

# THE LIBRARY @ NDHT

# THANKS FOR ALL THE LOVE!



I love the library! Nothing is too much trouble, they are endlessly supportive and professional - an all round great team. Thank you.



Webinars have been great

The Library should be cherished.

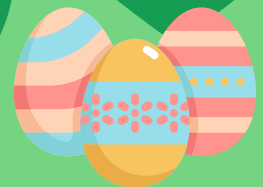
Thanks for all the effort you put in! Best library staff I've ever had the pleasure to meet! Thank you.

They are always there for staff.

The library team are always supportive, kind and knowledgeable - they are invaluable and made working and studying far more manageable.

The library is a fantastic space. Always tidy and staff always willing to help. Big thank you for continuing to staff/keep service going through the covid period.

Thank you guys. You are very well organised and very sweet whenever I see you.



I really enjoy spending time here, always you're here, supportive for any queries. Thank you!

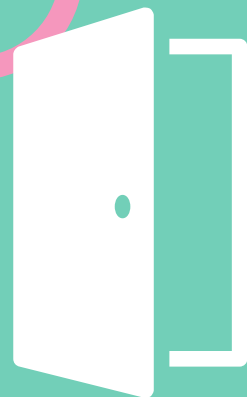
Very helpful and polite member of staff. Always providing us a wealth of information and guidance when sought for. Keeps the area heated and tidy. Access to headphones, extra paper, photocopy machine is very useful. Thank you for what you do!



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## LIBRARY UPDATES

The Library out-of-hours access is changing. Staff ID swipe card access is replacing the current door code entry.

