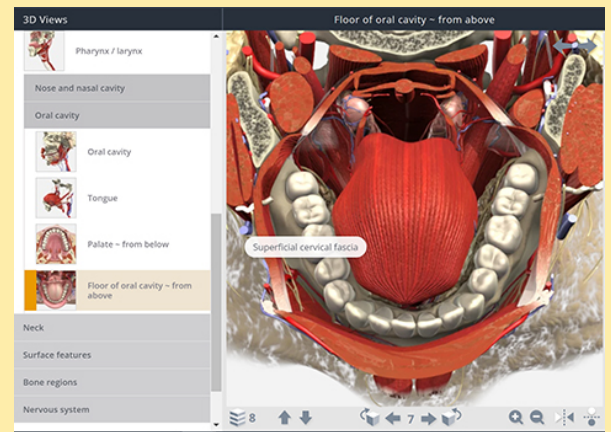
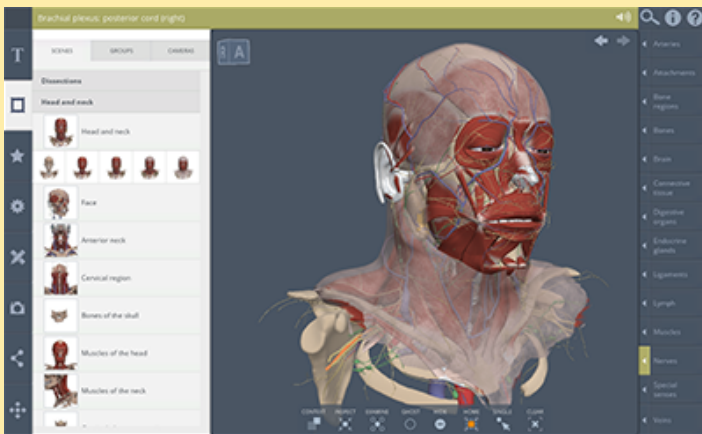


northdevonhealth.nhs.uk/library/health-information-week-2022/

THE LIBRARY @ NDDH

ANATOMY TV TRIAL-TELL US WHAT YOU THINK

We are trialling Anatomy TV-
Try it now [HERE](#)



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

Available until 15 July, we will be trialling the following modules (below) , you will be to access via your Open Athens login, if you do not yet have an Athens account, you can sign up [HERE](#)

We would appreciate your feedback on this resource.

You can let us know what you think [HERE](#).

Responses are anonymous.

3D Atlas-3D Real-time-Disease & Conditions-Anatomy & Physiology-Functional Anatomy-Real-time Functional Anatomy-Cross Sectional Anatomy (Imaging)-Audiology-Otolaryngology-Speech Language Pathology-Pelvic Floor Disorders-Urology-Ultrasound: Upper Limb-Ultrasound: Lower Limb



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LIBRARY PODS-NOW BOOKING VIA THE WEBSITE

For more information and how to book:
northdevonhealth.nhs.uk/library/pods/



**CLICK
HERE**

Library pods are available for meetings, training, lectures or other situations where you need a private space.



THE LIBRARY @ NDDH

CARDIOLOGY

Login with OpenAthens for full access to our online resources

DynaMed®

EBSCO eBooks

Full text eBooks-Click HERE

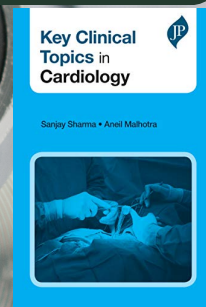
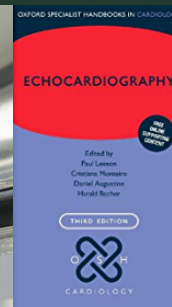
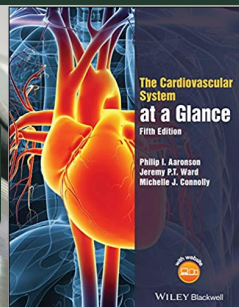
DynaMed

Specialties Recent Alerts Drugs A-Z Drug Interactions Calculators About

Specialty

Cardiology

- Acute Coronary Syndromes
- Stable Coronary Artery Disease (CAD)
- Cardio-Oncology
- Cerebrovascular Disease
- Congenital Heart Disease
- Electrophysiology
- Heart Failure
- Hypertension
- Intracardiac Masses
- Cardiovascular Infections
- Pericardial Diseases
- Perioperative Management
- Pregnancy-related Cardiovascular Disorders
- Prevention
- Symptoms
- Tests and Procedures
- Valvular Heart Disease
- Vascular Diseases



