

FootNotes

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

I Know What PubMed Is, But PubMed Central?

Here is another in our special features in [PubMed](#) series. Have you ever worked with one of the Samaritan Librarians on obtaining an article from a PubMed search? If you have, then they may have probably mentioned [PubMed Central](#) to you. Launched in February 2000, PubMed Central known now as PMC, is a free digital repository of biomedical and life sciences journals from the National Library of Medicine's (NLM) National Center for Biotechnology Information (NCBI) that is fully searchable on its own. When you use one of the [PubMed](#) links found on the [Databases](#) page of www.samlib.com, a number of your search results may include PMC articles. These articles are in their full text with many in the Adobe PDF format ready to read, print, or save.

Another way to access PubMed Central (PMC) is to look for the SHS logo  (in the **ABSTRACT** Format) alerting you to immediate access to the article's full text. You may not realize that it is from PMC until you click on the logo. This is another open access gateway for you to get the full text of an article.

Requesting Articles Through the Library

If a publication is not available in hardcopy in one of our libraries or via www.samlib.com, Library staff can order virtually any journal article or book chapter (or the whole book) you may need for your research.

The easiest and perhaps, the most expeditious way to do that is to use the Information / Materials [Request Form](#) found on the Medical Library Gateway (www.samlib.com). Get started by filling out the contact information. Then, choose from the drop-down menu of the Request Type you want by filling in each of the information boxes, providing us as much information as possible concerning the particular item you want us to locate and request on your behalf.

Lastly, fill in the Captcha Box information you see and click on the Send Email button. Library staff will contact you upon receipt of the request.

That's it, you're done!



So, just what is MeSH? Why should I know? Should I care? Then, why should I use [MeSH on Demand](#)?

All good questions to ask especially if you are looking for medical information published in the health sciences literature, then yes!, you should know and should care.

Let's begin with just what MeSH is. MeSH is the controlled vocabulary thesaurus of the National Library of Medicine. It consists of sets of terms naming descriptors in a hierarchical order permitting searching. These descriptors are arranged then presented in both alphabetical as well as, hierarchical order. The MeSH thesaurus is utilized by the National Library of Medicine for indexing articles in the 5400+ journals in the PubMed/Medline database along with its use in the cataloging of books and other materials in the LocatorPlus online catalog of the National Library of Medicine.

One of the main reasons to know about and how to use MeSH is that search queries utilize this vocabulary to find items on a desired topic.

[MeSH on Demand](#) takes then identifies MeSH Terms in the text you use as you type your topic sentence into the MeSH on Demand search box. After processing what has been input by you, MeSH on Demand returns a list of MeSH Terms relevant to your text. Keep in mind that this is all performed and generated by a machine rather than a human.

Help Us Help You!

When you are looking for information of any kind, there is no better place to begin than with the libraries of Samaritan Health Services. The library staff is pleased to meet with you one-on-one, attend research or planning meetings, participate in department meetings, or any other presentation or instructional moments that would aid in the information process.

The library offers in-service to anyone wanting to know how to make use of the many services and resources made available to all through your libraries. From the steps involved in researching a topic to finding articles or even locating images for a presentation, we can help.

Feel free to contact the library staff via telephone (80-6200), email, or use our [Request Form](#).

How Much Physical Activity Do You Need?

This is a question I am sure we not only ask ourselves but also our friends and family. Not to worry though, your questions have now been answered with the CDC's [Division of Nutrition, Physical Activity, and Obesity \(DNPAO\)](#) issued the [Guidelines](#) that had not been updated before 2008.

Research studies have shown that regular physical activity is one of the most important things you can do for your health. [The Physical Activity Basics](#) section of this site is chock full of [tips and useful information](#) in making regular physical activity an integral part of your own health plan. This includes not only the physical activity and mental health planning to reduce stress, but also diet and nutrition tips to maintain a healthy well being.

If you are not sure about becoming active or what level of physical activity may be best for you, there is good news. Something as simple and easy to do is take that brisk walk and remember, start slowly and increase incrementally only as you feel it to be right for you! The benefits of some physical activity greatly outweigh not doing anything at all.

Summer is fading away, but physical activity and exercise know no season. So, make a plan and get moving.

Everyone Is Welcome to Visit The Library!

Just a reminder, the libraries have always been open to the public, patients, patient family members, and out-patients. At any time during our business hours, you may refer a patient, their loved one, or friend to utilize our resources and expertise; or just a place to come to and relax for a little while.

The library at Good Samaritan Regional Medical Center (GSRMC) is the only staff location at present where we are always ready to assist with all your information needs when open during our business hours.

In the library at GSRMC, you will find a Consumer Health Bookstore where we sell books that both support a number of out-patient programs at GSRMC along with health-related subjects of interest to many. Samaritan Employees can utilize their Kronos while most others may make their book purchase by cash, check, or credit/debit card.

Visit or contact SHS libraries:

Murray Memorial Library at GSRMC - 541.768.6200 or
Stanley K. Davis Library at SAGH - (presently unattended)
Medical Library at SLCH - (presently unattended)