



News@theLibrary

Haratua May 2025

Library Hours

Mon-Fri 8am-5pm

Sat noon-4pm

Library is closed on Sundays and public holidays

[Apply](#) for afterhours access

King's Birthday Library

Closed Saturday 31 May to Monday 2 June

Normal hours resume Tuesday 3 June

Contact the Library

Phone: 07 8398880

Ext: 98880

library@waikatodhb.health.nz

[Library Hub](#)

Inside this issue

- Literature Search Service
- MedOne—sharpen your clinical skills
- [Access to NZ publications, full text onsite](#)
- [Quick Tips](#): Library services and resources
- [Winter blues—tips to boost your mood](#)
- New ebooks: MedOne

Te Whatu Ora

[Health New Zealand](#)

Waikato

Need help finding reliable medical research?

Our expert librarians can save you time with our Literature Search Services!

We specialize in locating high-quality, evidence-based information tailored to your clinical or research needs.

A curated list of references, links and PDFs will be emailed to you.

Studying? Contact us for guidance and tips about completing a literature review or systematic review.

Use the national portal [online request form](#) or [contact the Library](#) to request a search!

Timely, reliable literature searches tailored to your needs. Save time and get trusted results!



Sharpen clinical skills with MedOne's case libraries

Find three great MedOne platforms on the National Library portal:

- [Neurosurgery](#)
- [Plastic Surgery](#)
- [Otolaryngology](#)

Each platform provides textbooks, surgical videos, case studies, images with an easy option to download to PowerPoint presentations, and quizzes.

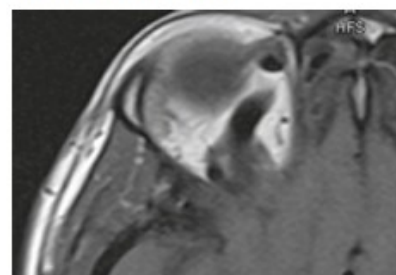
Create a MedOne account to save your searches, to take notes, and to create and share playlists.

Review hundreds of cases organized by specialty and topic.

Whether you're tackling complex cranial procedures, refining reconstructive techniques, or mastering ENT interventions, these cases provide step-by-step insights, imaging, surgical videos, and expert commentary—all in one place.

Case Presentation

A 36-year-old woman presents to the clinic with a one-month history of chemosis and proptosis with normal intraocular pressures and vision and an ocular bruit of the right eye. Magnetic resonance imaging (MRI) demonstrated a large carotid artery aneurysm (Fig. 30.2).



Quick Tips

Apps for BMJ Best Practice, UpToDate and Lippincott Procedures

[Request information](#) about the free apps for these point of care tools.

24 hour access to the Library

Study in the Library—after hours. Conditions apply, [Request more information.](#)

Offsite access to resources

Login to the [National Library Portal](#) with your work email and password [Request more information.](#)

Drop in JP services

The service is available in the Library every Tuesday from 12pm until 1.15pm.

Headphones

Available for use in the Library. Ask at the Library desk.

BYO device

Public WIFI is available and all study desks have powerboards.

Te Whatu Ora
Health New Zealand

Waikato

NZ publications: onsite access

New Zealand Medical Journal

To get the very latest articles access via the [publisher's site](#). Create an account for free access to the journal.

New Zealand Doctor and PharmacyToday

Access these two NZ journals via the publisher's site—[New Zealand Doctor](#) and [PharmacyToday](#). Click on Group Login in the webpage banner.

Borrow the print copies from the library! Both New Zealand Doctor and Pharmacy Today are available in print.

Articles in the latest issue of New Zealand Doctor, available online and in print.

- Moral harm at work leads some GPs to 'cave of shame' response
- Former health ministers talk Budgets and how to spend them

Kai Tiaki: Nursing New Zealand

Access [Kai Tiaki](#) via the National Library Portal, there may be a short delay before the latest issue is available. Can't wait!? Request the article

“Doctors often struggle with shame and self-doubt, sometimes isolating themselves in a “cave of shame...”

