

Healthcare Library

Resource List

April 2023



Menopause

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.

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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](https://twitter.com/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/>

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

Paula Briggs. 2018.
Electronic book

[Fast facts for patients: menopause](#)

Paula Briggs. 2021.
Electronic book

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

Eleanor Morgan. 2020.
Shelf mark: WP120

[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

[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

[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

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

E-learning

[Menopause Awareness](#)

Provides an overview of what the menopause is, the common symptoms associated with it, and scenarios which will help NHS staff better understand the ways in which they can help support themselves and each other. It has been designed for all colleagues in the workforce. Whether you are a person transitioning through the menopause, or if you are looking for information to help you support a colleague, employee, friend or relative who is experiencing symptoms of the menopause. Takes 30 minutes to complete. Available on MLE – listed under menopause via the search box.

Useful Contacts

A selection of organisations providing information and/or resources.

[Balance](#)

Medical evidence-based perimenopause and menopause information in a variety of formats and languages.

[Daisy Network](#)

Information and support to women diagnosed with Premature Ovarian Insufficiency, also known as Premature Menopause.

[Menopause Matters](#)

An award winning, independent website providing up-to-date, accurate information about the menopause, menopausal symptoms and treatment options.

[NHS England guidance for line managers and colleagues](#)

Guidance to help line managers, and those working in the NHS understand more about the menopause, how they can support colleagues at work and those experiencing menopause symptoms.

[Queermenopause](#)

Inclusive information and support for individuals <https://www.queermenopause.com/>, and practitioners seeking to upgrade their knowledge.

[Rock My Menopause](#)

Set up to give women the confidence to recognise and discuss their symptoms and equip families, friends, employers and the wider public with information about the menopause to support women at this time of life.

[Women's Health Concern](#)

Help and advice which includes factsheets, videos, and a fee based email advice service with British Menopause Society specialist nurses and medical advisory council.

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



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 uplifting and moodboosting fiction collection
- 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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