

Consumer Connections

July 2017

ISSN 15357821

Vol 33. No. 3

A Message from the CAPHIS Chair

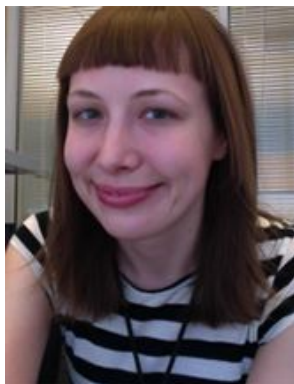


Hello CAPHIS Members and readers!

I'm so excited to be your CAPHIS Chair for 2017-2018. I'm so grateful to have this opportunity to serve CAPHIS members, and I want to formally thank you for your membership.

The most exciting development for CAPHIS is that the Consumer Health Librarian of the Year Award is now fully endowed. This award is the result of a tremendous hard work by CAPHIS leaders, including Meredith Solomon, Catherine R. Hogan Smith, Mary-Kate Haver, and Judy Stribling, and more. This award will recognize excellence in consumer health librarianship and serve to demonstrate the impact of health librarianship in our communities.

This issue is chock full of other CAPHIS news and developments, as well as original articles. This is going to be an exciting year for CAPHIS, full of lots of opportunity. I encourage you to make your membership dollars count by getting involved.



Submitted by Robin O'Hanlon, MIS, Chair, CAPHIS 2017-2018

Announcements

Consumer Health Librarian of the Year Award: Fully Funded!

The most exciting CAPHIS news from MLA'17 was that Consumer Health Librarian of the Year Award has been fully funded. This funding came after a last minute, unexpected anonymous donation which helped us meet the \$25 000.00 endowment necessary to fully fund the award. Learn more about the award on [MLAnet](#) under Awards & Honors > Mid Career Professionals.

Get Involved!

Member Spotlight Column Starting

Have you written a book, book chapter, or an article? Have you presented at a meeting, be it a podium or with a poster (or any combination thereof!)?

Don't be shy! We want to hear from you. Share your accomplishments with your CAPHIS and MLA colleagues in our new "Member Spotlight" column. Please submit by your submissions by September 29 to be included in the Fall 2017 issue of *Consumer Connections*.

CAPHIS Social Media

Do you want to help develop CAPHIS' online social media presence? Are you interested in working on a CAPHIS Facebook account? Please contact Robin O'Hanlon (robin.ohanlon@mssm.edu) or Terri Ottosen (tottosen@hshsl.umaryland.edu) for more information.

Consumer Connections Co-Editor

Would you like to help edit articles, book reviews, or design the layout for *Consumer Connections*? CAPHIS is currently seeking a co-editor. Please contact Robin O'Hanlon (robin.ohanlon@mssm.edu) for more information.

CAPHIS at MLA'17

The annual meeting of the Medical Library Association took place in Seattle, Washington, May 26 - May 31, 2017. Here's a rundown of CAPHIS-related activities!



Current & former CAPHIS Chairs Robin O'Hanlon (left) and Judy Stribling (right) visited Pike Place Market.

CAPHIS Business Meeting

The CAPHIS Business Meeting took place on Monday, May 29, 2017, 3:30-4:55pm at the Washington State Convention Center.

The Business Meeting established **key priorities** for CAPHIS for 2017-2018. These include:

1. Working with MLA to make key CAPHIS web content publicly available on MLAnet
2. Developing a social media presence for CAPHIS
3. Developing a Task Force to revisit the CAPHIS Top 100
4. Developing a white paper OR other form of promotional material to demonstrate the value of Consumer Health Librarianship

The **CAPHIS Executive Committee Meeting** took place on Sunday, May 28, 2017, 2:00pm-3:00pm. In this meeting CAPHIS leadership for 2017-2018 was confirmed. Here are your **2017-2018 CAPHIS Leaders**:

Chair – Robin O’Hanlon

Chair Elect – Erica Lake

Past Chair – Judy Stribling

Secretary - Claire Joseph

Treasurer - Denise Shereff

Nominating Committee Chair – Judy Stribling

Nominating Committee Members – Mary-Kate Haver and Keith Mages

Governmental Relations Chair – Keith Mages

Section Council Representative – Judy Stribling

Membership Chair – Mina Ghajar

CAPHIS also co-sponsored an exciting Special Content Session, ***Call to Action for Diversity and Inclusion: Perspectives for Our Patrons and Our Profession*** on Sunday, May 28, 2017.