Exercising self-compassion is one way of trying to deal with workplace stress”



Article available online—“Moral harm at work leads some GPs to ‘cave of shame’ response” NZ Doctor

Is the gloomy weather getting you down?

It may be a good time to check out some tips on how to boost your mood. Have a look at some of the tips on the websites below:

[Overcoming Winter Blues and Work Stress](#) Workplace Wellness

[Coping With the Winter Blues](#) AnxietyNZ

[Winter warmer: Wellness tips to beat the winter blues \(and that virus\)](#) published in New Zealand Doctor, 2021, click on Group Login to access onsite

[10 cool ways to beat the winter blues](#) CTRI Crisis & Trauma Resource Institute

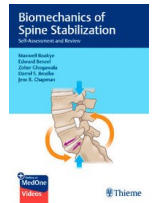
“ While we can’t control everything around us, we can focus on feeling good



New ebooks: MedOne

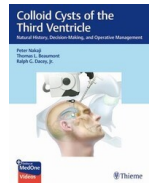
Biomechanics of spine stabilization : self-assessment and review

“... Organized in nine sections and 39 chapters, this practical learning tool is designed to inform and make biomechanics routinely and practically accessible in clinical spine practice...”



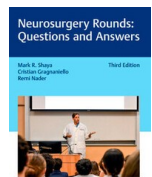
Colloid Cysts of the Third Ventricle : Natural History, Decision-Making, and Operative Management

“... Advances in neurosurgical technique, both endoscopic and microsurgical, have created options for colloid cysts that render the “best” approach the subject of significant debate. The book brings together what is known and what is controversial from an impressive group of seasoned neurosurgeons in 5 parts, 18 chapters, and a collection of online videos...”



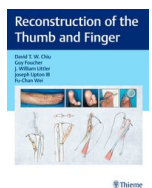
Neurosurgery rounds : questions and answers

“... reflects major advances in neurosurgery and neurological diseases since the publication of the prior edition. The reader-friendly book features contributions from renowned experts and covers major neurosurgical areas pertinent to neurosurgical residents, such as surgical anatomy, pathophysiology, and surgical techniques...”



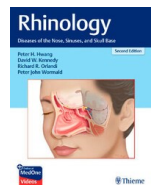
Reconstruction of the thumb and finger

“... reflects 225 years of collective surgical effort by five prominent hand surgeons, who have practiced from the embryonic stages of pedicle flaps and digital transposition to revascularization and free tissue transfers. The differing goals, techniques, expectations, and collaborative approaches advocated by these masters are articulated throughout this exceptional book...”



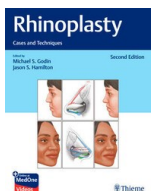
Rhinology : diseases of the nose, sinuses, and skull base

With approximately 1,000 pages, this tome offers in-depth coverage of all core topics in the subspecialty of rhinology, ranging from rhinosinusitis to endoscopic skull base reconstruction and more. The updated resource reflects the significant growth in knowledge and understanding of anatomy, pathophysiology, medical therapies, surgical techniques, and technological innovations in rhinology that have occurred since the publication of the 2012 edition.



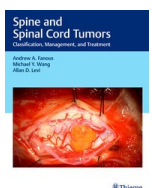
Rhinoplasty : cases and techniques

“... begins with six didactic chapters covering consultation and evaluation, basic and advanced techniques, and potential complications, followed by nearly 100 case studies. Encompassing a spectacular variety of rhinoplasty deformities, the considerable depth and breadth of cases represent patients of virtually every racial and ethnic background...”



Spine and Spinal Cord Tumors : Classification, Management and Treatment

“... the latest standard of care, including state-of-the-art radiation therapy and surgical treatment. The introductory part discusses spinal anatomy, as well as general classification, presentation, evaluation, and diagnosis of spinal tumors...”



Te Whatu Ora

Health New Zealand

Waikato