

FootNotes

SPRING 2015, QUARTERLY NEWSLETTER – THE LIBRARIES OF SAMARITAN HEALTH SERVICES

ClinicalKey Has Arrived in the Library!

After many years serving Samaritan Health Services with electronic versions of textbooks and journals, MDConsult has been retired by the publisher, Elsevier. The Libraries of Samaritan Health Services are now pleased to announce that **ClinicalKey** is available to all Samaritan employees! Closely working with Samaritan Information Services to bring this robust resource to Samaritan Health Services, the content you have relied on these past years will continue to be available, including FirstConsult, with even more journals (over 600) and textbooks (over 1100). Those titles that you have been accustomed to using in MDConsult are for the most part still available. We continue to offer [AccessMedicine](#) which contains over 90 textbooks in their full text along with [EssentialEvidencePlus \(EE+\)](#) with the Cochrane Systematic Reviews, Clinical Practice Guidelines, and Evidence-based Medicine as the cornerstone of this robust collection of databases. You will find various resources from all of these subscription-based products on our [Databases](#), [Online Journals](#), and [Online Textbooks](#) pages. Look for the logo from the selections available.

Tutorials and Tips

As we continue adding more resources online, you may find many differences with each of these electronic products and the sites 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.

New Library Badge!

The Library Badge (version 10.0, rev.3/15) is our newest and is now 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 auto

login 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**.

[Newspapers - USA / Worldwide](#)

Have you ever wondered what news is occurring in your hometown or want the local aspect of a national or international news story? You can and it is easy! [Newspapers - USA / Worldwide](#) is your link to newspapers where you may have lived or want to visit. From Alabama to Wyoming and Asia to the South Pacific, if there is a newspaper, [Newspapers - USA / Worldwide](#), probably has it. You will also find our local newspapers where Samaritan Health Services hospitals are located here, as well. Locate all of these newspapers and more news sources on our [Online News Sources](#) page.

Take the time to get the facts for yourself every day.

Diet and Disease

A recent article in medical literature addresses the issue of diet and the risk of colorectal cancer. Appearing March 9th in an Online First release article published in the journal [JAMA-Internal Medicine](#), looking at dietary patterns and their links to colon and rectal cancer. Vegetarian diets were associated with an overall lower incidence of colorectal cancer.

If you are looking for recipes and diets that can help you lower your disease risks, look no further than the Murray Memorial Library at Good Samaritan Regional Medical Center where our Consumer Health Bookstore has many cookbooks with various diets for many specific health conditions. The popularity of these books makes it difficult for us to keep them in stock and on the shelf! When you find a book that you want to buy, cash, check, charge card, and Kronos can be used for the purchase. In fact, we provide an employee discount!

Stop by the library and see for yourself how easy and delicious cooking healthy can be!

[Nursing Home Compare Website Revised](#)

In response to an increase in criticism the Centers for Medicare & Medicaid Services (CMS) have updated their [Nursing Home Compare](#) website to reflect a revised star rating system. The revised star rating methodology includes revisions to staffing levels, quality measures for short and long-stay, and higher performance standards on quality measures. The website was launched in 1998 with the 5-Star Quality Rating System added in late 2008. This third website revision is not the last with a fourth major improvement earmarked for 2016.

According to CMS, about two-thirds of nursing homes will see a decline in their quality measures rating with about one-third in their overall star rating. The website receives over 1.4 million visitors annually with 85% reporting that they found the information they were looking for on nursing homes.

This resource can be found on our [Consumer Health Information](#) page under [Aging, Elder Care, & Caregiving](#) heading.

It's Spring and There Are Dangers in Spring Driving!

They say that with spring come the showers and with that come the flowers. With all the colorful beauty around you, you also may find there are driving hazards which come with the change of season. Winter is fading and the better weather is taking hold, so you might feel that the roads would be getting safer. Make no mistake; this is not always the case.

Spring rains bring with it slippery roads. That can mean longer stopping distances and standing water and puddles. Stopping through braking can take up to 4 times more normal distance to come to a halt. Standing water and big puddles can make your tires lose traction sending the car into a hydroplaning mode. Keep in mind that the posted speed limits are for dry road conditions. Winter has a tendency to wreak havoc on the roads through salt, sand and the aftermath of ice. Studded tires also tear up pavement. If these were not enough, be on the lookout for potholes which not only damage an automobile but can make you lose control of your vehicle. Animals are more active as the warmer weather and longer days continue their approach. You will begin to see even more bicycles on the road so both driving and parking become more dangerous.

Though the weather is improving, here are some things that should be kept in mind regardless of what season it is. You still need to check your headlights, change your wiper blades if worn, tire pressure should be checked (including the spare), slow down, watch out for animals, and keep an eye out for bad road conditions

There are many more tips on the web for you to keep in mind but you should never attempt to out drive any weather conditions.

Spring driving can be safe with proper planning while using extra caution.

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