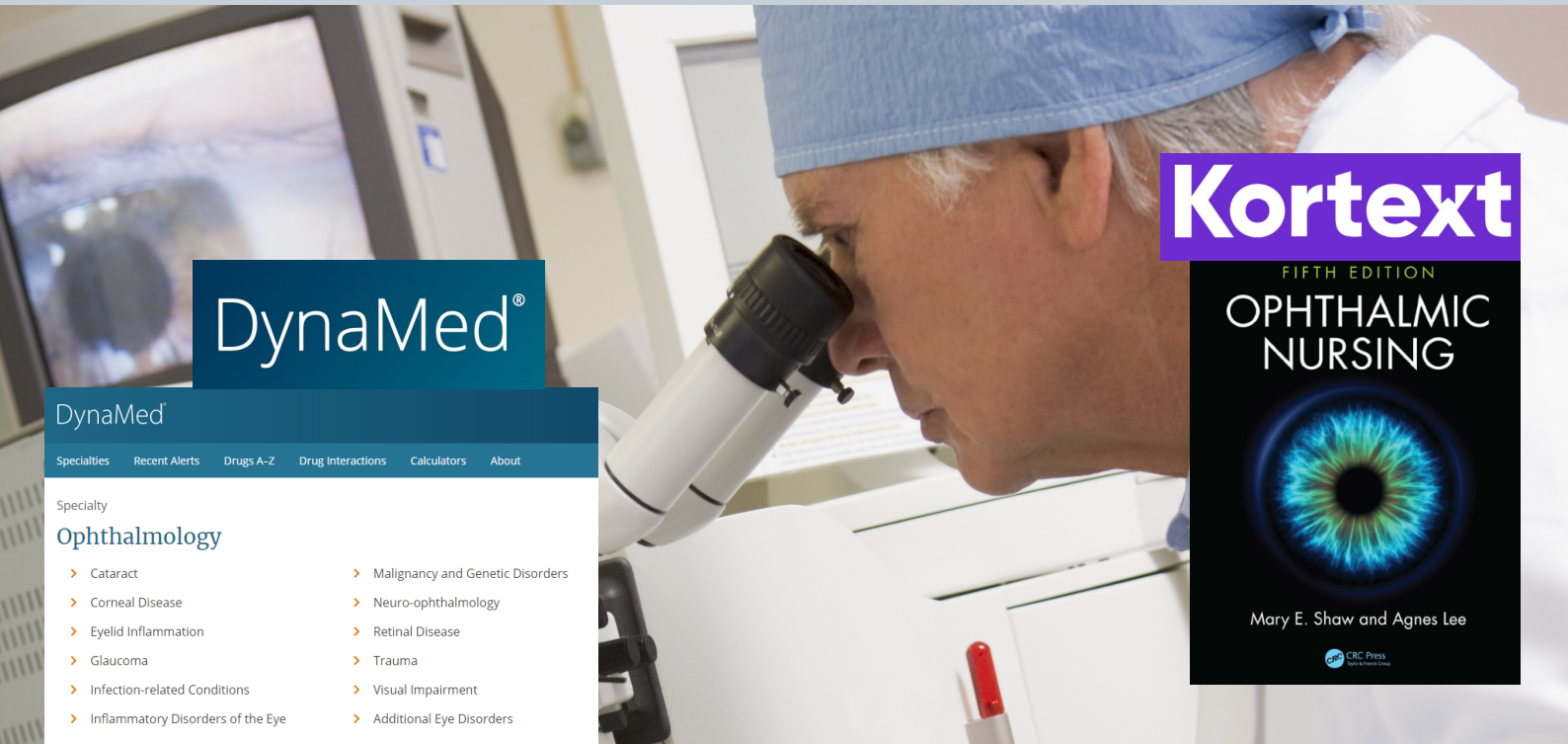


Please note that the library will not be staffed on:  
Friday 15th April-Good Friday  
Monday 18th April-Easter Monday



# THE LIBRARY @ NDHT

Login with OpenAthens for full access to our online resources



## DynaMed®

DynaMed

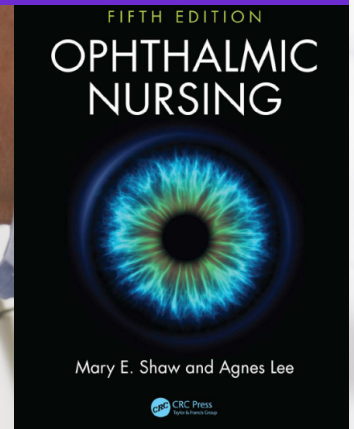
Specialties Recent Alerts Drugs A-Z Drug Interactions Calculators About

Specialty

### Ophthalmology

- > Cataract
- > Corneal Disease
- > Eyelid Inflammation
- > Glaucoma
- > Infection-related Conditions
- > Inflammatory Disorders of the Eye
- > Malignancy and Genetic Disorders
- > Neuro-ophthalmology
- > Retinal Disease
- > Trauma
- > Visual Impairment
- > Additional Eye Disorders

## Kortext

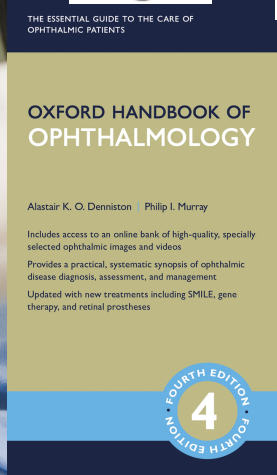
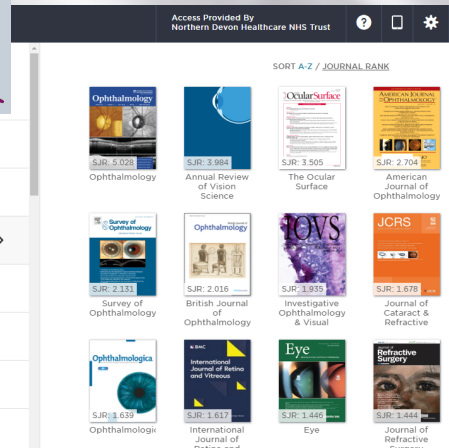
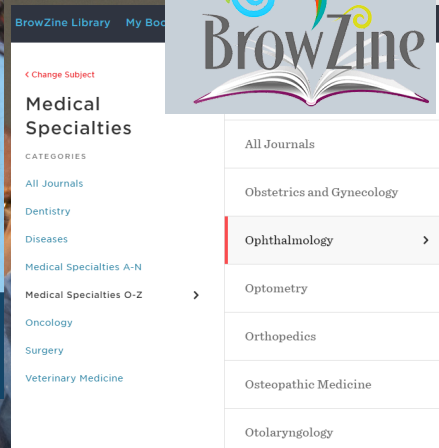
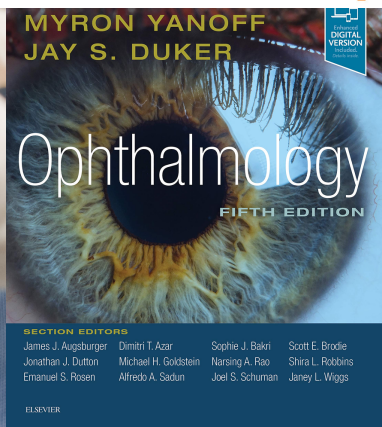


