

FootNotes

SPRING 2018, QUARTERLY NEWSLETTER – THE LIBRARIES OF SAMARITAN HEALTH SERVICES

We Are More Than Just Books!



The Library Services of Samaritan Health Services provides online access to almost 2000 books, journals, and databases all with instructional support from your library staff!

The SHS Library Service also offers information on journal publication submission for those wanting or needing to publish in the health sciences. [see article in this issue of [FootNotes](#)]

If you are in need of reference lists and verification of incomplete references needed to locate or order an article on your behalf is also something we do regularly for those of you needing an item.

In addition, the library provides information on the latest edition(s) and International Standard Book Number (ISBN) of a book for possible purchase by you and/or your department to make directly through Materials Management; all with the information we can provide you on that book making for easy ordering.

These are but a few of the many services offered everyday by your Medical Library.

Book Browsing

There are times you know exactly what you are looking for and that is when you head to The [Medical Library Gateway's](#) Online Catalog [LibraryWorld](#). If prompted for a login, it is **SHSLIBRARY** (all one word).

The Libraries of Samaritan Health Services utilizes the [National Library of Medicine Classification](#) (NLM). If you are still not locating what you feel would be useful for you, once again NLM has come to the rescue with a detailed [Outline](#) looking for more specific areas under one of the 35 subject classifications.

Wading Into the Medical Literature?



Wading into the medical literature can be a daunting experience and one that can be downright frustrating! No worries, your library can help.

Whether it be a quick overview of a subject or an in-depth search for clinical guidelines, the Library Service is ready willing and able to perform the search for you or instruct you on how to go about it on your own. We can recommend which resource(s) that are available through Samaritan Health Services may be best for your individual need.

It is preferable for medical students and residents to attempt to research on their own as a part of their educational experience as they set themselves up for lifelong learning. As with anyone that must operate under the limited time constraints placed upon them by their daily schedules or if they are just not finding what they may be looking for, is something that your Medical Librarian can assist with by simple instruction or actually performing the search after discussing what had already been done.

The medical profession is an ever-evolving one where those in it must keep bushing up their skills and expand their knowledge base. There is no better place, resources or staff than in your Medical Library.

Having Online Resource Issues? Let Us Know!

If and when you may find yourself encountering issues with access to any of our electronic resources, please contact the library as soon as possible via email. We rely on you, our users, to inform us when there is an issue with your using one of these resources. In many of these instances, we can resolve it very quickly but there will be times when we will need to contact the vendors' technical support with our problem(s).

The SHS Library Group has the experience of working with both the product (in question) and the vendor of that product's technical support to expedite a resolution. We prefer that you contact Library Staff rather than you trying to resolve it on your own. This may be an issue that others may also be or have experienced which we can work through without you having to take on the hassle with the headaches involved.

Most of our online resources are IP authenticated with no login required but only when on the SHS Intranet. When offsite, you will find that a number of our resources are available for you via username/password access. If you do not have it or know what it is contact the library via email (and by using our [REQUEST Form](#)) and if there is availability, we can provide you that username/password.

Anyone for Another Cup o' Joe? Maybe Not!

Caffeine, the most widely consumed [psychoactive drug](#) in the world but unlike other psychoactive substances, it is legal as well as unregulated in North America. And in the United States, an astonishing 85% of adults consume one or more caffeinated beverages daily. They include coffee, tea, soda pop, and energy drinks.

Now there are both pros and cons as they pertain to caffeine. It is great as a morning wake up but also as a mid-day pick me up. In some, concentration is increased as did alertness, reaction time, and even short-term memory. As for some of the cons, too much caffeine later in the day can make for a major cause of sleep disturbance in many caffeine users. Khalid Ismail, MD director of the Tufts University Center for Sleep Medicine and also a pulmonologist is still amazed that almost one third of the patients he sees at the Center for insomnia are unaware of the role that their caffeine intake has on their sleep.

A recent review published in 2017 in the journal [Sleep Medicine Reviews](#) found that caffeine lingers in the body for a surprisingly long time; upwards of 16 hours! So the advice from Dr. Ismail to those struggling with insomnia is not to have caffeine of any sort after lunch time. Then, there are individuals that can have that espresso after dinner and sleep like a log.

He suggests that if an individual is having sleep problems more than once or twice per week persisting over months it is time to have a chat with your primary care physician for a referral to a sleep medicine specialist.

