



News@theLibrary

Paenga-Whāwhā April 2024

Library Hours

Mon-Fri 8am-5pm

Sat noon-4pm

Library is closed on Sundays and public holidays

[Apply](#) for afterhours access

ANZAC Day

Library closed Thursday,
25 April

Normal hours resume
Friday 26 April



Contact the Library

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Ext: 98880

library@waikatodhb.health.nz

[Library Hub](#)

Inside this issue

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- Books, articles delivered to your workplace
- COVID—international perspective & long COVID, a NZ perspective
- Understanding types of review
- Setting boundaries
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Te Whatu Ora

[Health New Zealand](#)

Waikato

Jenny, a career in librarianship

When Jenny was only twelve years old she knew she wanted to be a librarian. When she left school she went straight into a job working for the School Library Service. Once a year, Jenny travelled on the slow bonerattler train to Wellington to attend Library School so she could gain the necessary librarian qualifications.

Now, in 2024, Jenny can reflect back on a 42 year career as a librarian! She is the epitome of lifelong dedication to librarianship.

Jenny's career has seen her working in a variety of libraries, and, for the last 19 years—our medical library. Jenny is well known and appreciated across our organisation for providing library customer service that goes above and beyond. What many customers may not be aware of is how Jenny has streamlined and maintained our library online resources and services. This is Jenny's last month working in our Library, we wish her well in her next adventures.



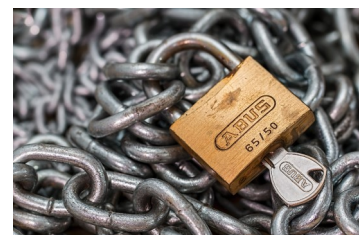
Books, articles delivered to your workplace

Search for books and articles on the [Library hub](#). You can send your request from your search results or email the Library directly with your request. Ask a librarian for more information about sending requests for books and articles from your search results.

Books are sent by internal mail to your HNZ Te Whatu Ora Waikato workplace. To return books please drop these off to the Library front desk or in one of the book bins (near stairs to cafeteria or near the Library entrance). Alternatively return your books via internal mail to Library, Bryant Education Centre.

If you would like a book for your work at HNZ Te Whatu Ora Waikato and it is not in our Library collection, please contact us with the book details and we will try to borrow it from another library for your use.

PDF copies of articles are emailed to you. If there is an article you need but can't get the full text, ask the Library Team to try and source the article for you.



LOCKED OUT?

If you can't access the article you want, ask us to source the article for you.

NZ bucks life expectancy trend during Covid-19

The first two years of the Covid-19 pandemic undid earlier success in increasing life expectancy, except for in a handful of countries - Aotearoa New Zealand among them.

Katie Kenny, RNZ, examines the findings of the study available in the Lancet from a NZ perspective. [Read more](#)

[Read online](#) or [request the Lancet article](#) -

“Global age-sex-specific mortality, life expectancy, and population estimates in 204 countries and territories and 811 subnational locations, 1950–2021, and the impact of the COVID-19 pandemic: a comprehensive demographic analysis for the Global Burden of Disease Study 2021”

Long Covid in Aotearoa NZ: Risk assessment and preventive action urgently needed

This Briefing presents findings from a review of Long Covid to guide NZ’s response to this public health threat. The author group includes researchers, clinicians, and people with lived experience of Long Covid.

[Read online](#) or [request a copy](#) of this Public Health Communication Centre Aotearoa (PHCC) briefing.



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Umbrella? Integrative? Understanding reviews

Umbrella, scoping, integrative, there are so many types of literature review!

They are not the same, make sure you understand what is entailed in the type of review you are tackling. If you are studying-check your tertiary institution’s webpage. Check out the many helpful guides can be found with a Google search.



[Read online](#) or [request this article](#) “Meeting the review family: exploring review types and associated information retrieval requirements.” This article explains the purpose and nature of 48 review types.

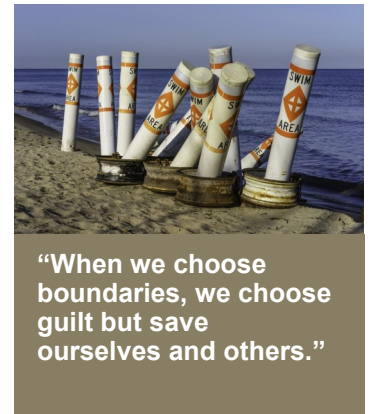
Do you suck at setting boundaries?

