

This April the Library will be promoting a range of books to coincide with Stress Awareness Month. Keep your eyes peeled on our [blog](#) and twitter page for top tips, recommendations and resources to help reduce stress—our mindfulness collection will still be available to loan so please get in touch for any reservations needed. We have also seen a rise in demand for leadership and management support. Please visit our [Heritage catalogue](#) for new e-books around this topic, including coaching, mentoring and leadership skills.

Some dates for your diary this month:

**7th April—World Health Day**—a day celebrating the anniversary of the World Health Organisation. The theme for this year is building a fairer, healthier world.

**29th April—On your feet Britain**—a day to focus on sitting less and moving more! We would love to see how your teams and departments participate in these events. Tag us on twitter [@Lscftl](#) to keep us updated.



## RESOURCE OF THE MONTH BMJ BEST PRACTICE

BMJ Best Practice is a clinical decision tool providing comprehensive information on clinical topics. The resource is fully evidence-based and is updated daily using the latest evidence, allowing you to stay up to date with your practice.

Find evidence quickly and confidently.

BMJ includes:

- Over 30 specialty areas
- Treatment options
- Diagnoses
- 250 medical calculators
- Nearly 400 patient leaflets
- Short videos explaining how to perform medical procedures



Log in with your [Open Athens](#) account

Earn CPD credits (certificates available) and record your progress through your personal dashboard.

Also accessible as a mobile app:

<https://bestpractice.bmj.com/info/app/>

## New titles added to our collection:



For any more information, support or queries regarding any resources in this newsletter please email:

[Academic.library@lscft.nhs.uk](mailto:Academic.library@lscft.nhs.uk)

## How do I...?

### Get an Open Athens account?

You can register for an [Open Athens account here](#), using your LSCFT email and work details. The Library team will activate your account and you will receive an email notification to complete your registration.

You will then be able to access a wide range of e-resources. For any issues or queries regarding your Open Athens account please email: [academic.library@lscft.nhs.uk](mailto:academic.library@lscft.nhs.uk)

### Lunch and Learn

Thankyou to all those who attended our March session— you can catch up on our [health and wellbeing session here](#) if you missed it and leave us some [feedback with our survey](#).

## • SHARING KNOWLEDGE • LUNCH AND LEARN WITH JOANNE NAUGHTON

Thursday 29th April  
12pm- 1pm



A session based  
around health  
literacy  
awareness

### WHO?

Joanne Naughton is the Library and Knowledge Services Manager at Health Education England. She is passionate about providing staff with current up to date evidence to ensure patients receive the best quality care and services.

### WHAT?

This session will outline what health literacy is, the implications this may have within your practice and outline some key tools and techniques you can use daily to improve health outcomes of the public.

### HOW?

All Library members will receive a Teams invite to attend the session. Email [katie.roper@lscft.nhs.uk](mailto:katie.roper@lscft.nhs.uk) if you would like a Teams invite to be extended to you, your colleagues or your department.

Opening Hours:

8:30am –4:30pm Monday to Friday

The Gosall Library | Lantern Centre | Vicarage Lane | Preston | PR2 8DW