

FootNotes

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The Quarterly Newsletter of Libraries of Samaritan Health Services

Handheld / Mobile Devices

Most recently Smartphones have begun to support many of the functions of PDAs with the addition of telephone service, email, and web browsing. There are Blackberry operating system-based Smartphones, Palm operating system-based (Palm OS) PDAs and Smartphones, the Apple iPhone and Microsoft-based Pocket PCs (Windows Mobile) made by HP, Dell and others. The result is a much wider variety of devices to choose from requiring more research on the part of the consumer.

On this recently updated page located on www.samlib.com there are websites which offer overviews of the everchanging world of handheld computing many with tutorials on getting started with your unit. There is information to the various hardware choices and operating systems available along with a growing list of software apps which either **FREE** or available for a minimal cost.

PubMed's "Send To" Feature with Your Search Results

This is another in our special features in [PubMed](#) series. In this newsletter we wish to describe PubMed's "Send To" feature; which is a pull down menu revealing many ways for you to display, print, and even transmit the search results you've come up with.

Choose from the following based on your preference or need:

File - displays the results in a pure text format without graphics, colors, or "live" links. This might be the simplest method as you save ink or toner when printing. You choose the display format for display and/or printing.

Collections - will take the search results and data you have chosen to keep and save them in either a [My NCBI](#) account which you can set up for **FREE** or send it through one of the many partner organizations where you may have already created an account. Most are academic institutions though [Google](#) is even an option.

Clipboard - sends the results to the clipboard where it will remain for eight hours. This is a great way to temporarily save items that you are interested from related searches. This "Send To" feature eliminates duplication of references; which may appear in results of additional searches you may be "running". (From this feature you can then choose File, Email, Collection, or Order.)

Email - allows for the sending of search results in any the offered formats to any email address. Just make sure no matter the email provider, that you use the full email address (i.e. jpublic@samhealth.org) where you want it to be sent. The results are sent from "Sent by NCBI [nobody@ncbi.nlm.nih.gov]" with a subject that reads "PubMed Search Results". There is a place for you to add a message, note about the search, etc. to the email; as well.

As before, subsequent newsletters will continue to highlight special features in [PubMed](#) that will help you gain more from the results you obtain.

Evidence-Based Nursing Resources

Evidence-Based Resources is one of the new mainstays of nursing today. Is improving your nursing practice a long held desire? Are feeling the need to create a study for career advancement? The Libraries of Samaritan Health Services may have just what you need. Both of your staffed libraries have been adding to the many resources available in both Albany at the Stanley K. Davis Library and in Corvallis the Murray Memorial Library.

There is a page of [Evidence-Based Practice Tools](#) located under the Information Links column of www.samlib.com on the right hand side. The page is broken down with many specific areas/aspects of Evidence-Based tools from which to choose. Nurses might start with [EBM Basics](#) to gain a firm understanding. Next, try a tutorial from the [Tutorials on Evidence-Based Practice \(EBP\)](#) area. Now you should be ready to dive into the [Evidence-Based Nursing \(EBN\)](#) area with the many resources available.

You can look for a book in the [Samaritan Health Services LibraryWorld Online Catalog](#). Still not enough? Try a search in the many databases available from [PubMed](#) or Gale's [Nursing & Allied Health Collection](#). Remember, there are two PubMed links (one for each of our two main libraries; SAGH's [PubMed](#) link and the GSRMC [PubMed](#) link).

Finding a Resource on samlib.com Just Got Easier

When looking for a specific resource on the Medical Library Gateway, try our [Google](#) search box. This is a great place to begin when searching for an online resource not knowing where to look. Simply type a keyword into the search box to see if there may be a resource you can avail yourself of or not. If you cannot find what you were looking for, take a moment to either contact one of your librarians by phone or an email. You can do that by clicking our Requests Form or look under the Contact Us page for a specific staff member. Both are located at the top of our online pages.

Remember, we are always ready to help!

Do You Know Your UVA's From Your UVB's or SPF's?

We seem to be ready for the long warm sunny days ahead; but are we? Before you head outside shedding those layers of clothing as the temperature rises, be sun smart. We all need some sun exposure; it's our primary source of vitamin D, which helps us absorb calcium for stronger, healthier bones.

Unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and even cancer. Even people in their twenties can develop skin cancer. So, knowing your UVA ([Ultraviolet A](#)), UVB ([Ultraviolet B](#)), and SPF ([Sun Protection Factor \(sun block rating\)](#)) can help determine the correct product for your needs.

Numerically expressed, the SPF is the degree to which a sunscreen, suntan lotion, or the like will protect the skin from ultraviolet rays; the UV's. Simply put, the higher the SPF, the greater the protection from sunburn.

According to the American Academy of Dermatology ([AAD](#)), the two types of ultraviolet (UV) radiation we need to be concerned with are UVA and UVB. UVB has been associated with causing a suntan while UVA is a deeper penetrating radiation that causes even more damage.

There are many sources of information on www.samlib.com where you can find even more information. Know before you go.

The Stanley K. Davis Library Now has *UpToDate* Too!

Through the efforts of SAGH Medical Librarian Douglas Hambley and the SAGH Foundation, the Stanley K. Davis Library has acquired a subscription to *UpToDate*.

This evidence-based peer reviewed resource remains available in the Murray Memorial Library at GSRMC through the generosity of the Good Samaritan Regional Medical Center Auxiliary, which has once again provided assistance with defraying the cost of the annual subscription.

You won't find it as a part of the Medical Library Gateway, but it can be found on an SHS Intranet network computer in the library providing for emailing the information you find directly to your Samaritan email. Stop by the library and speak with Douglas, then give it a try!

Welcome New Medical Residents!

The Libraries of Samaritan Health Services would like to welcome our new residents to Samaritan Health Services. The library staffs at both Good Samaritan Regional Medical Center (GSRMC) and Samaritan Albany General Hospital (SAGH) are ready to assist with all your information needs.

Feel free to stop by either library or contact the Murray Memorial Library at GSRMC by dialing 541.768.6200 or the Stanley K. Davis Library at SAGH by calling 541.812.4446.