

# Library and Knowledge Services Newsletter

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## Library and Knowledge Services (LKS) Team

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**Our newsletter will keep you up to date with new resources and service developments as well as news from our team**

**Literature Search Dashboard**  
*In March and April we completed 39 literature searches.*

## Kortext

There are lots of **eBooks** available via the Library and Knowledge Services. In this edition of our newsletter we are highlighting **Kortext ebooks**.



### The benefits of using ebooks

- They are accessible anytime and anywhere
- You can highlight and take notes without damaging the book
- You can use the search function to find key words or phrases
- You can adjust the display settings such as making text larger or adding coloured backgrounds
- You can print a section of the ebook easily
- No fines!

### How to access

<https://read.kortext.com/>

Type **Lincolnshire**, select your organisation and then click on the arrow.  
Sign in with your **NHS OpenAthens username and password**.  
Click on the **Collections** tab to find book titles.



## Play Focus Games online!

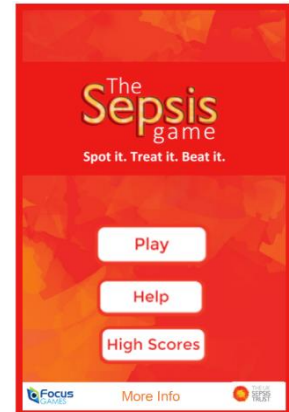


The Library Service has recently purchased two **Focus Games to play online with your colleagues using MS Teams.**

The **Nutrition Game** is designed to help staff reduce the incidence of malnutrition and dehydration.

The **Sepsis Game** helps staff improve their ability to detect and manage sepsis.

As a member of staff you can be the facilitator of the online games and can schedule your own sessions with your team.



**For more information contact Liz Carr**

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## Digital wellbeing



Last week Lesley, our **Assistant Clinical Librarian**, attended a **Digital Wellbeing online course delivered by Lincolnshire Partnership NHS Foundation Trust's Recovery College.**

The course was 90 minutes long and covered a wide range of topics including:

- how the Covid-19 pandemic has affected our use of technology (both positive and negative)
- the impact of fake news and misinformation
- how to be a digital citizen
- returning to the "real world" (or not, as the case may be!)

As a librarian I found the discussion around fake news and misinformation very interesting.

**Critical thinking skills** are essential (even more so now that we get so much of our information via social media) and everyone needs to know how to appraise the information that they find online.

More information about critical and analytical thinking can be found here:

<https://www.open.edu/openlearn/ocw/mod/oucontent/view.php?id=51387>

The concept of a **digital citizen** was new to me. A digital citizen is someone who:

- uses online platforms responsibly
- behaves online as they would do in "real life"
- is vigilant for both themselves and others
- is aware of their digital footprint (data sharing / privacy settings etc.)

The course also suggests some **tops tips** for keeping a balanced relationship with the ever encroaching technology in our lives, such as:

- creating a screen free bedroom
- eating meals without a screen
- turning off or muting notifications and using the do not disturb/silent notifications
- taking up a hobby to replace the "endless scrolling"

This was my first Recovery College course and I found it easy to follow and very informative!

More information on the different sessions that are run by the College can be found here:

<https://www.lpft.nhs.uk/our-services/adults/recovery-college>

