Getting started
The Library provides a wide range of resources to help with your studies. You will find links to them all on:
- Library Homepage library.ulster.ac.uk
- University Portal (Library & ICT) ulster.ac.uk/portal
- Blackboard Learn (Library Services link)

Help and support
Subject specific support and advice are available from your Life and Health Sciences Librarians. The team is based across the campuses and they are your key contacts in the Library. They can offer you help and guidance on searching for and evaluating information, referencing and using databases to name but a few. Please do get in touch.

Individual contact details for each member of the team are listed at library.ulster.ac.uk/hsi/contact or you can contact the whole team at science@library.ulster.ac.uk.

Life and Health Sciences subject guides
These guides bring together information from a range of print and electronic Library resources on your subject. We strongly recommend you take a look. guides.library.ulster.ac.uk/lhs

Finding books and eBooks
Libraries
Use the Library Catalogue to search and access eBooks; enter keywords, title and/or author details into the Catalogue search box. From the results screen, click on the eBooks link in the Refine Your Search column to limit your results to those available in eBook format.

Databases
Here are the key Life and Health Sciences databases. You can always ask your subject librarian for more suggestions and help. Look out for the UFindIt link to check for the full text.

Not sure where to begin?
Usearch is the best place to start. Use it to search a range of Library databases and eJournals at the same time.

Main Databases
- Cochrane Library
- Medline (OVID)
- Proquest Complete Collection
- Scopus
- Web of Science

Biomedical Sciences
- CINAHL Plus
- Embase
- Proquest Health and Medical Collection

Geography and Environmental Sciences
- ASSIA
- Environmental Management
- JSTOR (selected collections only)
- SciTec Collection (Proquest)

Health Sciences
- ASSIA
- CINAHL Plus
- Linguistics and Language Behavior Abstracts
- OTDBase
- Primal Pictures anatomy.tv
- PsycINFO

Nursing
- AMED
- CINAHL Plus
- Proquest Health and Medical Collection
- PsycINFO

Pharmacy
- BNF: British National Formulary
- British Pharmacopoeia
- CINAHL Plus
- Embase
- Stockley’s Drug Interactions

Psychology
- ASSIA
- British Education Index
- Proquest Health and Medical Collection
- PsycINFO

Sport
- CINAHL Plus
- Leisure Tourism
- Primal Pictures: anatomy.tv
- SPORTDiscus

Loan periods
If you are able to visit a campus Library you may borrow the following items:

<table>
<thead>
<tr>
<th>Type of book</th>
<th>How many of each type</th>
<th>For how long</th>
<th>Overdue fines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard/2 month loan</td>
<td>12</td>
<td>2 months (renewable twice)</td>
<td>10p per day</td>
</tr>
<tr>
<td>2 week loan</td>
<td>4</td>
<td>2 months (renewable twice)</td>
<td>50p per day</td>
</tr>
<tr>
<td>2 day loan</td>
<td>4</td>
<td>48 hours (books borrowed Thursday or Friday are due back Monday) *Cannot be renewed</td>
<td>£1 per day</td>
</tr>
</tbody>
</table>

Access to other Libraries
If you can’t visit our Libraries, you may be interested in the following schemes and initiatives:

Sconul Access
library.ulster.ac.uk/info/sconul.php

ALCID
library.ulster.ac.uk/info/alcid.php

Library Travel Fund
library.ulster.ac.uk/info/travel.php

Journals
Journals (also known as magazines, serials or periodicals) are published regularly and will help you keep up-to-date in your subject area.

Most journals are available electronically. Use the Electronic Journals link to search for an eJournal title.

Remember!
Only use these links if you already have a journal reference and want to check if you can access the full text or if you just want to browse through the journal collection. Use Library Databases or Usearch to find journal articles on your chosen topic.

Some print journals are held in the University Library. Use the Library Catalogue to find the shelfmark and locate the journal on the shelves.

Reading lists
Want to save some time? Use the Module Reading List link within Blackboard Learn to access your reading list and link out to eBooks, websites, eJournal articles and book details in the Library Catalogue. Alternatively access this link from the Library Home Page or Portal (Library & ICT).

Books (print format)
You can also use the Library Catalogue to search for and find the exact shelfmarks for books in the Library. Whilst we can’t post books out to you, if you live close to one of our campuses you may wish to borrow material. We can also send the book to your closest campus for collection there.
The Document Delivery Service
You can use this service to request journal articles which:
- are not available to you from our full text eJournals collection, e.g. some of our eJournals are only accessible electronically on-campus
- are held in print only format in one of the campus Libraries
- we do not subscribe to at Ulster University

For more information about the service and how to apply for articles go to library.ulster.ac.uk/documentdelivery

Referencing and citing
We’ve put together lots of help and guidance and referencing. Find out more about referencing at guides.library.ulster.ac.uk/lhsharvard which covers both the Harvard and APA styles.

RefWorks allows you to store all your references online and create a bibliography. For more information see our RefWorks guide at: guides.library.ulster.ac.uk/refworks

Online help
Online help on Library and research skills is available from guides.library.ulster.ac.uk/informationliteracyskills

Usernames and passwords
At the OpenAthens login screen enter Ulster in the Find Your Organisation search box. Click on the Ulster University link. Next enter your Ulster University email address and Ulster University network password.

Keeping up-to-date
Keep an eye on changes, updates, database issues or new services, via the Library’s Twitter account and the Library Life and Health Sciences Blog: library.ulster.ac.uk/blogs/lhs