Articles

Library Zone Programs to Improve Health and Wellness

By Deniz Ender, MLS, AHIP, UNC Rex Healthcare Library, Clinical Development, Raleigh, NC

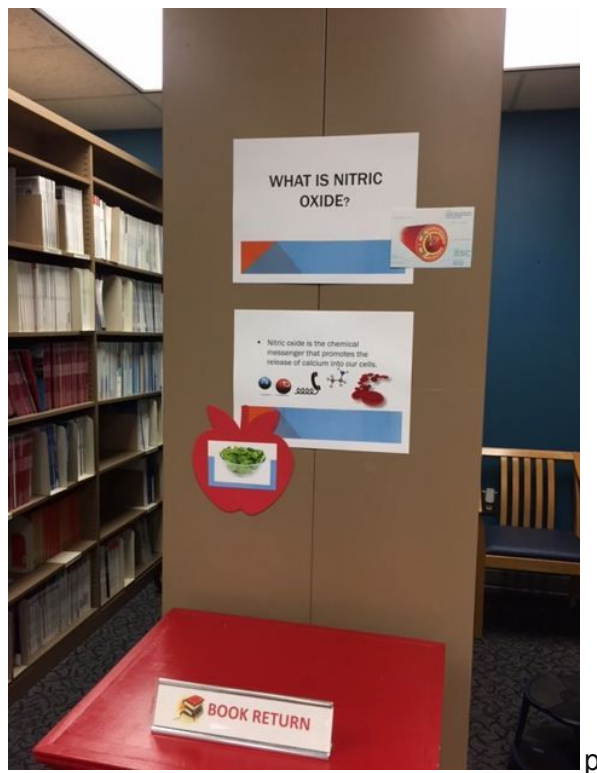
Rex UNC Healthcare Library is located in a 433- bed community hospital within UNC Healthcare System and is located in Raleigh, North Carolina. For several years, UNC Rex Healthcare Library has been presenting Library Zone programs to provide in depth information on consumer health general topics such as diversity, safe food handling, and more.

In recent years the sessions are focused more on specific health subjects that are related to wellness and healthy lifestyle such as brain health; back health and cardiovascular health.

Once the topic for the 3-months Zone program is selected, a literature review on the topic is conducted from both medical literature and authoritative consumer health resources. The information is summarized in Power Point Presentation slides and printed for bulletin boards with references. Additional colorful art related to the topic are used to decorate the library. Print resources from the library collection are pulled for display. Bookmarks are printed and placed at circulation desk. Occasionally resource person(s) on the topic are invited to present during

lunch & learn sessions. Participants for these in-person sessions are eligible to earn points for Vitality, hospital wide wellness program.

Several of the recent popular sessions were Fiber Zone, Brain Zone and NO (Nitric Oxide) Zone. Physicians and licensed dieticians from UNC Rex Healthcare provided invaluable information to both clinical and non-clinical co-workers during the 30 minutes or one-hour presentations. Research results and practical application of the findings were presented in a way that everyone would understand.



Images from the NO (Nitro Oxide) Zone session

During the Library Zone programs, more resources are being checked out from the information display. The content of the bulletin boards are also initiating health talks among viewers.

