



Knowledge and Library Service Newsletter



Welcome to the January issue of the Knowledge and Library Service newsletter. Happy New Year!!

We are so pleased to welcome you back to the Knowledge and Library Service newsletter, and hope to continue to support you with the latest library news, resources and research to help you in your mental health practice.

Our highlights in this first issue of 2026 include:

News regarding our library colleagues

Our monthly statistics dashboard, which highlights who we've supported across the Trust with our evidence search service, and what the 'hot topics' are within our document supply service

We shine a spotlight on recently published research involving our own Trust colleagues and are pleased

to introduce a new section of our newsletter called 'Tip of Month'

Find out about new books recently added to our catalogue and which book is book of the month

We are also pleased to share with you our Resource of the Month for January: NHS OpenAthens

We aim to include something for everyone, no matter their role within the Trust. We hope you find this newsletter both informative and inspiring but, if you would like to see a feature on something specific, or have any questions about this issue, please get in touch.

Enjoy this month's newsletter!

BSMHFT Knowledge and Library Services Team

In This Newsletter:

- **Library Team News**
- **Monthly Statistics Dashboard**
- **Recently Published Research by Trust Colleagues**
- **Tip of the Month**
- **Resource of the Month: NHS OpenAthens**
- **New Books!**
- **Book of the Month**
- **Next Issue**

You can contact us to subscribe or unsubscribe to this monthly newsletter by emailing us: bsmhft.uffculmelibrary@nhs.net

TEAM NEWS

Our library colleague, Julie Salt, has passed away

It is with immense sadness that we announce that our friend and library colleague Julie Salt died suddenly on Thursday 26 December.

Julie had been a long serving colleague of nearly 20 years with the Trust most recently at Uffculme Library but also working for a long time at the Northcroft site.

Julie loved animals of all kinds providing a loving home to rabbits, birds (including a particularly unruly cockatiel) and especially her beloved dogs Barney and Louie. She was also a fan of technology and an early adopter of gadgets and mobile phones. She even managed to combine her two interests and often relaxed playing Pokémon at home.

The whole library team will miss her calm and friendly personality at the Uffculme library desk and her encyclopaedic knowledge of the library file structure. Her absence will also be felt by the many colleagues she helped in the library on a daily basis.

We send our sincere condolences to her partner John, her sister Wendy and her wider family.



Library colleague, Anna Cunningham's, musical success



In 2026, we hope to regularly share news with you about our team.

On a happier note, we're celebrating the musical talents of our library colleague, Anna Cunningham, who has recently passed her Trinity Grade 4 singing exam with distinction.

Well done Anna - what a brilliant achievement!

OUR MONTHLY STATISTICS DASHBOARD

KNOWLEDGE AND LIBRARY SERVICE STATISTICS - DECEMBER 2025

Literature Searches

In December, we completed 3 literature searches to support quality improvement, continuous professional development and patient care.

1. What is the impact of dog therapy with service users and staff?
2. How can we ensure our Integrated Cognitive Behavioural Therapy practice is up to date, ethical and inclusive of religious beliefs?
3. What evidence is there to show that sound therapy improves wellbeing?



Journal Article Requests



In December, we provided
access to 36 articles

Teams Supported

Endeavour House Acute Inpatients Team

CASCADE

Dawn House - Ardenleigh

Psych North Central Team

PGME Junior Medics Team

Forward Thinking Birmingham

Steps to Recovery

Art Psychotherapy Team

South Recovery Medics PGME Team

Meriden Family Programme

COLLEAGUE RESEARCH

[Nitrous oxide for the treatment of depression: a systematic review and meta-analysis](#)

Gill K, de Cates AN, Wiseman C, Murphy SE, Williams E, Harmer CJ, Morales-Muñoz I, Marwaha S. Nitrous oxide for the treatment of depression: a systematic review and meta-analysis. EBioMedicine. 2025 Dec;122:106023. [doi: 10.1016/j.ebiom.2025.106023](#). Epub 2025 Nov 30. PMID: 41326290.