“... If you're an ambitious high-achiever, you might suck at boundaries. It's an occupational hazard. If you've ever found yourself overextended and unfulfilled and wondering why you seem to work the hardest and care the most but aren't experiencing the benefits of that, you have a boundary problem...”

Read [Alicia McKay's blogpost](#) on how to set boundaries in five easy steps.

“... Boundaries provide a way to directly address burnout risk factors, which include overcommitting to job demands (e.g., providing emotional support to peers beyond one's capacity, attending meetings outside of work hours), limiting work-life balance, or difficulty managing boundary violations...”

[Read online](#) or [request this article](#) “Staying in bounds: A framework for setting workplace boundaries to promote physician wellness” *Perspectives in Hospital Medicine, March 2023*



“When we choose boundaries, we choose guilt but save ourselves and others.”

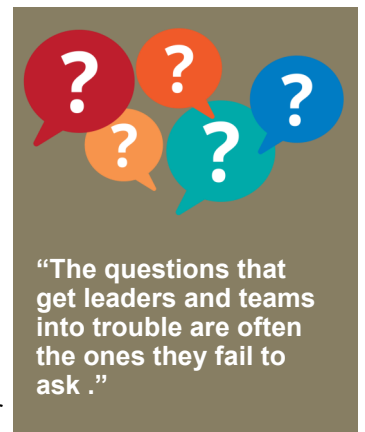
The art of asking smarter questions

Strategic questions can be grouped into five domains: investigative—(what’s known?), speculative—(what if?), productive—(now what?), interpretive (So, what?), and subjective—(what’s unsaid?).

Each unlocks a different aspect of the decision-making process. Together they can help you tackle key issues that are all too easy to miss.

[Request this article](#) “The art of asking smarter questions”.

Harvard Business Review, May-June 2024

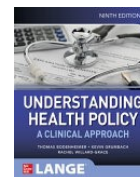


“The questions that get leaders and teams into trouble are often the ones they fail to ask .”

New and popular ebooks

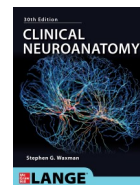
[Understanding Health Policy: A Clinical Approach 2024](#)

“The simplest, most-readable guide to navigating health care delivery in the United States ...”



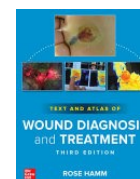
[Clinical Neuroanatomy 30th edition](#)

“... learn everything you need to know about the structure and function of the brain, spinal cord, and peripheral nerves. This authoritative guide illustrates clinical presentations of disease processes involving specific structures, explores the relationship between neuroanatomy and neurology, and reviews advances in molecular and cellular biology and neuropharmacology as related to neuroanatomy...”



[Text and Atlas of Wound Diagnosis and Treatment Third edition](#)

“... delivers outstanding visual guidance and clear, step-by-step instruction on caring for patients with wounds. Packed with hundreds of full-color illustrations and clear, concise text, this unique learning tool provides thorough easy-to-understand coverage of evidence-based concepts of wound treatment...”



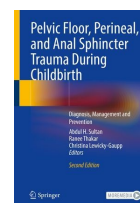
[Artificial Intelligence and Machine Learning in Health Care and Medical Sciences : Best Practices and Pitfalls](#)

“... review of the latest methods and applications of artificial intelligence (AI) and machine learning (ML) in medicine ... enabling the reader to develop a thorough understanding of the key concepts in these subject areas along with a range of methods and resulting models that can be utilized to solve healthcare problems, the use of causal and predictive models are comprehensively discussed.



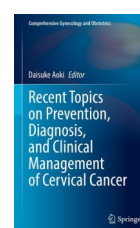
[Pelvic Floor, Perineal, and Anal Sphincter Trauma During Childbirth : Diagnosis, Management and Prevention](#)

“... a comprehensive text that focuses on the maternal morbidity associated with childbirth...”



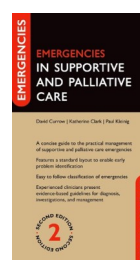
[Recent Topics on Prevention, Diagnosis, and Clinical Management of Cervical Cancer](#)

“... presented in five attractive parts: pathogenesis and epidemiology, cancer screening and prevention strategies, diagnosis and clinical management of cervical intraepithelial neoplasia (CIN), surgical treatments, and multimodal therapy...”



