

FootNotes

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

Want to Boost Your Mood? – Start Moving!



Many of us have heard that just getting up and moving helps to cheer you up! A recently published study from the University of Connecticut in the February issue of the *Journal of Health Psychology* found that even with moderate exercise, one can gain an improvement in their psychological well-being. So, what is considered moderate exercise?

Moderate exercise is considered to be many things to many people. The consensus on just what moderate exercise is encompasses activities where breathing is a little harder but not to the point of being out of breath. You can and (most likely will) perspire a bit but you should not be drenched in sweat. Your muscles may feel tired but again, not sore to the point of hurting. Intermountain Healthcare summed it up as “exercise should not be too hard or too easy; it should be moderate”. Registered Dietician Keri Gans (as did Intermountain Healthcare) added one other thing, that you can talk but not sing the lyrics to your favorite song. So, the National Academy of Sports Medicine states that if you want to start some moderate exercise, simply try a brisk walk or what might be considered “typical yard work” like mowing the lawn with a push-mower.

Your heart, lungs, and mind will be appreciative of your efforts as you boost your mood!

USPSTF....What?

Everyone has heard of the USPSTF but most have heard it referred to by its formal name, the [US Preventive Services Task Force](#). Now, ask the average American what they know about preventive healthcare services and you may get the blank stare. So, just what is the USPSTF?

The US Preventive Services Task Force is an independent volunteer panel made up of national experts in prevention and evidence-based medicine. The [USPSTF](#) makes recommendations helping primary care physicians along with their patients, make informed decisions together on whether a preventive service/recommendation is right for the patient. Both the benefits and harms of a particular preventive measure must be considered before its value to both the clinician recommending and the patient undertaking the preventive service can be determined.

Created in 1984 and funded by the [Agency for Healthcare Research & Quality \(AHRQ\)](#), this independent panel focuses their work on maintaining wellness for the well person. The panel is made up of 16 primary care experts (including a nurse and/or a Nurse Practitioner) in evidence-based medicine. Specialties include pediatrics, internal medicine, family medicine, nursing, and women's health. The USPSTF point out a very important distinction of their work is that it is a "recommendation" and not a "guideline". Once agreed upon in its first form the review begins by the three various working groups within the task force. Once that step is complete, it is then presented to the full task force for a vote. When that is completed, they post the recommendation for public scrutiny and comment for 1 month. After that time, the review of comments takes place as does the evidence, and then if needed, a recommendation may be reworded but the recommendation does not change.

As a general rule, the [USPSTF](#) strives to review then update their recommendations every five years. That said, some topics may require an earlier review and/or update if the evidence changes, or perhaps not during the five year period, if the evidence in that area has not changed much.

Free Clinical Resources. Really!

Did you know that there are a number of free clinical resources available to you whether a clinician or not? Well, there is and it is a part of [Medscape](#). It was one of the first and still, one of the best!

For almost 30 years, Medscape has been providing medical information that is utilized in various healthcare environments from the physician's office to the bedside. There is breaking medical news, drug monographs, CME's, apps for keeping you mobile with Medscape, and over 15,000+ drugs, disease items/articles, monographs, and procedures.

You can find the link to Medscape on the [Clinical Medicine/Specialties](#) pages under [Mega Medical Search Sites](#). All it takes is **FREE** registration!



Requesting a Journal Article

When requesting an article for patient care, research purposes, school assignments, or for publication you should submit your reference(s) with the most complete information as possible. 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. Some of the information that will assist us, which you could and should try to include making the procurement process easy and expeditious include:

- Article Title
- Author(s)
- Periodical/Journal Title
- Year and Month/Date (if possible)
- Volume and Issue Numbers(s)
- Page Numbers(s)
- PubMed Identifier (aka PMID, if from a PubMed literature search)

Sometimes, more really is better but we will work with you and whatever you can provide us.

UVA, UVB, SPF – What Is This?

It's that time year when the days are longer, sunlight more prevalent (at least that is the hope), and the temperatures are rising. This can only mean summer has arrived and with it more time in the sun. Before you head outside, there are a few things that you should know.

We all need some sun exposure as it is our primary source of vitamin D which assists in helping our bodies to absorb calcium for stronger and healthier bones.

Unprotected exposure to the sun's ultraviolet rays can cause damage to our skin, our eyes, and our immune system, consequently creating a risk for skin cancer. So understanding the importance of UVA ([Ultraviolet A](#)), UVB ([Ultraviolet B](#)), and [SPF Sun Protection Factor \(sun block rating\)](#) in sunscreens can help you determine the correct protection for you. While you are at it, don't forget the sunglasses!

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