

FootNotes

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

Ebola – If You Want to Know...

In response to the latest outbreak of [Ebola](#), the National Library of Medicine (NLM) has created a number of Ebola pages of information with links. Its [MedlinePlus](#) website which brings information about diseases, conditions, and wellness in language the healthcare consumer can easily understand provides up-to-date information on this deadly virus. As developments unfold, this go-to page provides the latest medical information from a variety of authoritative and comprehensive sources you can trust.

A new Ebola page also has been created by the Disaster Information Management Research Center of NLM. [Ebola Outbreak 2014: Information Resources](#) describes itself as having health information resources related to the Ebola outbreak in West Africa in 2014.

NLM has also launched an initiative that has started capturing and preserving selected born-digital content all documenting the 2014 Ebola outbreak. You can find out more about this collection effort and others as part of this ongoing archival project at:
http://www.nlm.nih.gov/news/nlm_web_collecting_ebola_resources.html

One of the major Ebola treatment centers caring for Ebola patients in the United States is The University of Nebraska Medical Center which has begun offering two **FREE** online Ebola educational courses. These courses provide easy-to-understand instruction and resources for healthcare professionals, as well as the general public. The two courses, "*The Nebraska Ebola Method for Clinicians*" and "*The Nebraska Ebola Method for General Public*" provide comprehensive instruction and information through videos and printable documents.

Both are available for immediate download with the app at iTunes U for iPad or iPhone at:
<https://itunesu.itunes.apple.com/enroll/FDL-BXP-WTF>. There is a version for the desktop or other mobile devices which is available at: <http://phtc.unmc.edu/moodle>

When on the Samaritan network, visit the [Emerging Pathogens page](#) on the SHS Insider.

MDConsult/FirstConsult to be Retired

After many years serving Samaritan Health Services with electronic versions of textbooks and journals, MDConsult/FirstConsult will be retired at the end of this calendar year by its vendor/publisher, Elsevier. The Libraries of Samaritan Health Services have been working with other vendors of online content to try to ensure that the content you have relied on these past years will continue to be available exact or similar, in some form. Those textbook titles that

may not be available may be offered on another online platform and vendor. Many of the journals we have had online access to through MDConsult also are being reviewed so that access can continue to be provided via our www.samlib.com.

We will continue to offer [AccessMedicine](#) which contains over 70 textbooks in full text. [Essential Evidence Plus](#) continues to be a point-of-care alternative to FirstConsult with the Cochrane Systematic Reviews, Clinical Practice Guidelines, and Evidence-based Medicine as the cornerstone of this robust collection of databases. Please be patient as this major transition of electronic resources takes place. Updates will be provided as this process moves forward.

When a Study is Mentioned in the News...

There is no rest when it comes to news, especially as it pertains to medical issues. We live in a constant twenty-four hour seven day a week news world. In many of these health-related news stories, there is little detailed information provided to easily locate the original published article that the story is reporting on and you may want to read. Not to worry though, the Library staff is quite adept at verifying then locating just what you want regardless of the amount of information made available to us. Simply contact us by using the [Request Form](#) found on www.samlib.com which will provide the appropriate boxes for you to fill in with the information we need to obtain it for you. You may also use the [Outlook Mail Address Book](#) looking for the **SHS Library Group** which will send the request to all library staff as does the Request Form. Call us if you need to, as well.

November is National Hospice and Palliative Care Month

The end-of-life and the care involved with it is filled with much emotion and many tough questions which may require many more skills we just don't possess to make decisions for ourselves and our loved ones. The month of November is filled with many health awareness days but library staff has chosen to spotlight hospice and palliative care.

Did you know that www.samlib.com has a [Hospice & Palliative Care](#) page that can assist with many of the questions of which you need answers to? Both hospice and palliative care focus on helping a person with a serious life-limiting illness through the addressing of issues causing the physical and emotion pain or suffering. Hospice care is usually provided in those final months of life while palliative care focuses on the quality of life of the patient and their family supporting each distinct group during and after treatment. Palliative care can also be provided at any time unlike what the goal of hospice.

Learn more by going to this informative page or stopping by the library where you will find books for both clinician and consumer.

A Few Tips To Improve Driving Skills You May Not Know!

You should know that your hands should be placed in the 8 o'clock and 4 o'clock or the 9 o'clock and 3 o'clock position on the steering wheel.

Your vision starts to change at age 40 which can affect the way you are driving in ways you may not know or notice until it's too late; and then it is! Get your eyes checked annually and while you are at it, keep the windshield and all mirrors clean while keeping the dashboard at its brightest level.

When behind the wheel of your car, you should try to remain 3 seconds or more behind the car ahead of you. This provides you enough time AND space to be able to react and avoid the car ahead of you! Remember, if you double your speed say – from 30mph to 60mph the distance to brake does not become twice as long, it becomes four times as long and if it is wet or icy, count on it being even longer! So, drive defensively and stay alert.

Health Insurance Marketplace Opens November 15th

The Health Insurance Marketplace opens on November 15th for the 2015 calendar year. If you have coverage, you can keep your existing coverage and plan or make changes starting on this date. If you have questions or need some help from someone nearby, you can find it by clicking on the Health.gov [Find Local Help](#) link. When looking for coverage this year in Oregon, you will be using [HealthCare.gov](#).

By the end of November, you'll be receiving two notices. One will come from the Health Insurance Marketplace while the second one will come from your current health insurance carrier. Together, they will help you make the decisions you'll need to make for 2015. No matter what, you can choose a different plan or make modifications to your current coverage. Either way, just make sure any changes you do make for coverage beginning on January 1, 2015 are made by December 15, 2014.

For more additional information, go to our [Affordable Care Act – Health Insurance Marketplace](#) page located on www.samlib.com.

Remember, We're here to Help!

The Library Staff is available to assist you with your research needs just about any time. Call us, email, or stop by one of our libraries when staff is in attendance and tell us what we can do to help. Contact information for library staff, locations of and access into our libraries is provided on www.samlib.com.

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 (Tu,Th only) – 541.451.7173 / 81-7173