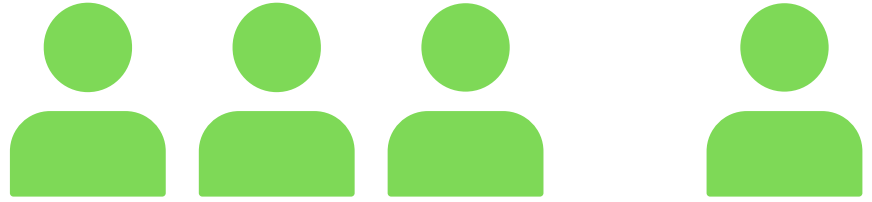


Schwartz Rounds: Further resources

January 2024: A part or Apart- Feelings of isolation at work



If you found the discussion interesting you may be interested in some further information.

WORKPLACE ISOLATION

D'Oliveira, T.C. and Persico, L. (2023) '**Workplace isolation, loneliness and wellbeing at work**: The mediating role of task interdependence and supportive behaviours', *Applied Ergonomics*, 106 (January). Available at: <https://doi.org/10.1016/j.apergo.2022.103894>

Mental Health UK (2023) **Loneliness and our mental health at work**. Available at: <https://mentalhealth-uk.org/help-and-information/loneliness-and-mental-health-at-work/>

Sun, J. (2019) **You are not alone in your loneliness**. TedTalk. Available at: www.ted.com/talks/jonny_sun_you_are_not_alone_in_your_loneliness?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare



The Guardian (2016) '**Workplace loneliness is a real problem. For 45 hours a week I feel isolated**', *The Guardian*, 1 Feb. Available at: www.theguardian.com/commentisfree/2016/feb/01/loneliness-at-work-introvert-sadness-bereft-in-bustling-office

Williams, A. (2017) **How feeling left out at work can affect your job**. Available at: <https://slack.com/intl/en-gb/blog/collaboration/how-feeling-left-out-at-work-can-affect-your-job>

WORKING FROM HOME



Bishop, K. (2022) **The workers with social anxiety fearing the return-to-office**. Available at: www.bbc.com/worklife/article/20220324-the-workers-with-social-anxiety-fearing-the-return-to-office

Every Mind Matters. **6 simple tips to tackle working from home**. Available at: www.nhs.uk/every-mind-matters/mental-wellbeing-tips/simple-tips-to-tackle-working-from-home/

Chattopadhyay, I. et al. (2020) '**The contributions of NHS healthcare workers who are shielding or working from home during COVID-19**', *Future Healthcare Journal*, October. Available at: <https://www.rcpjournals.org/content/futurehosp/7/3/e57>

Forshaw, C. (2022) **Home and hybrid working post-pandemic: getting it right**. Available at: www.britsafe.org/safety-management/2022/home-and-hybrid-working-post-pandemic-getting-it-right

Matthews, D. (2021) **Shielding, home working and new ways of working**. Available at: www.nhsemployers.org/articles/shielding-home-working-and-new-ways-working

Vaja, P. (2020) **What's the work-from-home lockdown like for someone experiencing social anxiety?** Available at: <https://quietconnections.co.uk/blog/work-lockdown/>

UNDERSTANDING NEURODIVERSITY



Fishman, N. (2022) *A mind for medicine*. Available at: www.bma.org.uk/news-and-opinion/a-mind-for-medicine Tells the experience of a doctor in training with ADHD.

Hagan, E. (2022) 'Accommodations for ADHD in the workplace: Helping employees struggling with adult ADHD', *Psychology Today*, 19 April. Available at: www.psychologytoday.com/gb/blog/the-best-strategies-for-managing-adult-adhd/202204/accommodations-for-adhd-in-the-workplace

Lexxic (2024) *Neurodiversity resources*. Available at: <https://lexxic.com/resources> Includes guides and information sheets to several neurodivergent conditions including Tourette's Syndrome, Dyspraxia, Autism Spectrum Conditions, Dyslexia, Attention Deficit Hyperactivity Disorder (ADHD) and Dyscalculia.