One small survey 3 months after the Library Zone programs revealed that participants have made limited life style changes related to the information that was presented during the Library Zone sessions. Several participants mentioned making better choices when eating, shopping for groceries and ordering at the restaurants. Some mentioned that they look at fruits and vegetables in a different way and have been incorporating them in their snacks and meals. Several participants cut down saturated fat and sugar considerably. The survey question was: What lifestyle changes, if any, are the results of what you learned in the sessions?

We are planning to regularly send the anonymous short survey 3 months after each Zone program and monitor the benefit of these sessions on individuals' own healthy living choices.

Reaching out to both clinical and non-clinical employees at the same time and promoting ways to improve our own health has been very rewarding. Cooperating with Rex's Wellness, Human Resources and Clinical Development departments, presenters, resource persons, and non-clinical employees gave library members an opportunity to reach out to a different group of clientele in the hospital community.

Berkeley College Collaborates With Local Public Library to Combat Hypertension

By Laurie McFadden, Library Director, Newark Library, Berkeley College, Newark. NJ

Berkeley College has collaborated with the Newark Public Library to host health fairs in honor of National High Blood Pressure Education Month. Faculty and students enrolled in the Berkeley College School of Health Studies program provided free blood pressure screenings in the lobby of the Newark Public Library on May 1, 2017 and May 10, 2017. The library reference staff provided informative articles from the MedlinePlus database in both English and Spanish to help the patrons better understand their readings. Laurie McFadden, Director of the Berkeley College Newark Campus Library, organized the program. A representative from the local Whole Foods Market was also on hand to provide visitors with healthy snacks. More than 70 library patrons visited the fair on each day, making it one of the Library's most popular programs ever. Students also benefited from the hands-on experience and plans are already under way for an additional health fair that will also screen for diabetes.



Nearly one-third of U.S. adults are affected by high blood pressure and 30% of adults in New Jersey report being told by a health professional that they have high blood pressure, according to the U.S. Centers for Disease Control and Prevention (CDC). The rate is even higher in a large urban cities such as Newark, New Jersey. National High Blood Pressure Education Month,

held annually in May, aims to raise awareness about the risks pertaining to the disorder, and promote healthy practices to decrease high blood pressure, also known as hypertension.



“Hypertension has a direct link to lifestyle. Having blood pressure screenings regularly, as well as regularly exercise and maintaining a healthy diet, help in early detection and prevention of this disease,” said Gabriel Holder, MD, Chair, Medical Assistant Program, Berkeley College School of Health Studies. “Among the things we teach students at Berkeley College is the importance of disease prevention and community service, and this event is a great combination of both.”

A leader in providing career-focused education since 1931, Berkeley College is accredited by the Middle States Commission on Higher Education and enrolls more than 8,000 students – including more than 550 international students – in its Master’s, Bachelor’s, and Associate’s degree and Certificate programs. Students can study in more than 20 career fields. Berkeley College is comprised of the Larry L. Luing School of Business®, the School of Professional Studies, the School of Health Studies and the School of Liberal Arts. The School of Graduate Studies offers an MBA in Management online and in Woodland Park, NJ.

Library Health Awareness Series at the Hollis Health Sciences Library

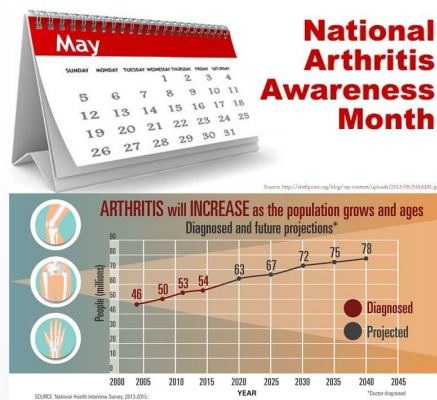
By Barnaby Nicolas, MSIS, AHIP, Director, Hollis Health Sciences Library, NYU Winthrop Hospital, Mineola, NY