# OPHTHALMOLOGY

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



## ClinicalKey®



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



# THE LIBRARY @ NDHT

## FOCUS ON POINT OF CARE TOOLS

# DynaMed<sup>®</sup>

DynaMed<sup>®</sup> Named 2022 Best in KLAS for Clinical Decision Support - Read more [HERE](#)

DynaMed

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English

Search



DynaMed is a clinician-focused tool designed to facilitate efficient and evidence-based patient care. Rigorous and daily review of medical literature by physician and specialist staff ensures that timely and objective analysis, synthesis and guidance are at users' fingertips.



Access via the Knowledge and Library Services website [HERE](#) or Download the App

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**DynaMed supports with:**

**Specialties**-Collections of Evidence-Based Topics

**Drugs A-Z**

**Drug Interactions Checker**

**Calculators**- includes Decision trees, Medical Equations, Medical Statistics, Units & Doses

**Recent Alerts**-Follow your specialty and individual topics

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### Recent feedback from our clinicians based at NDDH about DynaMed-

'Treatment/condition summaries are well organised and comprehensive. Use them when deciding on work ups'

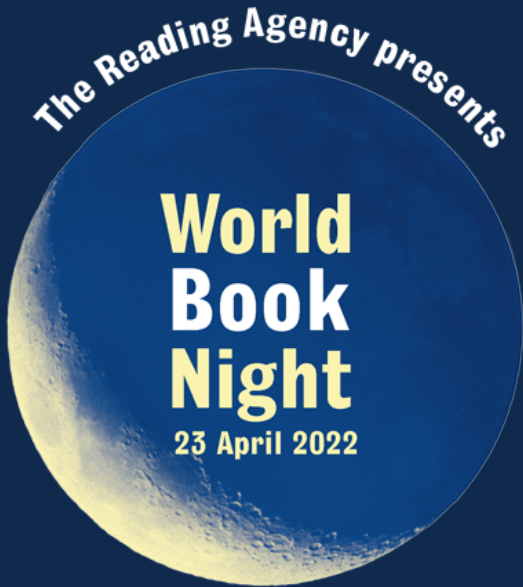
'I use Journals section to support journal Club and when preparing teaching slides-good overviews'

'Fast, easy to use, I use the App on my phone.'

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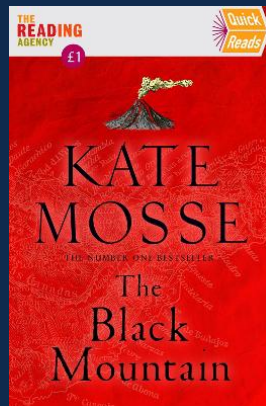
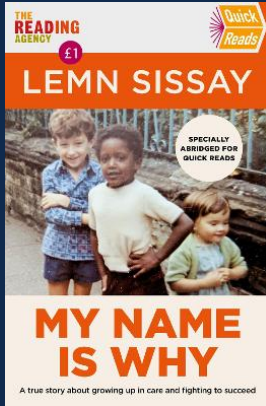
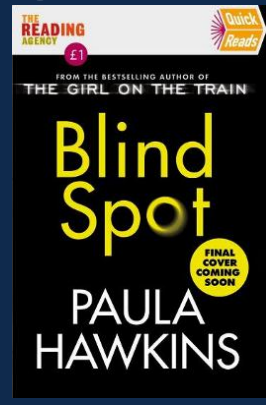
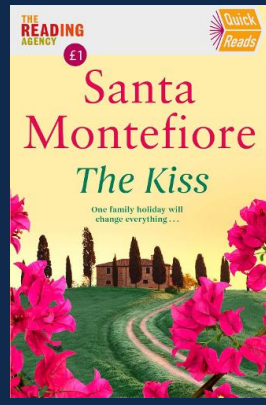
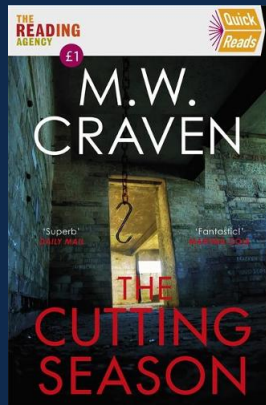
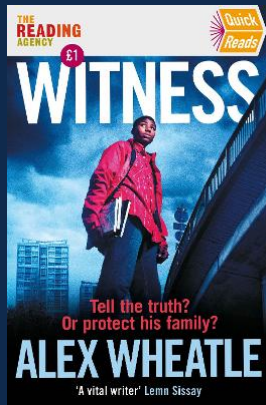
# WORLD BOOK NIGHT

SHARING THE PROVEN POWER OF READING



Pick up your free World Book Night Quick Read at the Library this April!