Neurodiversity Celebration Week- 18th-24th March 2024. Available at: www.neurodiversityweek.com

NHS Employers (2022) *Supporting neurodivergent colleagues in the NHS*. Available at: www.nhsemployers.org/articles/supporting-neurodivergent-colleagues-nhs

Royal College of Nursing (2022) *Neurodiversity: Pocket guide*. Available at: www.rcn.org.uk/-/media/Royal-College-Of-Nursing/Documents/Publications/2022/May/010-157.pdf

White, A. (2021) *Autism for neurodiversity: Different does not mean broken*. Ted Talk. Available at: www.ted.com/talks/adriana_white_autism_and_neurodiversity_different_does_not_mean_broken?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare Trigger warning: some suicide themes.

SCHWARTZ ROUNDS

X (Twitter) [#Schwartzround](https://twitter.com/Schwartzround) [#schwartzrounds](https://twitter.com/schwartzrounds) [@PointofCareFdn](https://twitter.com/PointofCareFdn) [@GEHSchwartz](https://twitter.com/GEHSchwartz)

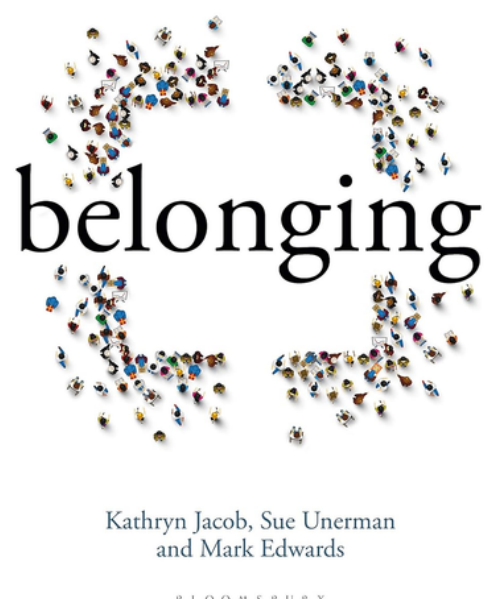
Point of Care Foundation *Benefits of Schwartz Rounds* www.pointofcarefoundation.org.uk/our-programmes/staff-experience/about-schwartz-rounds/



To access some resources you may need to sign in with your OpenAthens account. Register free at <https://openathens.nice.org.uk/>

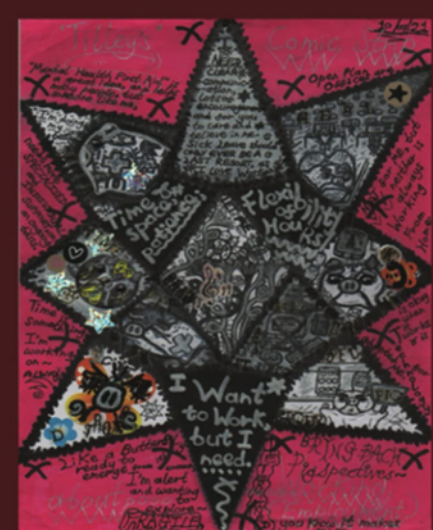
BOOKS

The Key to Transforming and Maintaining Diversity, Inclusion and Equality at Work



These books and many more are available in the William Harvey Library at GEH or the Education Centre Library at SWFT for loan.

Hidden Disabilities and Conditions



Creating an Inclusive Workplace
Ted Smith

THE READING AGENCY

Uplifting resources for the NHS from the NHS

Great to get a breather.



library.nhs.uk/nhs-staff-and-learners/

NHS Health Education England

This resource list has been produced by the Clinical Librarian at GEH. For more information please contact library@geh.nhs.uk or Lisa.Mason@geh.nhs.uk or find out more at our web site- <https://gehswft.wordpress.ptfs-europe.co.uk/>