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

Medical Specialties

- Alternative and Complementary Medicine
- Anesthesiology
- Burn and Wound Care
- Cardiology and Vascular Medicine
- Clinical Medicine
- Critical Care
- Dermatology
- Emergency and Disaster Medicine
- Endocrinology, Diabetes and Metabolism

Journal Grid:

- JACC: Journal of the American College of Cardiology
- JACC: Heart Failure
- JACC: Cardiovascular Imaging
- Nature Reviews Cardiology
- The Journal of Heart and Lung Transplantation
- JACC: Cardiovascular Interventions
- CHEST Journal
- JACC: Basic to Translational Science
- Journal of the American Heart Association
- Journal of Stroke and Cerebrovascular Disease
- Journal of Intensive Care Medicine
- Journal of Stroke and Cerebrovascular Disease
- Journal of Stroke and Cerebrovascular Disease



Clin. Overviews | cardiology

Source Types:

- Journal Articles: 18429
- Full Text Only
- Full Text and MEDLINE
- Meta-analyses: 148
- Randomized Control Trials: 386
- Narrative Reviews: 2761
- Books: 3360
- Images: 2197
- Guidelines: 609
- Clinical Trials: 163
- Clinical Overviews: 89

Mitral Stenosis

Transient Ischemic Attack

ClinicalKey

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



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FOCUS ON BNF & BNFC

Accessed online through Medicines Complete, BNF Publications bring authoritative, independent guidance on best practice together with clinically validated drug information.

BNF BNFC

Access via:
northdevonhealth.nhs.uk/library/library-resources/bnf/

The authority on the selection and use of medicines. The BNF and BNFC are organised for quick reference and provides information for healthcare professionals on safe and effective use of medicines, and the management of common conditions.

The screenshot shows the MedicinesComplete website interface. At the top left is the MedicinesComplete logo. To its right is a search bar labeled 'Search BNF'. Further right are icons for BNF, a link icon, a recycling icon, ADR, and a user profile icon. Below the search bar is a header for 'BNF' with a sub-header 'Publication last updated on 10-May-2022 >'. A brief description follows: 'The authority on the selection and use of medicines. The BNF is organised for quick reference and provides information for healthcare professionals on safe and effective use of medicines, and the management of common conditions.' Below this is a grid of 12 purple navigation buttons: Therapeutic Areas, Drugs, Treatment Summaries, Medical Devices, Borderline substances, Wound management products and ..., Cautionary And Advisory Labels for ..., Guidance, Dental Practitioners' Formulary, Nurse Prescribers' Formulary (NPF), About, and Legacy BNF.

The image shows the cover of the BNF 82 publication. It features the text 'BNF' in large white letters on a red background, followed by '82' in very large white numbers. Below this, it says 'September 2021 - March 2022'. At the bottom left of the red area is the 'bnf.org' logo. A green callout box at the bottom right contains the text: 'Available as Reference only item in the healthcare library'.

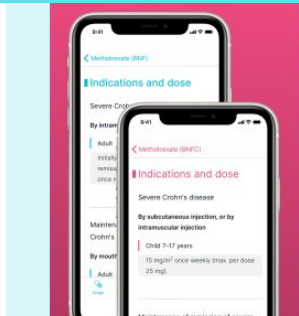


THE LIBRARY @ NDDH

FOCUS ON BNF & BNFC



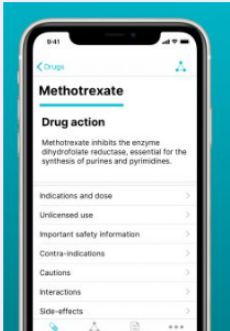
Search or browse
Quickly find information about drugs and the management of common medical conditions



BNF and BNF for Children

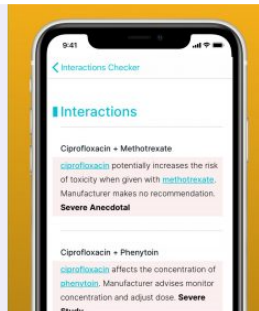
Easily switch between adult and child content; colour-coded to aid navigation

Access [HERE](#)
via the
website or
Download
the App



Check drug interactions

Effortlessly identify interactions between a combination of drugs, with the most important interactions clearly highlighted



BNF and BNF for Children is the essential medicines information app, providing access to the latest drug information quickly, offline and on-the-go.





