

FootNotes

FALL 2013, QUARTERLY NEWSLETTER – THE LIBRARIES OF SAMARITAN HEALTH SERVICES

Affordable Care Act - Health Insurance Marketplace

In Oregon, our Health Insurance Marketplace is [Cover Oregon](#). This is a new central marketplace where Oregon individuals and employers will be able to shop for health insurance plans and access financial assistance to help pay for coverage. Its purpose is to serve as a one-stop resource that makes it easy to find the plan for your unique needs.

On October 1st, the health insurance marketplace opened and you could have begun the task of finding the coverage that is right for you and/or your family. Even with the problems plaguing most of the state Health Insurance Exchanges including ours [Cover Oregon](#), if you don't have insurance you must enroll or you will be penalized; therefore, read on!

Individuals without health insurance coverage will be required to have it by 2014. With that in mind, the SHS Library Group has created this informative page containing many links to assist those who will need to shop for health insurance under the new healthcare reform legislation, better known as the Affordable Care Act. A few of the sites which have been included on this newly created page are highlighted below.

[MedlinePlus – Health Insurance](#) provides information to many aspects of health insurance. You will find health insurance coverage information to diseases and conditions including mental health and prescription drug coverage, financial issues, regulations and laws along with the new policies put into place under the passed legislation. Another resource we would like to point you to with all the confusion which has seemed to surround the Affordable care Act and its health insurance mandate is the [Health Insurance Resource Center](#) which provides state-specific information and links. You can find both on our [Consumer Health & Education](#) page section [Managed Care / Health Insurance](#). It still is a great idea to bookmark the site and refer back when necessary.

Can't Find the Latest Articles in PubMed?

Finding an article within [PubMed](#) depends upon the publisher or the publisher's distributor to provide the links to those articles. There are a few publishers that don't participate in PubMed's LinkOut program. Also, some providers are slower to get the links sent out to [PubMed](#) for some of their older online content (though it continues to be an ongoing project).

What Resources Are In SHS Libraries?

You might be surprised just how often we get asked that question. Similar to other library's web portals, you can search what is available at any of our three SHS libraries by visiting the [SHS Library Catalog](#) or the library website at [Medical Library Gateway](#). Searching the SHS library catalog for the materials such as textbooks or journals, whether in print or online, is easy to do even if you don't know the full title.

We would like to be able to offer you everything "on demand" but realistically, there is not a cost effective way for us to be able to do that. What we can do, and are happy to assist you with, is to locate what you would like through Interlibrary Loan. For example, it can be a book chapter or the complete textbook or an article from a journal we may not have in our collections.

If you would like us to assist you with finding information, go to [Information/Materials Request Form](#) and fill out the medical literature search request form.

MedlinePlus: A Benefit for Patients

By using [MedlinePlus](#) you can look up anything from a condition or treatment that you may have been discussing with your healthcare provider; whether for you, a family member, or loved one.

[MedlinePlus](#) is the National Institutes of Health (NIH) website for patients, their families and friends. Produced by the National Library of Medicine, it brings you information about diseases, conditions, and wellness issues in language that you can understand. MedlinePlus offers reliable, up-to-date health information, anytime, anywhere, and all for free!

You can use [MedlinePlus](#) to learn about the latest treatments, drug information, look up information on supplements, find out the meaning of words, even viewing illustrations and videos. Included in all of these offerings are links to the latest medical research and current clinical trials on a disease or condition. Much of the information you will find here comes from well known medical and research organizations like the Mayo Clinic, Centers for Disease Control and Prevention (CDC), American Lung Association, and many others.

You can also find the [MedlinePlus](#) link on our [Consumer Health Information](#) pages.

Protect Yourself From the Flu!

Flu season is in full swing and what you don't know could hurt you! The flu should be taken seriously as it is not only contagious but could also lead to hospitalization and in some instances, even death. Getting vaccinated is the best way to be protected from the flu.

In addition, there are some simple steps you can take every day to help protect yourself from the flu. One of the easiest and best ways is to wash your hands with soap and water or an alcohol-based hand rub. Simply put, if you are sick with flu-like symptoms, stay home for a minimum of 24 hours after your fever is gone.

The [Centers for Disease Control and Prevention](#) also has great [Seasonal Flu](#) information to protect yourself and others from the flu.

To find out the facts or where you can get your influenza vaccination (if not a Samaritan employee) [Flu.gov](#) is a great place to get what you need to help protect you and others from the flu!

2-1-1?

2-1-1 is an easy to remember telephone number that connects people with important community services. Available throughout most of the United States, [Oregon 2-1-1](#) has free information about more than 7,000 health, community, and social services. It is now available in every county in Oregon!

Staff News

Douglas Hambley, our Librarian in the Stanley K. Davis Library at Samaritan Albany General Hospital (SAGH) has also added the title and tasks of CME Coordinator to his many duties of overseeing our library service at SAGH. Congratulations, Douglas!

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