Background: Depression remains a global public health challenge, prompting interest in translational targets which allow for more effective and rapidly acting interventions. Nitrous oxide (N₂O), an N-methyl-d-aspartate receptor antagonist, has demonstrated potential as a rapid-acting antidepressant. This study synthesised existing data on the efficacy and safety of N₂O in depressive disorders.

TIP OF THE MONTH

Did you know you can use wildcards in the middle of a word when searching a bibliographic database such as PubMed?

This can be useful when you want to include variant spellings such as American English. Search for colo*r to find both spellings. You can even include multiple wildcards in the same word such as organi*ation*.



RESOURCE OF THE MONTH - JANUARY

NHS OpenAthens - Unlocking Knowledge and Evidence

NHS OpenAthens is a key resource for all health and care staff in England. All BSMHFT staff and students on placement have secure, 24/7 access to a wide range of free, high-quality digital resources for work, study, research and professional development. This includes access to e-books, journals and databases.

The [NHS Knowledge and Library Hub](#) and the national clinical decision support tool [BMJ Best Practice](#) are all accessed through NHS OpenAthens, as well as [Stahl Online](#), [The Maudsley Prescribing Guidelines](#), [Clinical Key Psychiatry Collection](#) and more.



The graphic features the OpenAthens logo (a stylized figure) and the NICE logo (National Institute for Health and Care Excellence) in the top left. The NHS logo is in the top right. The central text reads 'Unlock online knowledge and evidence resources' in a large, bold, blue font. To the right of this text is a large black and white icon of an open padlock. Further to the right is a square QR code. Below the QR code is a white rectangular button with a black border containing the text 'SCAN TO REGISTER' in blue capital letters.

How do I register for NHS OpenAthens?

To access these trusted, evidenced-based information resources, scan the QR code **OR** Visit <https://openathens.nice.org.uk/>

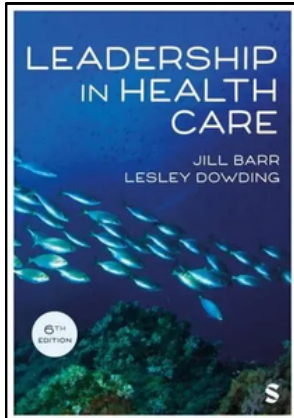
1. Click on the 'Register' button to fill the online registration form
2. Add your NHS email ID to confirm your eligibility
3. Select 'BSMHFT' as your organisation.
4. Click on the activation code sent to the email address you registered with.
5. Choose your own password.

The NHS Knowledge and Library Hub can be accessed via your free [NHS OpenAthens](#) account. OpenAthens is your key to unlocking digital knowledge resources.

Support:

If you have any queries regarding NHS OpenAthens, please contact us:
bsmhft.uffculmelibrary@nhs.net or bsmhft.barberrylibrarysm@nhs.net

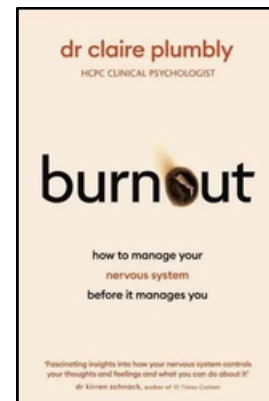
NEW BOOKS!



[Leadership in Health Care - Jill Barr and Lesley Dowding](#)

This much-loved book is your essential introduction to leadership in healthcare. With new content on cultural diversity, leadership theories, and the role of AI, the book is written in clear, straightforward language and filled with practical examples, helping to develop the leadership skills you need for practice.

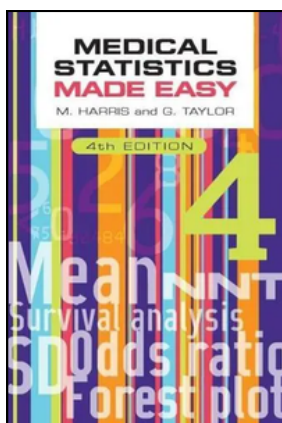
[Read more](#)



[Burnout: How to Manage Your Nervous System Before it Manages You - Dr Claire Plumbly](#)

Clinical Psychologist Dr Claire Plumbly will give you tools to thrive amidst the challenges of modern life, at work, at home and through positive interactions and relationships.