THE LIBRARY @ NDDH

BOOK & JOURNAL ARTICLE REQUEST SERVICE

Send us requests for books and journal articles directly through our website [HERE](#)



Or request through the Knowledge & Library Search Hub [HERE](#)

Diabetes / Sujoy Ghosh, Andrew Collier; foreword by John Pickup



By: Ghosh, Sujoy. Edinburgh : Churchill Livingstone, 2012. xv, 325p 19cm pbk Language: English, Database: SWIMS Library Catalogue

Subjects: **Diabetes Mellitus**; Metabolic Diseases

Availability

Request this item

eBook

Location

Barnstaple North Devon District Hospital

Shelf Mark

WK810



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Let us support you with our services to save time for you and your provision of patient care.

THE LIBRARY @ NDDH

RECOMMENDED READS

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



Factfulness : reasons we're wrong about the world and why things are better than you think By Hans Rosling with Ola Rosling and Ana Rosling Ronnlund

'A hopeful book about the potential for human progress when we work off facts rather than our inherent biases.'

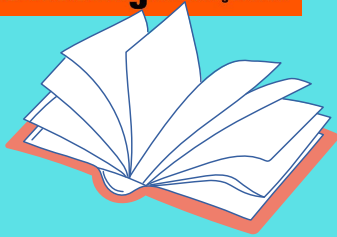
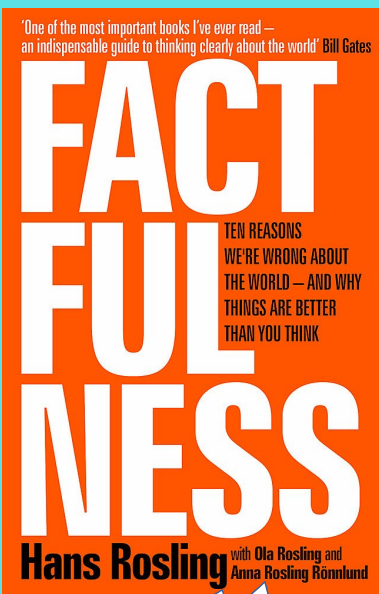
BARACK OBAMA

'One of the most important books I've ever read - an indispensable guide to thinking clearly about the world.'

BILL GATES

Factfulness: The stress-reducing habit of only carrying opinions for which you have strong supporting facts. When asked simple questions about global trends - why the world's population is increasing; how many young women go to school; how many of us live in poverty - we systematically get the answers wrong. So wrong that a chimpanzee choosing answers at random will consistently outguess journalists, Nobel laureates and investment bankers.

Factfulness offers a radical new explanation of why this happens, and reveals the ten instincts that distort our perspective. Inspiring and revelatory, filled with lively anecdotes and moving stories, Factfulness is an urgent and essential book that will change the way you see the world.



Supporting trans people of colour : how to make your practice inclusive By Sabah Choudrey

Providing an accessible and authoritative introduction to issues around People of Colour (POC) trans inclusion, this book uses case studies, tips, checklists and anonymous survey results to set out best practice for any professionals working with trans people to create safer spaces, support and awareness.

An empowering and self-preserving tool, Supporting Trans People of Colour is an invaluable resource for therapists, counsellors, healthcare professionals, and those working in education and charities, as well as those wanting to make their approach and service more inclusive.

**Supporting
Trans
People of
Colour**

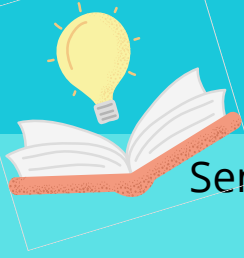
How to
Make
Your
Practice
Inclusive

**Sabah
Choudrey**



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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

The coaching manual : the definitive guide to the process, principles and skills of personal coaching

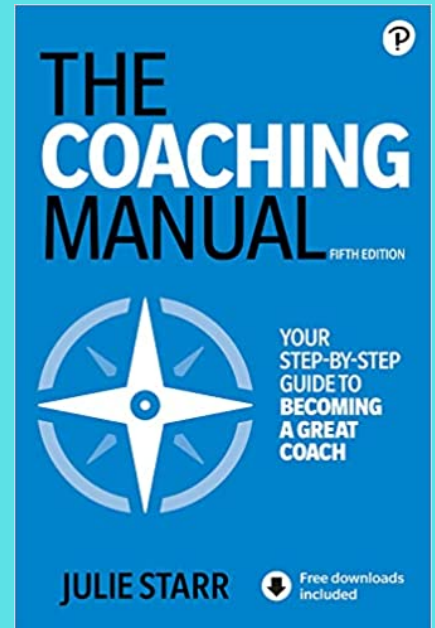
By Julie Starr

Translated around the world, and recommended reading on many coaching programmes this bestselling book is trusted globally as the definitive guide to coaching.

