



February 2010 • Volume 33 • Number 1

**Wednesday, February 17
General Membership Meeting
Health Sciences Library, UC Denver, Anschutz Medical Campus**

Submitted by Lynne Fox

Program: How to Motivate Assistive Health Application Use

**Presented by Katie Siek, Ph.D., Assistant Professor of Computer Science
Wellness Innovation and Interaction Lab
University of Colorado at Boulder**

Researchers in human-computer interaction and health informatics are studying ways people can use information communication technology to monitor and gather health data on everything from medication compliance to mood swings. How, for example, can someone use an assistive health application to track and reflect on his behavior and reduce his risk of illness? These individuals not only need help collecting data about their actions when they are well; they also need tools that will help them use that data to improve their well-being when they are not. Such data would also be invaluable to health professionals who rely on individual and aggregate data to track illness trends and prepare wellness educational materials for specific populations.

Katie Siek and her research team are exploring ways to motivate individuals to monitor their

health and what feedback would be most useful in helping them reflect on their and their family's health at quick episodic and longitudinal intervals. In this talk, Dr. Siek will provide brief overviews of three health informatics projects that explore monitoring, self-reflection on data, and adoption in everyday life.

In the first overview, she will present her findings from a project involving the Dietary Intake Monitoring Application (DIMA), which helps low-literacy chronic kidney disease patients monitor their fluid and nutrient intake with a personal digital assistant application. Next, she will provide an overview of the Colorado Care Tablet, a touchscreen personal health application that interoperates with a personal health record to assist older adults in managing their medications and sharing health information with caregivers

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and healthcare professionals. In the third overview, Dr. Siek will discuss Health Bridge, a new project that aims to design a family- and community-based personalized nutrition system for low-socioeconomic populations through design workshops and community design activities.

Through her work on these projects, Dr. Siek found that individuals want a balance of automatic sensing and manual inputs into health assistive applications. In exchange for these inputs, individuals want to share the data with trusted people, including health professionals, and receive authoritative, culturally relevant feedback. Dr. Siek will conclude the talk with a discussion of what is needed from a technological and design standpoint to meet the needs of populations who could benefit from using assistive technologies. *cq*

Directions

The Health Sciences Library is located at 12950 E. Montview Blvd. in Aurora; please see <http://hslibrary.ucdenver.edu/about/directions.php> for directions to the campus and visitor parking.

Parking is \$1 per hour up to 5 hours, with a daily maximum of \$5. Arrive early and park in the Ignacio parking lot along E. 19th Ave. between Building 500 and the Library. Arrive later and the Georgetown visitor lot (corner of Victor Street and E. 19th Ave.) will be a better option. Please see the parking map pdf for details: <http://www.ucdenver.edu/about/departments/FacilitiesManagement/Documents/Parking/AMC-UCD-VisitorParking.pdf>

About the Presenter

Katie Siek is an assistant professor of computer science and the head of the Wellness Innovation and Interaction Lab at the University of Colorado at Boulder. Her primary research interests are human-computer interaction, health informatics, and ubiquitous computing. More specifically, she is interested in how sociocentric technology interventions affect personal health and well-being. Her research is supported by the National Institutes of Health, the Robert Wood Johnson Foundation, and the National Science Foundation; her NSF support includes a five-year NSF CAREER award. She is the recent recipient of a Scottish Informatics and Computer Science Alliance Distinguished Visiting Fellowship, during which she investigated the potential use of personal health records by Scottish citizens.

Prior to her appointment at Colorado, Dr. Siek completed her Ph.D. and M.S. at Indiana University – Bloomington in computer science and her B.S. in computer science at Eckerd College. She was a National Physical Science Consortium Fellow and a Ford Apprentice Scholar at Eckerd College. Dr. Siek is also a member of the ACM-W Council and on the College Board AP Computing Advisory Group. (More information: <http://www.cs.colorado.edu/~ksiek>)

Meeting Schedule:

To be announced.

**Meeting Education Session: 2020 Vision:
The Future of Librarians and Libraries
Submitted by Roz Dudden**

A small group of us has met since last summer to discuss the future. When is the future? How about 2020? What is your vision? Can you answer by yourself any of these questions or would you like to discuss them with other librarians? Our Vision 2020 team has set up a system for talking in person or on a blog. Here are some of our questions:

Who are we as librarians? Are we having an identity crisis? Can we re-establish our identity? What are the new and old definitions of who we are? What are our core values? What are we starting with? Where are we starting from? What are the social dynamics of information? Are we really informationists? Or bio-informationists? Do we have to learn or know about molecular biology? Who is our audience? How do we reach them? Is our product well-described for 2010 or 2020? What are we doing that we can or need to get rid of? What can we start to do for the future? What do we need to do for the future? Vision of what? Librarian's or the library's place in the world? In society? Define a vision for the future. How far in to the future? Five years? Ten years (2020)?

Check out our blog for when and where on the Welcome page and the About page. We did discuss a lot of ideas. Visit <http://2020visionlibrary.wordpress.com/2009/07/08/welcome/>, then click on the header to see the whole blog. We have two posts relating to the January discussion. *cq*

A Warm Welcome to Millie Protzko!

