

FootNotes

SPRING 2014, QUARTERLY NEWSLETTER – THE LIBRARIES OF SAMARITAN HEALTH SERVICES

Warm Weather Activities Are Heating Up

Everyone can benefit from physical activities, regardless of age and body type. The benefits of getting regular physical activity of just 30 minutes or more each day is one of the most important things you can do for your health.

Children and adolescents can improve muscular fitness and bone density, and heart health with regular physical activity. As adults, physical activity can lessen the risk of heart disease, type 2 diabetes, and even some types of cancer! And if you are an older adult, your risk of falls can improve while some of your cognitive functioning improves (you know, learning and judgment skill levels) along with your physical activity.

Get started by taking “small steps”. These can be as simple as getting together with a friend and making an exercise date together. Then as you make this plan, find something that interests you and that “exercise buddy” which you can both agree on. Make sure that it is at a comfortable level, developing the hang of your “new” regimen, and add more activity each time you exercise. You’ll find yourself exercising more and really enjoying how it makes you feel!

Individuals can get started now as it is never too late to prepare. If you are interested in joining a health and fitness facility, contact Samaritan Health Services and inquire about our own SamFit health facilities and their convenient locations.

Current Awareness

Though many departments have continued to cut back on their journal subscriptions, you can still be alerted to a published article in your area of interest. Most journal web sites offer TOC alerts. The process of creating a TOC alert varies from publisher to publisher but is quite easy to do. In this issue of **FootNotes** we will once again focus on the setting up an email TOC alert. If after trying it for yourself and find you need some assistance, simply contact us and we’ll help you set one up.

Current Awareness Tools, such as RSS feeds and email alerts, can help you stay up-to-date on the latest published information, research and articles. In addition, these alerts can help you stay current in your specialty or help you track areas of interest. These electronic Table of Contents (eTOC) alerts are free and easy to use.

Steps to Take in Setting up Email Alerts:

- Find the journal you are interested in
- At the journal homepage, look for a link to "E-Alert Sign Up" or "Issue Alert"
- Follow the instructions at the particular journal site
- Some publishers will ask you to create a username and password, while other publishers simply ask you to provide an email address
- After you create an alert, you will be notified by email when a new issue of a journal is available or a journal article is published that meets your search criteria
- That's it! You're done!
- Now wait for the next issue's Table of Contents to arrive!

Bibliographic Citation Formats Matter

When writing an article for a school assignment or for publication, you want to create a list of references used in the construction and make up of your written item. There are many different styles and manuals to guide you through the process of creating an organized list of these references, known as a bibliography.

We identified some of the newest and perhaps, some of the better online tools to assist you in citing material that you used in your paper. Best of all, they're **FREE!**

BibMe

This free automatic citation creator supports MLA, APA, Chicago, and Turabian formatting. BibMe will format the citation information and compile a bibliography according to the guidelines of the style manuals. If you prefer, you can enter your citation information manually. BibMe also features a citation guide that provides students with the style manuals' guidelines for citing references.

EasyBib

Billing itself as a literacy platform providing citation, note taking, and research tools that are easy-to-use and educational, it is fast, accurate, and comprehensive all while helping you learn how to become effective and organized researchers.

NoodleTools

This website offers free versions of its many products for those who need just a few citations and not an entire source list. The NoodleTools Express is (excuse the pun, here) expressly for this "short compilation" and for the exhaustive list of citations. MLA, APA, and Chicago/Turabian formats are available in this **FREE** version.

We have added these to the [REFERENCE SECTION](#) of our [Online Textbooks](#) page.

Evidence-Based Practice Tools

If the previous FootNotes piece on Evidence-Based Medicine did not surprise you as to how often we hear that practicing evidence-based medicine is the time involved in locating then critically evaluating the evidence, then informing you that there is a page on the Medical Library Gateway devoted to various EBM tools may elicit that surprise.

The purpose of the [Evidence-Based Practice Tools](#) page and the links found on it was designed for clinicians who want to incorporate the best available evidence-based resources with their own personal skills and expertise.

Coverage includes numerous subscription-based resources along with numerous freely accessible tools. When offsite, access to subscription-based resources is available but contact the library for the username/password to gain that access if it is not available on the Library Badge.

Library Badge Information!

The Library Badge (version 9.0, rev.1/14) is still the most current available. The Library Badge clips easily 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. Contact information for library staff, locations of and access into our libraries is provided.

Can't get to the library? Simply head to the [Library Page](#) on the SHS Insider (Samaritan employees only have access to this internal site) where the Library Badge in its latest version as a PDF document can be found and printed. Look for the document entitled "**Library Badge**" under **Library Links**.

Tutorials and Tips

As we continue migrating more of our resources to online, you may find many differences with each of these electronic products and the site where they reside. 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 have a look then get started using what Samaritan Health Services provides all of you to use.

Staff News

Douglas Hambley, our Librarian at the Stanley K. Davis Library located at Samaritan Albany General Hospital will once again be stretching his thespian legs in the production **Gypsy** to be staged at the Majestic Theatre in Corvallis. For performance dates and times simply telephone 541.758.7827 or go to www.majestic.org.

“Break a leg” 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