

Healthcare Library

Resource List

March 2023



Women's Network

Salisbury Healthcare Library is proud to support the Women's Network

All Trust staff and students can access the Healthcare Library and become a member. Library members also get 24/7 access to the library building so you can visit us at any time and use our resources.

The Healthcare Library is staffed Monday – Friday 09:00 – 16:00.

Contents

Books

Useful Contacts

Finding Information Online

UpToDate and BMJ Best Practice

Carers Corner

Staff Wellbeing Space

For further information or support please contact the Library:

Phone: 01722 429054 Or 01722 336262 ext 5335

Email: sft.library.office@nhs.net

Visit our website: <http://www.library.salisbury.nhs.uk/>

and follow us on Twitter: @SDHLibrary



Books

A selection of books currently held in the library.



All books held in Salisbury Healthcare Library and across libraries in the Southwest can be searched on the [SWIMS catalogue](#)

To borrow any of these books please visit the library or email us and we can put them aside for you. If you are not already a member just complete this [membership form](#).

Click on each title for more information. Access ebooks with an NHS Open Athens username and password. To register go to: <https://openathens.nice.org.uk/>

[Don't touch my hair](#)

Emma Dabiri. 2020.
Electronic book

[How to be a woman](#)

Caitlin Moran 2012.
Shelf mark: PE

[How to own the room : women and the art of brilliant speaking](#)

Viv Groskop 2018.
Shelf mark: WX228

[How women rise : break the 12 habits holding you back](#)

Sally Helgesen and Marshall Goldsmith. 2018.
Shelf mark: HM242

[Invisible women : exposing data bias in a world designed for men](#)

Caroline Criado Perez. 2019.
Shelf mark: HM242

[Invisible women : exposing data bias in a world designed for men](#)

Caroline Criado Perez. 2019.
Electronic book

[Pain and prejudice : a call to arms for women and their bodies](#)

Gabrielle Jackson 2019.
Shelf mark: WP120

Menopause Books

[Fast facts for women and their supporters: menopause](#)

Paula Briggs. 2018.
Electronic book

[Fast facts for patients: menopause](#)

Paula Briggs. 2021.
Electronic book

[Making friends with the menopause : a clear and comforting guide to support you as your body changes](#)

Sarah Rayner with Dr Patrick Fitzgerald 2017.
Edition: 4th
Shelf mark: WP640

[Menopause : the change for the better](#)

Henpicked 2018.
Shelf mark: WP640

[Menopause the one-stop guide : a practical guide to understanding and living with the menopause](#)

Kathy Abernethy 2018.

Shelf mark: WP640

[Menopocalypse : how I learned to thrive during the menopause and how you can too](#)

Amanda Thebe. 2020

Shelf mark: WP640

[Oestrogen matters : why taking hormones in menopause can improve women's well-being and lengthen their lives](#)

Avrum Bluming and Carol Tavris. 2018.

Shelf mark: WP646

[Older and wider : a survivor's guide to the menopause](#)

Jenny Eclair. 2020.

Shelf mark: WP640

[Preparing for the perimenopause and menopause](#)

Louise Newson. 2021.

Shelf mark: WP640

[Quilt on fire : the messy magic of midlife](#)

Christie Watson. 2022.

Shelf mark: WP640

[The complete guide to the menopause : your toolkit to take control and achieve life-long health](#)

Annice Mukherjee. 2021.

Shelf mark: WP640

[The happy menopause : smart nutritional choices to help you flourish](#)

Jackie Lynch. 2020.

Shelf mark: WP640

New Books Coming Soon

[A radical guide for women with ADHD : embrace neurodiversity, live boldly and break through barriers](#)

Sari Solden. 2019.

Shelf mark: WS736

[Change makers : a woman's guide to stepping up without burning out at work](#)

Katy Murray. 2022.

Shelf mark: WX224

[Flex : the modern woman's handbook](#)

Annie Auerbach 2019.

Shelf mark: WX420

[Heart of the race : black women's lives in Britain](#)

Beverley Bryan, Stella Dadzie, Suzanne Scafe. 2018.

Shelf mark: HM242

[Hormonal : a conversation about women's bodies, mental health and why we need to be heard](#)

Eleanor Morgan. 2020.

Shelf mark: WP120

[Ladies can't climb ladders : the pioneering adventures of the first professional women](#)

Jane Robinson. 2020.

Shelf mark: HM242

[Menopause: mind the gap : the value of supporting women's wellness in the workplace](#)

Pat Duckworth with Victoria Howell and Jill McCulloch. 2020.

Shelf mark: WP640

[The memo : what women of color need to know to secure a seat at the table](#)

Minda Harts. 2020.

Shelf mark: [WX422](#)

If you would like to suggest any new books for purchase, please contact the library.

Useful Contacts

A selection of organisations providing information and/or resources.

International Women's Day (<https://www.internationalwomensday.com/>)

Information and resources to support International Women's Day on March 8th 2023.

NHS (<https://www.nhs.uk/>)

Menopause

NHS help and support (<https://www.nhs.uk/conditions/menopause/help-and-support/>)

NHS Confederation (<https://www.nhsconfed.org/>)

Health and Care Women Leaders Network (<https://www.nhsconfed.org/womenleaders>)

A network for all women working across health and care

Finding Information Online

The Library can support you with finding health information online, whether you want to find information about specific conditions or you want to do a little reading about different treatments and interventions.

The Library can also support you with evidence searches if you are looking for best practice examples from across the NHS and from different sectors. If you are working on an improvement project or looking to develop a service or a policy and would benefit from a search of the evidence please contact the Library.

Simply ask us in person, over the phone or via email and we can arrange to show you some hints and tips to find good quality, reliable health information online.

UpToDate and BMJ Best Practice

Patient education leaflets providing easy to read information on many medical conditions are available from both **UpToDate** and **BMJ Best Practice**.



Keep up to date with UpToDate - an evidence-based clinical decision support resource.

Available from the intranet home page or Hospital Web Apps without a login.

For more information on UpToDate go to <https://www.uptodate.com/>

BMJ Best Practice

Fast access to the latest evidence-based diagnosis and treatment guidance to support your clinical decisions.

Available from the intranet home page or Hospital Web Apps without a login.

For more information on BMJ Best Practice go to <https://www.bmj.com/company/hee/>

UpToDate and BMJ Best Practice are accessible from work or from home. At home log in with an NHS Open Athens username and password. To register go to: <https://openathens.nice.org.uk/>

Mobile app versions of both products are also available.

Carers Corner

New Carers Corner for Staff in the Healthcare Library

Staff who are also carers are welcome to relax in this quiet area in the library where books and information to support carers are available.

Staff Wellbeing Space

Health and Wellbeing Space for Staff in the Healthcare Library

Staff are welcome to use the area to relax in comfy chairs within the quiet environment of the library.

- Bring a drink
- Read and take out books from our fiction and moodboosting collections
- Help complete a jigsaw
- Do some colouring

Feedback

This resource list was produced by Salisbury NHS Foundation Trust Healthcare Library. If you have any feedback or comments please contact sft.library.office@nhs.net



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