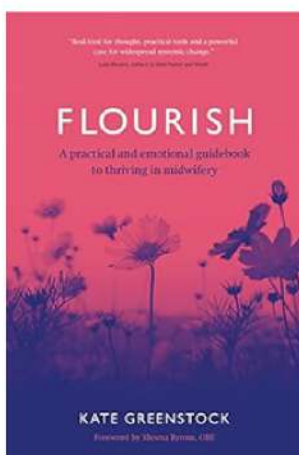


November Top 5 Titles

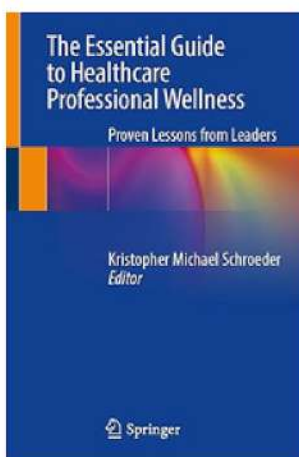
November Theme: Wellness and Safety

As the day gets progressively shorter with exams and project deadlines looming, it's important to be mindful of wellness and safety in the profession. One may feel lost or emotionally drained, problems may arise in the workplace, and stress from family duties may overwhelm even the most resilient health and care professionals. The library will not solve all your problems, but we offer materials for you to take some time, even just 15 minutes, to read, reflect, and regain some perspectives. Here are some new books on wellness and safety that have just been added to our collection.

Flourish: a Practical and Emotional Guidebook to Thriving in Midwifery



Kate Greenstock maps out the professional and emotional landscape of midwifery in this book. Her clear, approachable style and easy-to-digest bullet points and illustrations make readers feel like they are in conversation with a knowledgeable and understanding colleague who has a bag of tricks to help them overcome challenges they may face in different stages of their career. Each chapter ends with questions for reflection and self improvement. Besides midwives, other health professionals will also find the content relatable to their experiences.

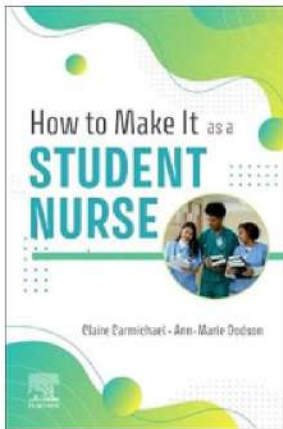


The Essential Guide to Healthcare Professional Wellness: Proven Lesson from Leaders

The edited book is a collection of advice and reflections from fellow healthcare professionals from US, Canada, and UK covering diverse topics including family, self-care, personal finance, faith and spirituality, healing, and resilience. Each essay is only a few pages long—so you can finish any one even on the go—and is filled with relatable anecdotes and succinct insights on work and life, and how to strike a balance between them.

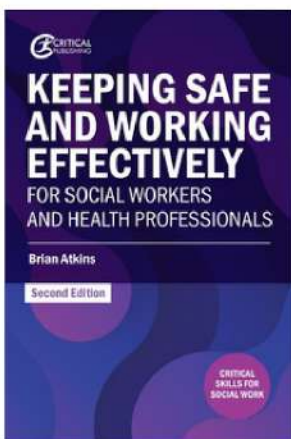
November Top 5 Titles

How to Make It as a Student Nurse



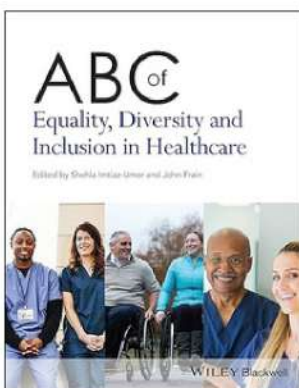
Keyll Darree welcomed its new cohort of student nurses in September. Between physiology and mental disorders, they also need to learn about leadership, becoming resilient, giving presentations, placements, staying safe in a pandemic or as a member of a minority, and coping with failures. This book offers practical tips, survival strategies, and real-life stories from which student nurses can use to make a difference in their studies and early career.

Keeping Safe and Working Effectively for Social Workers and Health Professionals



Now in its second edition, the book is a handy reference for social and health workers from all ranks to refresh their safety knowledge. Managers and frontline practitioners alike will find the latest update on legislation, suggested risk assessments, responses or intervention strategies most helpful. Awareness and knowledge are critical to decision-making, and this book provides some concise reference material to help prevent and mitigate violence in social work or healthcare contexts.

ABC of Equality, Diversity and Inclusion in Healthcare



Healthcare is as diverse as the world we live in today. Gender, disability, age, class, race, religion, cultural background, national origin, as well as one's status as a migrant and refugee all contribute to the diverse make-up of healthcare workers and patients. Important issues on equality, diversity, and inclusion are organised into easy-to-access, handbook-style chapters, each of which gives an overview, introduction, definition of key concepts, topical issues, strategies, references, and further reading or resources to empower readers to build a safe and inclusive work and care environment.