At the Hollis Health Sciences Library for NYU Winthrop Hospital, we wanted to find a creative approach to expand our outreach and marketing efforts. We recognized that there was a golden opportunity to extend our focus to consumer health information. We launched a monthly Library Health Awareness Series beginning in December 2016. Our goal is to highlight resources in the Library’s collection that focus on recent studies and updates about health conditions and consumer health information. Each month, we select either one or multiple health conditions that are observed nationally; for example, Cervical Health Awareness during the month of

January and National Autism Awareness and Oral Cancer Awareness during the month of April. To carry out this initiative, we create a monthly flyer using Microsoft Publisher. We include relevant resources such as peer-reviewed journals, evidence-based literature, research articles, and practice changing updates referenced in UpToDate. In addition to our subscribed content, we also include colorful graphics and images to grab the attention of our target audience. Our target audience is the staff and students at NYU Winthrop Hospital. The channel used to connect with all of the staff within the organization is an email announcement. The email announcement contains an attachment of the monthly flyer in the PDF format where all the listed resources are hyperlinked to easily assist the staff and student with navigating to the specific resource that piques their interest. The body of the email also contains an image of the flyer that is hyperlinked to our Libguide page that is dedicated to our Library's publications. We also have copies of the printed flyers displayed in multiple locations. They placed on display within our Library and in our enclosed bulletin board that is located near the lobby of the Hospital. The bulletins have been received positively at the Hospital. In fact, one of our clinical departments requested to collaborate on creating a health awareness flyer during the month of October.



Health Awareness Month Series



E-Journals on Arthritis

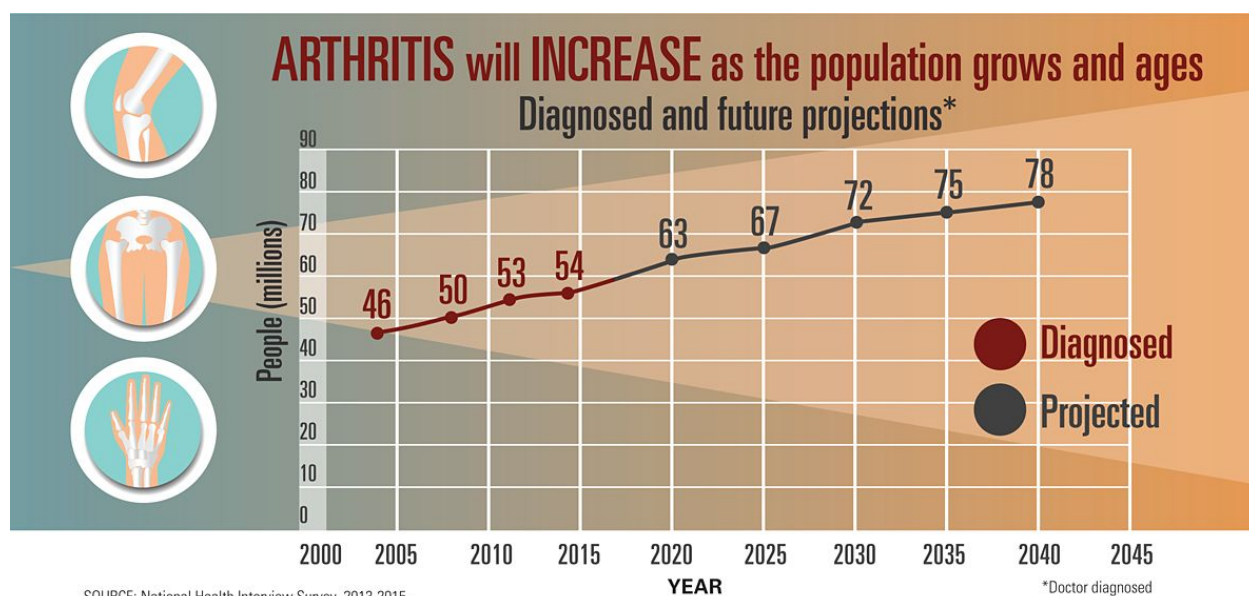
- [Arthritis & Rheumatology](#)
- [Seminars in Arthritis and Rheumatism](#)
- [Arthritis Care & Research](#)
- [Rheumatology](#)

