Books on Resilience available for loan from Royal Bournemouth and Poole hospital libraries or via Inter library loan

For all available titles go to www.swims.nhs.uk for more information or support please contact the library@rbch.nhs.uk or visit the library blog at http://eastdorsetnhslibrary.wordpress.com/

**BOOKS**

Derek Mowbray's guide to personal resilience (2013)
Mowbray, Derek

Neenan, Michael

Effective self-care and resilience in clinical practice: dealing with stress, compassion fatigue and burnout (2017)
Parry, Sarah

First do no self-harm: understanding and promoting physician stress resilience (2013)
Figley, Charles R.

Hardiness: Turning stressful circumstances into resilient growth (2013)
Maddi, Salvatore R.

The little book of resilience: how to bounce back from adversity and lead a fulfilling life (2015)
Johnstone, Matthew

Personal resilience for healthcare staff: when the going gets tough (2013)
Edmonstone, John

Promoting emotional resilience: cognitive-affective stress management training (2016)
Smith, Ronald E., Ascough, James C.

Real strength: build your resilience and bounce back from anything (2017)
Psychologies Magazine

The resilience handbook: approaches to stress and trauma (2013)
Kent, Martha, Davis, Mary C., Reich, John W.

Current at 06 June 2018
Waldman, Janine, Jackson, Paul Z.

The resilient clinician (2008)
Wicks, Robert J.

Wears, Robert L., Hollnagel, Erik, Braithwaite Jeffery,

The resilient practitioner: burnout and compassion fatigue prevention and self-care strategies for the helping professions (2016)
Skovholt, Thomas M. and Trotter-Mathison, Michelle

Restoring resilience: Discovering your clients' capacity for healing (2015)
Russell, Eileen

The restorative resilience model of supervision (2016)
Wallbank, Sonya

Self leadership and personal resilience in health and social care (2015)
Holroyd, Jane

Stop physician burnout: what to do when working harder isn't working (2014)
Drummond, Dike

Supporting emotional resilience within social care practitioners (2015)
Research in Practice for Adults

Shiralkar, Uttam

Thriving under stress: harnessing demands in the workplace (2015)
Britt, Thomas W., Jex, Steve M.

All titles can be found on www.SWIMS.nhs.uk
If you do not see what you want in this list, please contact the library
You can access electronic books with an NHS Athens password. To set this up go to
http://eastdorsetnhslibrary.wordpress.com/

**Our team can also help with:-**

Evidence searching – Saving you time by finding the answers. In August 2017 we saved staff 50 ½ hours with evidence searches

Training – We can visit at a time and place that suits you, showing you how to find the evidence or use particular resources

Current at 06 June 2018
Attend departmental meetings/assist with projects – Regular attendance at a team meeting means the librarian can proactively support clinical teams to use evidence. Great for audit, SOPs, pathway re-design and individual patient care.

Supporting non-clinical teams for business needs – Learning from what has worked well elsewhere.

Keeping up-to-date – You can receive bulletins with the latest information in your speciality covering guidelines, research health news, and more.

If you would like us to work with you, or for further information please get in touch.
library@poole.nhs.uk / 01202 442101 OR library@rbch.nhs.uk / 01202 704270

Disclaimer

This resource list contains a selection of information which is not intended to be exhaustive, and although library staff have made every effort to link only to reputable and relevant titles it is the responsibility of the reader to appraise this information for accuracy and relevance.

Feedback

This list was produced by Siân Hudson, Outreach and Knowledge Specialist, Royal Bournemouth and Christchurch Hospital. If you have any comments to make about this list please contact library@rbch.nhs.uk