Choose from one of these great titles!

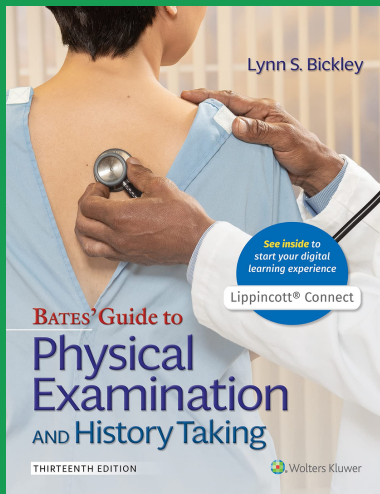


# THE LIBRARY @ NDHT

## RECOMMENDED READS



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

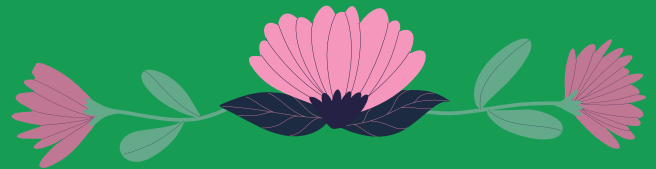
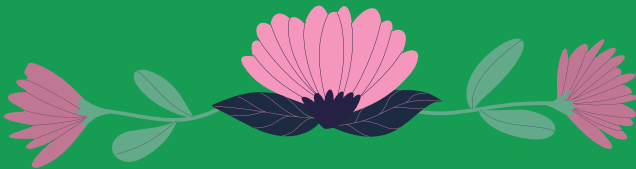


### Bates' Guide to physical examination and History Taking By Lynn S. Bickley

Confidently Perform Accurate, Efficient, and Effective Physical Examinations.

Master the techniques for successful physical examinations with the #1 choice for complete, authoritative guidance.

This highly regarded text includes fully illustrated, step-by-step techniques that outline the correct performance of the physical examination and an easy-to-follow two-column format that correlates examination techniques on the left and abnormalities (clearly indicated in red) with differential diagnoses on the right.



### In Their Shoes By Jamie Windust

LONGLISTED FOR THE POLARI FIRST BOOK PRIZE 2021

'Beautiful, heart-breaking and hilarious.' SCARLETT CURTIS

'A love-letter to our non-binary siblings.' PAULA AKPAN

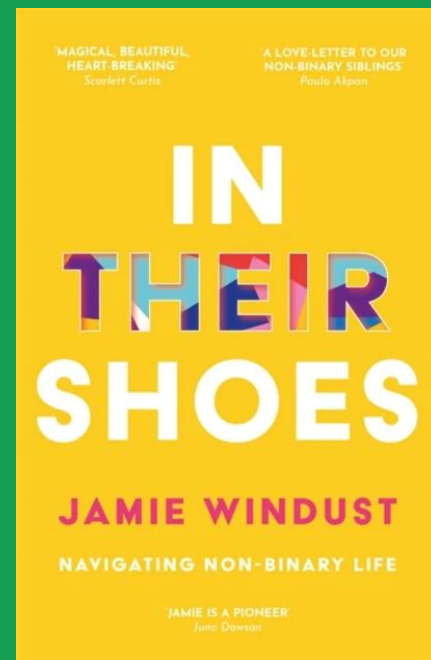
'Jamie is a pioneer' JUNO DAWSON

"There is no one way to be non-binary, and that's truthfully one of the best things about it. It's an identity that is yours to shape."

Combining light-hearted anecdotes with their own hard-won wisdom, Jamie Windust explores everything from fashion, dating, relationships and family, through to mental health, work and future key debates.

From trying on clothes in secret to iconic looks, first dates to polyamorous liaisons, passports to pronouns, Jamie shows you how to navigate the world and your evolving identity in every type of situation.

Frank, funny, and brilliantly feisty, this must-read book is a call to arms for non-binary self-acceptance, self-appreciation and self-celebration.