This carefully revised edition will guide you through the entire process from first meeting to when coaching ends, with methods, tips and techniques that simply work.

Whether you're new to coaching or already an experienced coach, you'll find clear guidance and principles to help you coach more effectively and with greater impact.

To support you further The Coaching Manual has a range of free to download resources - templates, tools and checklists.



DEVELOPING PRACTICAL NURSING SKILLS

Foundations for Nursing and Healthcare Students

EDITED BY NICOLA NEALE AND JOANNE SALE

Fifth Edition



Developing practical nursing skills : foundations for nursing and healthcare students

By Nicola Neale and Joanne Sale

Developing Practical Nursing Skills helps you learn and perfect the practical skills required to become a qualified nurse.

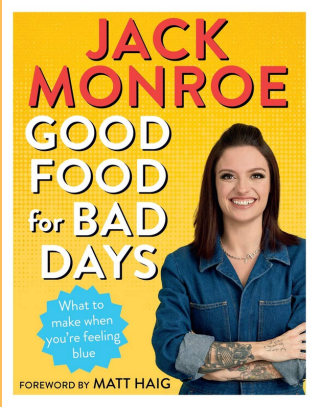
Adopting a patient-focused and caring approach, this essential text helps you integrate nursing values alongside physical skills in your daily practice.

Key features of the book include: i) New chapters on mental health assessment and end-of-life care, along with expanded content on sleep, pain and medication management. ii) Full-colour text design with clear illustrations and clinical photographs to aid visual learning. iii) Reader-friendly style with learning outcomes, activities and reflection points to help you link theory to practice. iv) Scenarios from a range of settings, including community, mental health and learning disabilities nursing. v) A focus on adults and young people, and with 'pointers' on caring for children and pregnant women to promote a lifespan approach.

This is a complete clinical skills resource for all pre-registration nursing students. It is also a useful text for nursing associate and healthcare support workers.

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**"Eat healthily, sleep well, breathe deeply, move harmoniously."
Jean-Pierre Barral**



A collection of cheering, tasty and easy meals to make when you're low in spirits. Eating properly is one of the biggest hurdles when you're feeling low, so these recipes (dubbed 'depressipes' by Jack) give you everything you need in a dish; they are inexpensive, simple and filling so that cooking and eating a nutritious meal doesn't seem like an impossible task.

This collection includes comforting dishes such as Quick and Spicy Noodles, Recalibration Supper, Jaffa Cake Mug Pudding and Hot Apple Pies. In this handy little paperback cookbook, Jack shares friendly and creative tips for making a little go a long way and for using store-cupboard ingredients: perfect for when you're feeling overwhelmed by whatever is on your plate, but still want to take care of yourself.

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

Diet, exercise, and sleep influence one another in complex and innumerable ways. Learning about how these activities affect one another is an important part of understanding why research has shown that the more of these lifestyle behaviours you improve, the better your well-being. **Read more [HERE](#).**

SleepFoundation.org
A OneCare Media Company
<https://www.sleepfoundation.org/>

HEADSPACE
TREAT YOUR HEAD RIGHT

Find your focus
Star Wars™ and Headspace help you focus, get your best sleep ever, and relax your mind like a Jedi™.

GET IT ON
Google play

Download on the
App Store

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.

Sometimes overlooked, walking briskly can help you build stamina, burn excess calories and make your heart healthier. You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise. **Read more [HERE](#).**

This chair yoga sequence is ideal for those who want to sneak in a quick yoga break or for those who are in healing and want to practice a little bit of opening with the support of a chair. **Watch the video [HERE](#).**

Read more [HERE](#)

Tips to Incorporate Movement Into Your Day

- Take multiple short breaks throughout the day
- Pace the room when on a call
- Stand for part of the workday
- Walk during your lunch break
- Exercise at your desk with dumbbells or resistance bands
- Seek out opportunities to walk when possible

verywell

CONNECT
TALK & LISTEN, BE THERE, FEEL CONNECTED

Give
Your time, your words, your presence

TAKE NOTICE
REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING
EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

BE ACTIVE
DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD



<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>



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