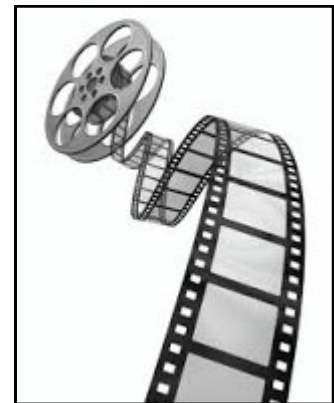
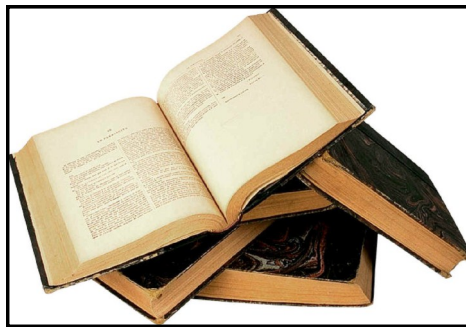


Medical Humanities



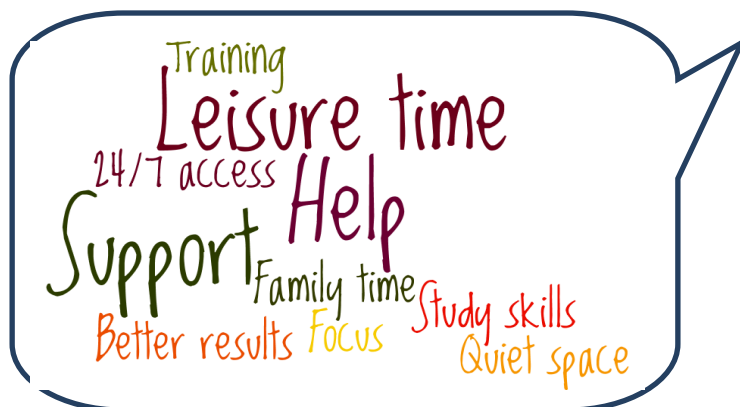
The Trust Libraries

**THE TRUST LIBRARIES
MAIDSTONE ACADEMIC CENTRE
TUNBRIDGE WELLS EDUCATION & TRAINING CENTRE**

So much more than just **books** and **journals**,
your libraries also have
**24/7 internet access, study areas, leisure reading,
DVDs** and the daily newspaper!

We also have a **Book Club** at Tunbridge Wells Hospital
and **Film Society** at Maidstone Hospital

Are you studying or simply in need of a quiet space?



**Libraries
help!**



Use your **workplace library**
We are accessible 24/7
Study in peace away from
workplace pressures: **plenty of
IT and
desk space here!**

We can **train you** to find the
best information and help with
study skills

YOUR MTW LIBRARIES
search 'Library' on the Trust intranet for more information.

What is Medical Humanities?

To be a clinician, or anyone imparting care, is to be on the raw frontline of interaction with another human being, who is suffering and who is utterly vulnerable in that suffering. It is a great responsibility as well as an immense privilege to be part of this process and this relationship, and it requires certain skills – including our capacity for listening, observation, analysis, empathy and ultimately self-reflection. And there is no doubt that by paying attention to the humanities and arts we learn to develop, nurture and consolidate these very skills. Social sciences allow us an understanding of the wider context in which we live, think and function, thereby allowing an insight into cultural and social understanding of illness and how medicine should be practised in this wider sense.

Burnout of clinical staff, stemming from a host of factors including emotional exhaustion, exhaustion of capacity for compassion, depersonalisation (treating the patient as an object), working in large, busy, faceless organisations, low sense of accomplishment, and feeling disconnected from one's inner self as well as from others, leads to poor care. An antidote to this burnout is the ability "to be present" with the patient, the sense of "being" with the patient and not in a state of dissociation.

Medical humanities can provide a window in reconnecting with the energy, passion, creativity inherent within individuals. It allows us as clinicians and care givers to achieve the humanistic practice we all aspire towards. It provides the means, in finding these connections, being a little less stressed, being more gracious, being more thoughtful, allowing more curiosity, and ultimately being more available to our patients. It is reconnecting with the enthusiasm, engagement, and optimism with which we all stepped over the threshold towards being clinicians.