[Emergencies in supportive and palliative care](#)

“... helps to guide each step when sudden or unexpected changes occur in a person’s condition. The book helps to frame thinking about the overall health of the person, their comorbidities, and their life expectancy before this change. With careful evaluation, a patient-centred approach can help to optimize the person’s outcomes, in line with their (informed) wishes.



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New books

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Title	Author	Classification
Acute Medicine		on order
An introduction to systematic reviews	Gough, David, Oliver, Sandy,, Thomas, James,	W20.5 .I61 2017
Best practices in teaching nursing	Noone, Joanne, Gubrud-Howe, Paula Marie	WY 18 RT71 .N66 2024
Caring for the hospitalized child : a handbook of inpatient pediatrics	Gershel, Jeffrey C., Rauch, Daniel A.,	WS100 .A512 2023
Clinical biochemistry : an illustrated colour text	Murphy, Michael J., Srivastava, Rajeev, Deans, Kevin,	QU4 .G284 2024
Clinical interviewing	Sommers-Flanagan, John,, Sommers-Flanagan, Rita,	WM143 .S697 2024
Courageous well-being for nurses : strategies for renewal	Gaffney, Donna A, Foster, Nicole	WY87 .G131 2023
Enough : because we can stop cervical cancer	Eckert, Linda	WP480 .E19 2024
Essential elements of wound diagnosis	Hamm, Rose,, Carey, Joseph	WO700 .H224 2021
Essential guide to acute care	Cooper, Nicola,, Cramp, Paul., Forrest, Kirsty., Patel, Rakesh	WX218 .C777 2021
Handbook of ECT : a guide to electroconvulsive therapy for practitioners	Kellner, Charles H.,	WM412 .K29 2019
Helping skills for counselors and health professionals : building culturally competent relationships	Drcar, Stephanie S. J, Mac-Cluskie, Kathryn C, King-White, Dakota	WM420 .D769 2024
Her say : survivors of domestic abuse tell their own stories	Clark, Jackie, Yoshioka Braid, Sonia	HV6626 .H531 2021
Leadership Development for Nurses and Midwives		on order
Let's talk vaccines : a clinician's guide to addressing vaccine hesitancy and saving lives	LaSalle, Gretchen	QW805 .L338 2020
Litt's Drug Eruption and Reaction Manual	Shear, Neil H	WR100 .L782 2024
Living every moment : 40 years of Hospice Waikato	Taylor, Geoff	WX28 .T241 2021
Living with health inequalities : upstream-downstream connections	Rogers, Anne,, Pilgrim, David,	WA30 .R724 2024
Mad or bad? : a critical approach to counselling and forensic psychology	Vossler, Andreas, Havard, Catriona, Pike, Graham, Barker, Meg-John, Raabe, Bianca	W740 .M178 2017
Mastering iris repair : a video textbook of iris repair and pupilloplasty techniques	Agarwal, Ashvin, Agarwal, Amar,, Narang, Priya,	WW240 .M423 2021
Microsoft Office Inside Out (Office 2021 and Microsoft 365)		on order

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New books

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Title	Author	Classification
Nursing adults with long term conditions	Nicol, Jane,, Hollowood, Lorna,	WY152.2 .N634 2024
Oxford Handbook of Public Health Practice		on order
Park's the pediatric cardiology handbook	Park, Myung K., Salamat, Mehrdad,	WS290 .P236 2022
Promoting occupational participation : collaborative relationship-focused occupational therapy : 10th Canadian occupational therapy guidelines	Egan, Mary, Restall, Gayle	WB555 .P965 2022
Research design in the social sciences : declaration, diagnosis, and redesign	Blair, Graeme, Coppock, Alexander, Humphreys, Macartan	H62 .B635 2023
Restorative practice at work : six habits for improving relationships in healthcare settings	Parkinson, Lesley	W84.8 .P247 2023
The Child Protection Handbook		on order
The literature review : six steps to success	Machi, Lawrence A, McEvoy, Brenda T	WZ345 .M149 2022
The Washington manual of surgery	Wise, Paul E, Blatnik, Jeffrey A	WO100 .W317 2024