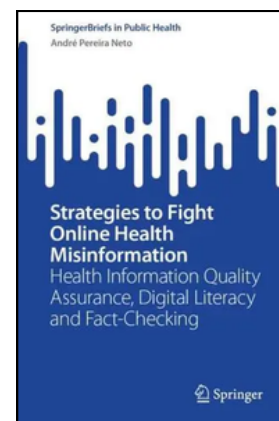
[Read more](#)



[Medical Statistics Made Easy - M. Harris and G. Taylor](#)

This is a book of key statistics principles for anyone studying or working in medicine and healthcare who needs a basic overview of the subject. It is ideal for non-statisticians who need to understand how statistics are used and applied in medicine and medical research.

[Read more](#)

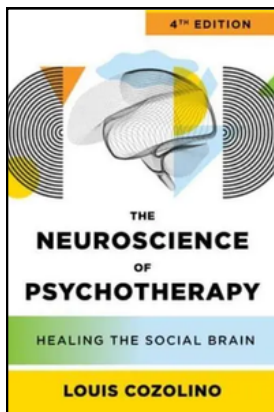


[Strategies to Fight Online Health Misinformation - André Pereira Neto](#)

This book offers a brief introduction to the three main tools available to fight online health misinformation: health information quality assurance, digital literacy and fact-checking. These are the resources public institutions and civil society can use to deal with the current health infodemic.

[Read more](#)

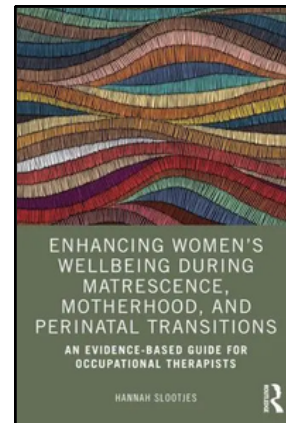
MORE NEW BOOKS!



[The Neuroscience of Psychotherapy: Healing The Social Brain - Louis Cozolino](#)

This ground-breaking book explores the revolution in psychotherapy that brought an understanding of the social nature of people's brains into a therapeutic context. Louis Cozolino is a master at synthesising neuroscience and demonstrating how it applies to psychotherapy practice.

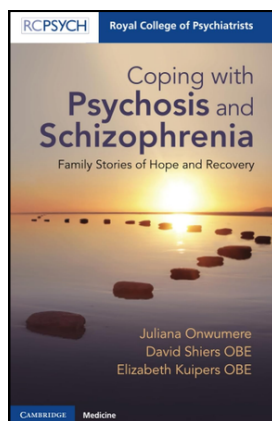
[Read more](#)



[Enhancing Women's Wellbeing During Matrescence, Motherhood, and Perinatal Transitions - Hannah Slootjes](#)

Helping Women Recover is a manualized treatment intervention based on Dr. Covington's Women's Integrated Treatment (WIT) model-offering a program developed to meet the unique needs of women addicted to alcohol, other drugs, and those with co-occurring disorders.

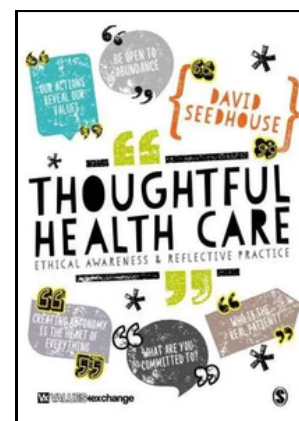
[Read more](#)



[Coping With Psychosis and Schizophrenia - Juliana Onwumere \(editor\), David Shiers \(editor\), Liz Kuipers \(editor\)](#)

This book will serve as an excellent resource for psychiatrists, psychiatric nurses, psychologists, social workers, GPs and students who should find the book relevant both for their own practice and for those families they support.