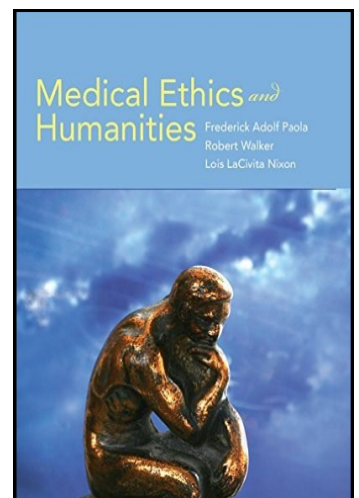
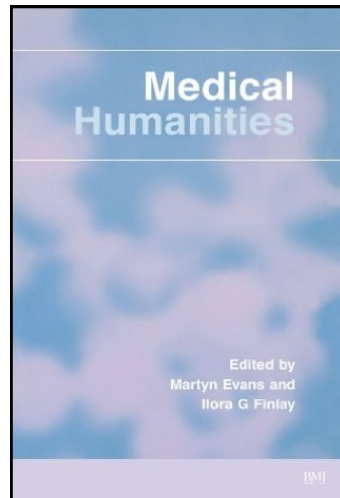
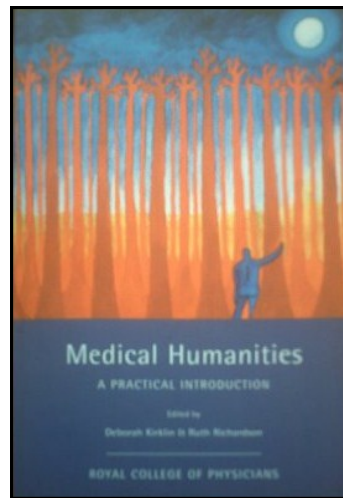
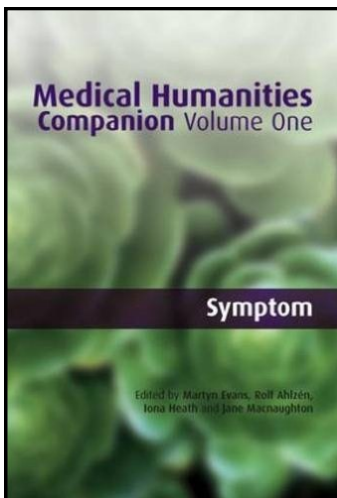
Within our Trust there is an active book club, film club and a very enthusiastically supported art and photography competition, run by dedicated and enthusiastic staff members. We also hope to allow a vibrant arts programme within the Trust, including display of art/photography and the power of arts in providing therapeutic benefits. We hope to engage staff at all levels and with all kinds of interest to participate in different programmes.

We will be working towards awareness of the wider field of medical humanities, allowing more access for staff, so that their working lives may be enhanced and in finding that vital connection with our own selves and with the vulnerable patients we have the privilege to treat and care for. This is a dynamic process, of give and take, and participation will be the key to ensure the success of this endeavour towards medical humanities.

Tirthankar (Raja) Datta. Associate Specialist , ENT, Lead in Medical Humanities
email: tirthankar.datta@nhs.net

Medical Humanities titles held in the Trust's libraries.

Search our catalogue at: www.southeastlibrarysearch.nhs.uk



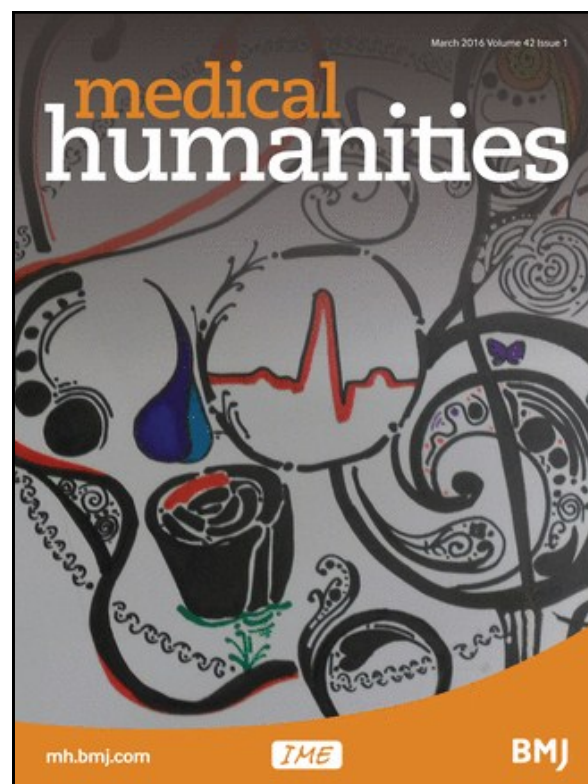
BMJ Medical Humanities Journal

Full online access from 2000 with an OpenAthens login.