Articles on Arthritis in PubMed

- [Predicting Low Disease State and Remission in Early Rheumatoid Arthritis](#)
- [Cardiovascular Risk in Patients with Rheumatoid Arthritis](#)
- [Evaluation of the Diagnostic Accuracy of Hand and Foot MRI for Early Rheumatoid Arthritis](#)
- [Patient- and Clinician-reported Outcomes for Patients with New Presentation of Inflammatory Arthritis: Observations from the National Clinical Audit for Rheumatoid and Early Inflammatory Arthritis](#)
- [Updated Projected Prevalence of Self-Reported Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation Among US Adults, 2015-2040](#)

Hollis Health Sciences Library - <http://www.winthrop.org/library> - 516-663-2802 - Library@NYUWinthrop.org

Shell Point Retirement Community. (2013, May 10). *National Arthritis Awareness Month* [Illustration]. Retrieved from <http://shellpoint.org/blog/2013/05/>



Centers for Disease Control and Prevention. (2015, March 7). *Estimated and Projected Number of Adults with Doctor-Diagnosed Arthritis in the United States* [Infographic]. Retrieved from <https://www.cdc.gov/vitalsigns/arthritis/infographic.html>

Publication Information

Statement

Consumer Connections (ISSN 15357821) is the newsletter of the Consumer and Patient Information Section of the Medical Library Association. It is published on the CAPHIS section of the MLA website quarterly. CAPHIS is the largest section of the Medical Library Association.

Newsletter articles and book reviews are copyrighted; please contact the editor for reprint permission.

Call for Submissions

Do you have an interesting consumer health initiative or project taking place at your Library? Have you been spearheading innovative work with consumer health librarianship and want to let the world know it? We want to hear from you!

Consider submitting a brief article (200-400 words) to Consumer Connections, the electronic newsletter of the Consumer Health and Patient Information Section (CAPHIS) of the Medical Library Association! We are also seeking book reviews on consumer health topics. Writing for Consumer Connections is a great, low pressure way to get experience writing and publishing!

Include the following information: Author, title, name, name of publisher, publisher location, date of publication, price, number of pages, ISBN. Also include author information (i.e., name and position/organization, if applicable). All submissions submitted be as Microsoft Word documents. Images should be sent as JPGs. Please send submissions in electronic format to the editor:

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Book Review Disclaimer

Consumer Connections Newsletter considers for review books of interest to librarians, patients, caregivers, and the general public. This column will concentrate on reviews of recent books about consumer health care information available in print and/or electronic formats. General interest titles related to healthcare and medicine may also be considered. It is the purpose of each review to provide a detailed description and critical evaluation of the work. Recommendations for purchase are also included. Book reviews should be 200-400 words. Reviews reflect the opinions of the reviewer, not of the *Consumer Connections Newsletter* Editors.

Persons interested in becoming a book reviewer or suggesting titles for review in the *Consumer Connections Newsletter* should contact the Book Review Co-Editors: Kay Hogan Smith, Senior Research Librarian, UAB Lister Hill Library of the Health Sciences (khogan@uab.edu), or Mary Katherine Haver, Medical Librarian, Johns Hopkins All Children's Hospital Family Resource Center Library, St. Petersburg, FL (mhaver1@jhmi.edu).

Consumer Connection Submission Schedule 2017

Winter Issue Publication: January 17, 2017
Deadline: December 30, 2017

Spring Issue Publication: April 14, 2017
Deadline: March 31

Summer Issue Publication: July 14, 2017
Deadline: June 30, 2017

Fall Issue Publication: October 13, 2017
Deadline: September 29, 2017