Dr. Ismail points out that there is no one size fits all fix for insomnia and caffeine ingestion; so keep in mind that timing is everything.

I Want To Publish...But In Which Journal?

The determination of which journal publication you might want to submit your research paper to is really a process of elimination. When choosing a journal to submit to, go directly to the journal (whether in its hardcopy or online) review the articles that it has published over the past two Years, keeping some of the following in mind:

- Are the articles following established principles on the reporting of the research?
- Are the articles following established scientific methods in your research field?
- How is the editorial quality of the published works?
- Recognize any of the authors and/or their sponsoring institutions?
- How is the rigor of the science as it is presented?

At the journal website you should look for some of the following:

- Can you find the Instructions for Authors area?
- Do you recognize any of the Editorial Board members as experts in the field?
- If there is advertising on the site, what is being marketed?
- Does the journal adhere to recognized guidelines for publication as established and supported through the [International Committee of Medical Journal Editors](#) (ICMJE).

When in doubt, talk to your preceptor, sponsor, or our own SHS Research and Development group and avoid publishing in any journal that does not provide a clearly stated peer review process that is based on accuracy and thoroughness.

Tips to Help You Prepare Your Body for Spring and Summer Activities



It won't be long now, the warm weather is approaching and with it we are beginning to switch to more outdoor activities. Both adults and children are already participating in spring sports with summer sports not far behind. Longer days mean that the temptation to jump right into participating is greater than ever but you will be rife for injury if you have not prepared your body!

Depending on the sports / activities you enjoy during these longer days with warmer temperatures will help you focus on those areas where you may acquire an injury. Tennis, baseball and softball and swimming have a great emphasis on shoulders' flexibility and strength, to include your rotator cuffs. Many of us enjoy a round of golf which adds stress to the lower back and hips as well as those shoulders! Then, runners don't seem to notice the calendar but they too, need to be aware of their muscles for both hips and legs and maintain a good stable core.

Take your time as you begin to gear up that training regimen. Increase training slowly using the 10% rule of thumb standard. Start off slowly adding the level of activity by that 10% weekly and don't forget, rest, rest, rest to give your body time to adjust and recover.

Most people will experience some pain and soreness as you undertake getting into shape so beware, know the differences between the two, and if normal soreness and fatigue does not seem to be going away within 24-48 hours, give yourself a break. If either still persists, perhaps a call to your primary care clinician would be beneficial.

Drink plenty of fluids before and after any activity; especially outdoor activities. So, no matter the sport or activity you participate in keep hydrated!

As with any physical activity, always take time to warm up. 5-10 minutes is usually enough to loosen up and get ready to have some fun but keep in mind, some of us require longer warm up intervals than others.

Injuries can never be completely prevented but the probability can be decreased some if we prepare ourselves either in a structured training program or on your own.

Lastly, listen to your body; it speaks to you in volumes! Now get up and go outside.....!

4-7-8 Breathing to Relax

A simple method that can be used to relieve stress, anxiety, and well, just to plain relax all by breathing is called the [4-7-8 Breathing Exercise](#) (also called relaxing breath exercise) which is supported and promoted by Andrew Weil, MD. In order to obtain the benefits of this you must practice this twice a day, every day over the course of a few months to truly master it and receive the benefits associated with reducing stress and anxiety. Dr. Weil practices this every morning upon waking and in the evening as he prepares for sleep.

Who knows, this may help you fall asleep, handle food cravings, and when anything upsetting seems to have happened to you. Dr. Weil stresses that by practicing then mastering this breathing technique, everyone can find some benefit from it.

One of the main functions within the practice of mind-body medicine is the tapping into some of the body's natural relaxation response to slower breathing, improved blood pressure, and reduced stress, all while enhancing wellness.

Library News

The Stanley K. Davis Library located at Samaritan Albany General Hospital (SAGH) remains open for hospital staff to use, though not staffed.

This also applies for the Medical Library at Samaritan Lebanon Community Hospital (SLCH).

The Murray Memorial Library at Good Samaritan Regional Medical Center (GSRMC) remains staffed and ready to assist you.

If you cannot make it in to GSRMC, please use our [REQUEST](#) Form.

Visit or contact SHS libraries:

Murray Memorial Library at GSRMC - 541.768.6200 / 80-6200

Stanley K. Davis Library at SAGH - 541.812.4446 / 82-4446

Medical Library at SLCH – 541.451.7173 / 81-7173