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

### Gardening for Bumblebees

By Dave Goulson

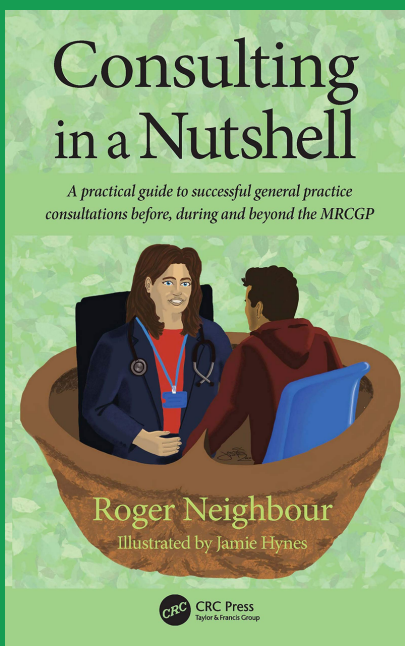
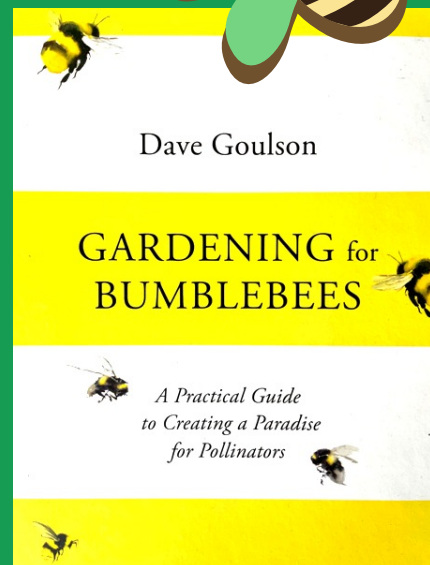
'Go on, have a flutter! Take a few tips from the new book by biologist Dave Goulson and it's a safe bet that beautiful butterflies will start gathering in your garden'.

In this book you will learn the best trees, shrubs and flowers for pollinators, how to create the perfect nest and breeding site, and the best ways to control pests.

Gardening For Bumblebees will encourage and inspire gardeners and allotmenters alike to make their patch more bee friendly.

'Ideal for filling the garden with a happy hum' Tiffany Daneff, Country Life

'Goulson reminds himself that he 'began studying bumblebees not because they are important pollinators but because they are fascinating, because they behave in interesting and mysterious ways, and because they are rather lovable' Hannah Rosefield, Literary Review



### Consulting in a Nutshell By Roger Neighbour

This brand-new book aims to help GPs establish ways of thinking, talking and behaving in the consultation that are most likely to lead to good outcomes. It describes a simple three-part approach to the consultation's essential task, which is to convert a patient's problem into a plan acceptable to both patient and doctor. It combines reader-friendly explanations, helpful illustrations and examples from everyday practice.

Consulting in a Nutshell will help GPs at every career stage – from medical student to CSA candidate to experienced practitioner – to analyse, develop and grow their personal consulting style. Coming at a time of profound change in primary care, it aims to ensure that seeing patients and having good consultations becomes and remains a source of satisfaction and fulfilment.



# THE LIBRARY @ NDHT

# STRESS AWARENESS MONTH

## Signs of stress or burnout

If you are stressed, you may:

- feel overwhelmed
- have racing thoughts or difficulty concentrating
- be irritable
- feel constantly worried, anxious or scared
- feel a lack of self-confidence
- have trouble sleeping or feel tired all the time
- avoid things or people you are having problems with
- be eating more or less than usual
- drink or smoke more than usual



## Top tips to deal with stress and burnout



### Split up big tasks

If a task seems overwhelming and difficult to start, try breaking it down into easier chunks, and give yourself credit for completing them.



### Allow yourself some positivity

Take time to think about the good things in your life. Each day, consider what went well and try to list 3 things you're thankful for.



### Challenge your thoughts

The way we think affects the way we feel. Watch our video to learn how to challenge unhelpful thoughts.

[Video: Reframing unhelpful thoughts](#)



### Be more active

Being active can help you to burn off nervous energy. It will not make your stress disappear, but it can make it less intense.

[Home workout videos](#)



### Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling. Watch our video for more ideas.

[Video: Social Connection](#)



### Plan ahead

Planning out any upcoming stressful days or events – a to-do list, the journey you need to do, things you need to take – can really help.

Source: <https://www.nhs.uk/every-mind-matters/mental-health-issues/stress/>