

# FootNotes

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

## Continue to Protect Yourself From the Flu!



With so many [reports of cases of flu](#) throughout Oregon and the country as a whole as tabulated by the [CDC](#), library staff felt compelled to provide this important information again (updated) in this edition of the *FootNotes* 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. If even only partially effective for this year's influenza, it can lessen the symptoms' severity if you come down with it.

If you are an employee of Samaritan Health Services and have yet to be vaccinated against the flu, contact Employee Health at your hospital for times and dates of vaccination opportunities.

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 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.

Hospitals are scrambling to keep up with this early surge of flu cases. Although the flu is rarely an emergency event, doctors urge parents (if they have children) or any age to get to the Emergency Room if they [have these symptoms](#):

Children may need immediate medical help if they have:

- Fast or troubled breathing
- Bluish skin
- Not drinking fluids or cannot be awakened

Adults may also need immediate medical help if they have:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness or confusion
- Severe vomiting

The [CDC](#) has created a webpage [The Flu: What To Do If You Get Sick](#) providing additional suggestions if you or your child has come down with the flu.

The [Centers for Disease Control and Prevention \(CDC\)](#) also has great [Seasonal Flu information](#) to protect yourself and others from the flu. To find out additional facts and information 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!

## Good Friends, Therapy for Your Mind?



[Recent research](#) from Northwestern University and its SuperAging Program part of the [Mesulam Center for Cognitive Neurology and Alzheimer's Disease](#) seems to suggest that sustaining strong social relationships may be just as important as maintaining a healthy diet and not smoking for keeping your mind in focus about you as you age.

The finding emerged after the researchers analyzed responses to a psychological well-being questionnaire ([Ryff Scale](#)). The questionnaire was taken by a group called "SuperAgers", (a term coined by the neurologist [Marsel Mesulam](#)) are defined as seniors in their 80s whose minds remain as sharp as those of people in their 50s and 60s while being on par as an active 25 year old! The study participants reported having more satisfying and quality relationships than others of the same age whose responses to the questionnaire showed them to be cognitively average.

Memory performance typically declines as we age, as does cortical structural integrity, yet some older adults maintain youthful memory. In [another article](#), researchers from [Massachusetts General Hospital](#) tested the hypothesis that "SuperAgers" (older individuals with youthful memory performance) would exhibit preserved neuroanatomy in key brain networks promoting memory. Results found that "SuperAgers" not only perform similarly to young adults on memory testing, they also do not show the typical patterns of brain atrophy in certain regions.

The importance of preserving the neuroanatomy of the brain as we age cannot be understated as it is associated with better memory performance among older adults.

## 10 Mindfulness Exercises for the Health Care Workplace

The New Year has only just begun with no letup in our stress levels. Perhaps you even have made a personal pledge to pause, then refresh, and prioritizing your own self-care each and every day. The [Institute for Healthcare Improvement \(IHI\)](#) has created this simple regimen of they call [10 Mindfulness Exercises](#) which can be done during work. Space these ten exercises throughout the workday.

Taking only seconds, requiring no special equipment, and can be incorporated into everyday activities, including handwashing and preparing to speak with a patient, these exercises take mere seconds!

Studies have associated mindfulness with improvements in empathy, cognitive performance, and health and well-being; many of which serve us well in the provision of healthcare.

### Walking on “Thin Ice”



It is the time of the year when during these winter months we find ourselves heading out of the home or workplace for a walk? And as you have, were the sidewalks and streets covered with ice?

With the slippery aspects that ice brings, falling is a major concern. With this concern comes the possibility of broken bones, sprains, strains, and other trauma. Well, there is someone that has it figured out and we can learn from them. It is the penguin!

So, the key to what the penguin does is so simple and straightforward we wanted all of our readers to know the technique. The penguin seems to waddle but what really is occurring is the center of gravity of the penguin remains over their front leg with their “arms” at their sides. We may look a bit funny doing it but it works! Try it and stay safe (and upright).

### 3 New Journal Titles

As more of our journals seem to be online-only titles, you may notice that there are fewer titles in their hardcopy form. This does not mean that we are eliminating all of the print just when there is duplication of the title in another resource. [ClinicalKey](#) provides an opportunity to do just that which we have taken advantage of these past years of subscribing.

The GSRMC Murray Memorial Library is adding three new titles (we did have limited online access to them in the past) from Mary Ann Liebert Publishers. The journals Breastfeeding Medicine, Journal of Palliative Medicine, and Population Health Management are now available in both print and online. When on the [Online Journals](#) page of the [Medical Library Gateway](#), look for the logo of **MaryAnn Liebert**. Do be aware that there is limited access to some of the other Mary Ann Liebert journals you will find on the [Online Journals](#) page.

### Library Staff News

Ken Willer, MLS Manager-Library Services was given acknowledgement in the recently published research paper by 5<sup>th</sup> Year Orthopedic Surgical Resident Doug Blaty, DO. The article appears in the journal [World Neurosurgery, 2018-01-01, Volume 109, Pages 436-441](#) which can be found on [ClinicalKey](#) which is available on our [Databases](#) page. Congratulations Doug!

For the foreseeable future, the Stanley K. Davis Library located at Samaritan Albany General Hospital (SAGH) will not be staffed, though it will remain open for staff to use.

This also goes for the medical library at Samaritan Lebanon Community Hospital (SLCH).

The Murray Memorial Library at Good Samaritan Regional Medical Center (GSRMC) remains staffed and ready to assist you.

If you cannot make it in to GSRMC, please use our [REQUEST](#) Form.

#### **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