To register for an OpenAthens account go to

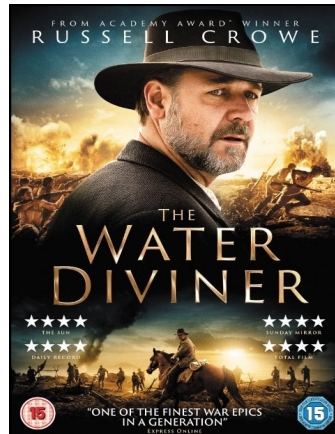
www.evidence.nhs.uk

select Journals & Databases and click on Register for OpenAthens

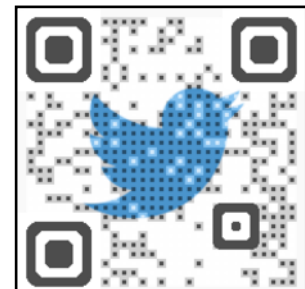
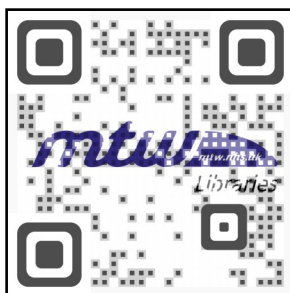


Film Society

The Dress Circle at Maidstone Film Society meet in Maidstone Hospital's Postgraduate Centre and hold free film screenings for MTW staff. Contact Emma Aldrich on 01622 224874/01892 635871 for more details.

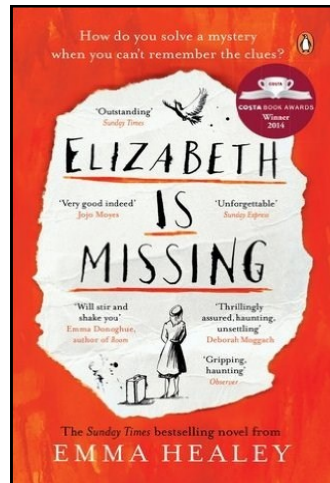
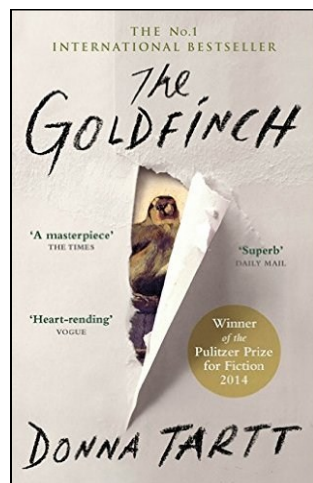
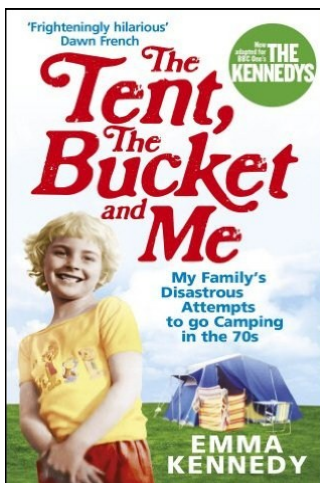
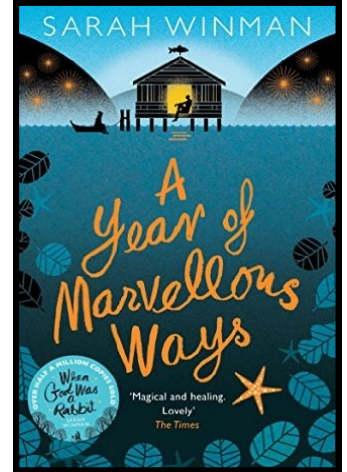
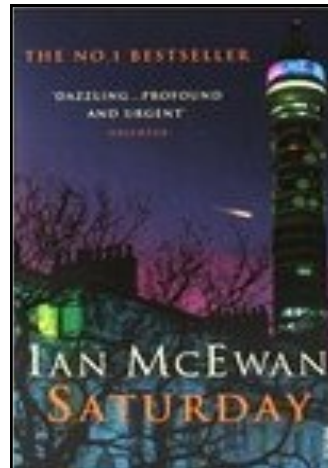
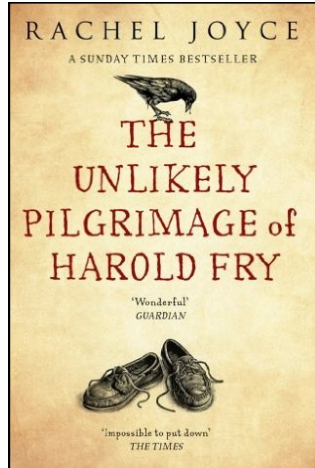
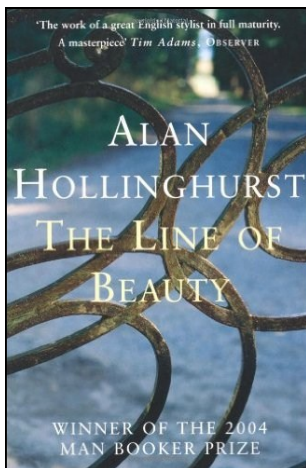


