

FootNotes

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

Winter Weather and Natural Disasters

And you thought that it was over and behind us...think again! Natural disasters and severe weather can happen anytime and anywhere. On the Medical Library gateway you will find our [Emergency Preparedness](#) page which contains this link to the [CDC Emergency Preparedness and Response](#) website. On CDC's web site you will find numerous checklists and helpful information for yourself and your family.

Winter weather storms can bring a whole host of problems and associated natural disasters. Some of these can be significant temperature drops below the norm and staying warm can be challenging. Power disruptions are also prevalent during many phases of a winter storm. Remember, being prepared is the best defense you can possess against the severe cold weather extremes and issues you may face during that trying time.

Are you ready? Make and plan and be prepared today!

Walking on "Thin Ice"

During these winter months how often have you found yourself heading out of your home or workplace for a walk? And as you did, were the sidewalks and streets covered with ice?

With the slippery aspects that ice brings, falling is a major concern. With this concern comes the possibility of broken bones, sprains, strains, and other trauma. Well, there is someone that has it figured out and we can learn from them. It is the penguin!

So, the key to what the penguin does is so simple and straightforward we wanted all of our readers to know the technique. The penguin seems to waddle but what really is occurring is the center of gravity of the penguin remains over their front leg with their "arms" at their sides. We may look a bit funny doing it but it works! Try it and stay safe (and upright).

Ordering an Article as a RUSH Request?

When ordering an article through your libraries let us know if you have time constraints or deadlines that the library staff needs to know about. It seems that the majority of articles that are ordered on a patron's behalf are received in 2-3 business days. Also, some article providers take longer than expected to get the article you requested to us. This may occur because their

staff is small or some of the larger academic institutions will batch the requests then send the requests later in the day or evening. If needed, we can track and assist in the expediting of your requested items.

Evidence-Based Medicine: The ACP Journal Club

You might be surprised just how often we hear that the difficulty in practicing evidence-based medicine is the time involved in locating then critically evaluating the evidence for inclusion into the decision-making. As part of our [Annals of Internal Medicine](#) subscription, the [ACP Journal Club](#) is now a monthly feature included in the journal and not separately published.

More than 130 journals are regularly reviewed in the ACP Journal Club to identify articles that meet the ACP Journal Club criteria. This criterion is constantly being put to the test worldwide by a panel of over 5000 physicians who are assessing the clinical relevance and newsworthiness of these rigorous studies.

Coverage for the [ACP Journal Club](#) online at the [Annals of Internal Medicine](#) site is 2008 – present. When using the SHS Intranet, no login is required. When offsite, access is available but contacting the library for the username/password to gain that access.

Continue to Protect Yourself From the Flu!

We covered this in the Fall 2013 issue of [FootNotes](#) but with a resurgence of the flu, library staff feel compelled to provide this information once again. So, in case you missed it, it is repeated in its entirety directly below.

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!

Library Badge Updated Again!

The Library Badge (version 9.0, rev.1/14) is new and now available. The Library Badge clips conveniently onto your Samaritan identification badge providing username/password combinations to gain access to specific resources when not on the SHS Intranet where autologin is the norm. In addition, contact information of library staff, locations of and access into our libraries are provided for you as well.

Can't get to us, simply go to the SHS Insider (Samaritan employees only have access to this internal site) where the Library Badge in its latest version as a PDF document. Look for the document entitled "**Library Badge**" under **Library Links**.

Tutorials and Tips

With more and more of our resources migrating online, there are many differences in accessing each of these electronic sites. So, how does one get started and perhaps, make the most of their valuable time as they research their topic?

Our [Tutorials and Tips](#) page provides links to our electronic resources directly from the vendor. Many provide self-paced materials on our key databases and subscription resources. In addition, there is a PowerPoint presentation on researching a topic on the Medical Library Gateway (www.samlib.com) in a step-by-step instruction utilizing the many resources available to you from your desktop or mobile device.

Take a moment to look it over then get started using what Samaritan Health Services provides all of you to use.

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