[Read more](#)



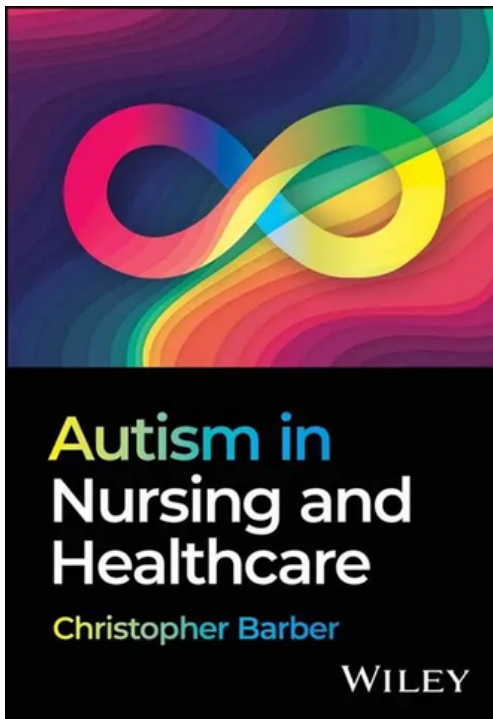
[Thoughtful Health Care: Ethical Awareness and Reflective Practice - David Seedhouse](#)

Thoughtful Health Care offers a timely antidote to a Health Care climate dominated by endless rules, regulations, mission statements and codes of practice. This book is for any health worker committed to caring with ethical awareness and practical sensitivity.

[Read more](#)

BOOK OF THE MONTH - JANUARY

[Autism in Nursing and Healthcare - Christopher Barber](#)



Publisher's synopsis

Understand the healthcare needs of autistic patients with this essential volume

Autism is a condition that directly affects as many as 2 million people in the United Kingdom, a figure which does not include family members and other loved ones. As most nurses, healthcare assistants, and other healthcare professionals will engage with autistic patients or service users at numerous points in their careers, the Health and Care Act 2022 requires healthcare professionals to be given autism training appropriate to their role.

There is an urgent need for a publication which directly addresses this new training requirement and fulfills the learning needs of workers across the healthcare sector and beyond.

Autism in Nursing and Healthcare offers a solid grounding in the issues relevant to the care and support of autistic people. Viewing autism as a lifelong condition, this book offers chapters covering the full lifespan of the autistic person, with information on the role of nurses in both community and hospital settings. Appropriate for both formal and informal carers, it's an indispensable resource for anyone with direct or indirect experience of autism.

- Chapters on welfare benefits, sexuality, and discrimination against autistic people
- Detailed discussion of the 2009 Autism Act and related strategies
- Practical intervention strategies throughout

Autism in Nursing and Healthcare is ideal for pre-registration nursing students from all four nursing branches, those in post-registration professional development sessions, Nursing Associates and Healthcare Assistants, as well as those who work with autistic people (either as patients or colleagues) looking to better understand autism.

Chris Barber is a Public Governor at BSMHFT

Borrow a copy from either Uffculme Library or Barberry Library

[Publisher's synopsis accessed 15/01/2026](#)

JOIN THE LIBRARY

Library membership is open to all Trust staff, including students on placement. By joining the library you can get access to a wide range of physical and online resources, as well as training or assistance with literature searches, and access to comfortable, well-equipped spaces where you can study and relax.

To become a member, visit us at one of our libraries, Uffculme or Barberry, or complete our [online form](#).

FEBRUARY 2026 ISSUE

- **Library Team News**
- **Time to Talk Day 2026 / Eating Disorders Awareness Week 2026**
- **Our Monthly Statistics Dashboard**
- **Resource of the Month: KnowledgeShare**
- **New Research Published by Trust Colleagues**
- **New Books**

Contact Information:

Website: <https://library.bsmhft.nhs.uk/>

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Telephone: 0121 301 0024 (Uffculme Library) | 0121 301 2059 (Barberry Library)