We advertise upcoming Film Society screenings on social media : follow us on our Blog or on Instagram & Twitter (search for mtwnhslibrary)

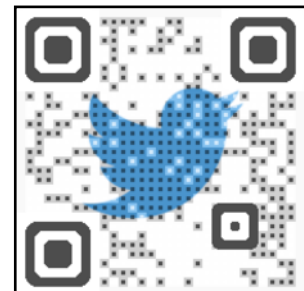
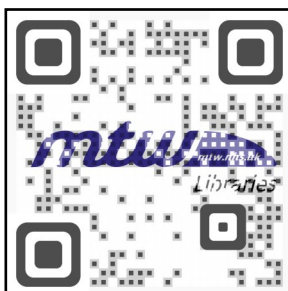


Book Club

The Book Club meets every 6-8 weeks in the Education & Training Centre at Tunbridge Wells Hospital to discuss titles chosen by group members. Contact Alison Millis on 01892 635994 for more details.



We advertise upcoming Book Club meetings on social media : follow us on our Blog or on Instagram & Twitter (search for mtwnhslibrary)



Leisure Collections

There are **leisure reading** collections in both libraries, including past Book Club, Reading Agency Mood Boosting and Richard & Judy titles.

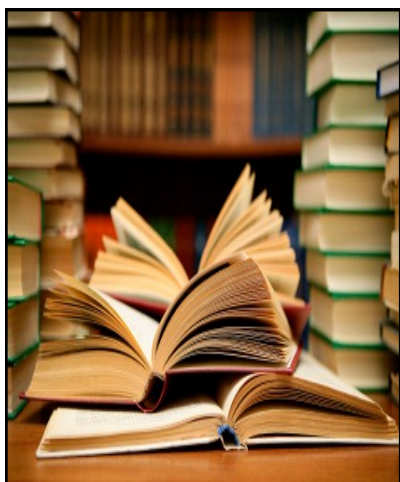


Both the Trust's libraries have **DVDs** available to borrow for free, these include past Film Society titles.



Training

We provide free training in the libraries and in the workplace; do you need help with literature searching, critical appraisal or study skills? Contact Alison Millis :01892 635994/ 07500814120 or email her on alison.millis@nhs.net



Book suggestions

Please let us know if there any titles that you would like us to consider purchasing, either printed or e-book.

Contact us by telephone or email.
Contact details below.

We look forward to hearing from you.

Library Bulletins: Resources by Specialty

All Bulletins produced so far are available at the following link
<http://www.mtw.nhs.uk/education/library-knowledge-services/databases-and-resources/>

Any feedback welcomed. Contact details below.

Useful information

Maidstone Academic Centre
01622 224647

Opening hours
Mon-Fri 9.00am-5.00pm

Education & Training Centre
Tunbridge Wells
01892 635884/635489

Mon-Fri 8.30am-5.00pm

24/7 access available at both sites

Web: www.mtw.nhs.uk/library

Blog: mtwlibrary.blogspot.com

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Online catalogue: www.southeastlibrarysearch.nhs.uk

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