

FootNotes

SPRING 2017, QUARTERLY NEWSLETTER – THE LIBRARIES OF SAMARITAN HEALTH SERVICES

Mindfulness Meditation – Fights Anxiety!



According to [the Centers for Disease Control and Prevention \(CDC\)](#), anxiety disorders are the most common form of mental illness gripping the general population of the United States. That translates to over 18% of the population or 40 million adults.

Anxiety can take over an individual's life from working to leaving their house. Physical effects or side effects acting as health disorders can include hyperventilation, increased heart rate, bowel issues, sweating and shaking. Backing this up and reinforcing the implementation of a mindfulness meditation program (whether on your own or in a formalized setting) was recently released and will be published in a forthcoming issue of [Psychiatry Research](#) which is in one of the 1,000+ journals (in their full text) through our subscription to [ClinicalKey](#). Please note, ClinicalKey requires a username/password to gain access when offsite. When on the SHS network, you will be able to enter the resource without having to login.

The study, led by Elizabeth A. Hoge focused on mindfulness meditation which is one of many schools of meditative practice. Other meditation practices include (but not part of this study) transcendental meditation, guided visualization, amongst others. Not an end all, but it is suggesting that mindfulness meditation training, a relatively inexpensive method of treatment with a low stigma attachment, may be helpful in achieving a decrease in biological stress and ultimately, improvement in the stressors that trigger anxiety in an individual.

The Medical Libraries of Samaritan Health Services have available both books and CD's to get you started. See what we have for you by going to the [Medical Library Gateway](#) (www.samlib.com) and clicking on the [SHS Library Catalog](#) where you will be taken to the link to enter and search our holdings.

Need more; the [Medical Library Gateway \(www.samlib.com\)](http://www.samlib.com) has many resources to assist you with comprehensive researching or a simple lookup of a topic.

Make Your Web Search Better

Ask the average American what they know about searching for something on the Internet and they will tell you that they simply go to [Google](http://www.google.com). Beyond that, they know it is a search engine but that is where usually it stops. There are many ways to tweak your search with a few simple tricks!

One of the easiest ways to receive better search results is to use “quotes” to locate a specific phrase. When you deploy this simple trick, you basically are telling the search engine that you want the search engine to bring up only those pages that include the search terms as you typed them in order or proximity of each other. When not using this trick, your results come back to you in extremely large numbers of results with most not close to what you had hoped for.

This simple trick employed by you will work in almost any [search engine](#). And the results returned from you using this method is very focused and successful in bringing you the information specifics you would hope to find.

Continue to Protect Yourself From the Flu! (reprise)



With so many cases of flu being reported throughout Oregon and the country as a whole, library staff felt compelled to provide this important information again (and so soon!) in this next newsletter.

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!

PubMed Tutorials



PubMed, the free resource providing you access to Medline, which is the database of the National Library of Medicine containing citations and abstracts in medicine, nursing, dentistry, healthcare systems, and others.

The [tutorial\(s\)](#) available provide you all you need to know about this database to search and retrieve what you may be looking to research. It is suggested that go through each module in order to not only make the most sense in using this resource, but to see just what may work for your specific requirements.

There are many more tips in the tutorials for you to explore including brief tutorials on specific topics. Go to the [PubMed Quick Tours](#). You will these any links to all subscribed to resources on our [Tutorials and Tips](#) page.

Library Staff News

During these past twenty eight months, how often have you found yourself heading to the GSRMC Murray Memorial Library or SLCH Medical Library and being greeted by Paul Porter? It is with a note of sadness that we said goodbye to Paul who is relocating to the Boston area. We wish Paul and his family all the best on their relocation to the "right coast". Good luck now and in the future! You will be missed.

Douglas Hambley our Librarian at the SAGH Stanley K. Davis Library has been elected by the Rotary Club of Albany as their President-elect commencing in July! 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