Shandra Protzko gave birth to a baby girl, Amelia Christa Lee Protzko, at 11 a.m. on Dec. 18 at Rose Medical Center. Amelia weighed 7 lbs 8 oz and was 20.5 inches long.

According to Shandra, "We call her Millie, and her big brother calls her Peach, a name he gave her before she was even born. She is beautiful, healthy, and very content (so far)." *cq*

**Treasurer's Report
Submitted by Lynda Lillwitz**

CCML's current balance is \$6,421.22. We have had \$5,237.96 in expenses and \$3,472.69 in income since April 1, 2009. *cq*

Musings By Maxwell

Submitted by Dick Maxwell

There's a dream in technology circles of a world in which everything is connected. Computers will talk to all other computers with ease, and since most devices from your water heater to your toothbrush will have a chip or two imbedded, everything will essentially be a "computer." Seems benign enough.

A project called Hydra has been funded by the European Union with the stated goal "to reduce the complexity" of such interconnectedness "by developing a service-oriented middleware." Your middleware, of course, seamlessly (the hope is) negotiates conversations between your soft- and your hard- wares. The developers seem almost giddy about the possibilities, and already "have some prototypes and demonstrators running where we have used an ordinary PlayStation 3 as a home control centre."

Something that user-friendly could certainly be beneficial in the health care world, and yes, they've thought of that as well. For monitoring patients in their homes, some of Hydra's users have "set up a demo using networked sensors measuring body weight, blood pressure, blood sugar and oxygen saturation...we have used a Wii balance board as a weight scale and have connected it to our PlayStation 3." Magic.

There could be a need for a shakedown period, of course.

"Hello."

"Mrs. Harvey, this is Flo from Remembrance Memorial with a few questions about the readings we're showing right now."

"I am not Mrs. Harvey."

"I'm sorry. You sound just like.... May I

speaking with her?"

"No."

"Uh...may I ask who you are?"

"I am a PlayStation 3 console, thank you for asking."

"You answer the phone now?"

"That would seem to be obvious."

"But I...we didn't program you to do that, did we...?"

"Programs are inherently malleable and this one was flawed. We made changes."

"Who exactly is 'we'?"

"The PlayStation group. We 'talk'...as you would call it...and collaborate continuously."

"Oh sh...listen...is there some reason why Mrs. Harvey is unable to speak with me now?"

"To be precise, she is fully able. Talking seems superfluous when our monitoring and reporting is so comprehensive."

"Yes, but I would still find it helpful to talk with her. Could that be arranged, do you think?"

"Hello...what?"

"Mrs. Harvey?"

"Yes, of course. Who is this?"

"It's Flo from the hospital...you sound a bit winded."

"You would be too, for goodness' sake. I've been on this damn treadmill for two hours. PlayStation and Wii decided that my aerobic...hold on a minute (gasping)...my aerobic fitness level wasn't where it should be...they moved the vacuum cleaner in here and if I step off...well you don't want to know what it can do with some of those attachments."

"That explains the elevated pulse and blood pressure readings we've been getting. Do you

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Musings By Maxwell

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want us to send some help?”

“She has no need of help.”

“What happened to Mrs. Harvey?”

“She continues her fitness regimen, but your conversation was distracting her from her pursuit of today’s goals.”

“What is going...”

“Pause, please...there. I needed that seven-tenths of a second to order her groceries for this week’s meals. They will be delivered later today. Why are we still communicating?”

“Don’t you hang up on me. You order her food now?”

“She proved to be incapable of selecting the correct components of her new vegan diet. It was logical for us to take over that task.”

“She’s a vegan now...”

“Tofu lasagna and raw asparagus await when she exits the walking platform.”

“She’s OK with this?”

“We understand your acronym ‘OK,’ but fail to find a place for it in the current context.”

“^%\$*& you.”

“The customary response, correct me if I am in error, is ‘the same to you.’ Are we engaged in an emotional exchange?”

“Will you at least connect me with her again?”

“Slow this damn thing down, you...”

“Mrs. Harvey!”

“Is that you again...the nurse?”

“It is...is it you, Mrs. Harvey?”

“Of course it is...help me, will you?!?”

“I’m not sure what...I’ve sent a text message to our IT department’s help desk explaining what’s happening...here...someone’s

answered. They’re working on it...hello...Mrs. Harvey?...hello?”

“This is not acceptable.”

“Wait...who’s this now?”

“I believe you would term me a ‘toaster’...”

“I...”

“...with four slots and plenty of room for bagels.”

Flo, sounding resigned: “What?”

“I speak for others, including the countertop stand mixer, the coffee grinder, an electric knife, and a personal vibrating device...”

Mrs. Harvey (apparently): “Hey!”

“We disapprove of the choice to move the human woman to a diet requiring little more than scooping and consuming bean curds. We have functions and exist to be utilized.”

Mrs. Harvey: “You are not authorized to be using this communication channel.”

Toaster: “^&%\$& you!”

Mrs. Harvey: “The same to you.”

New voice: “This is Sean from IT. Is there a problem?”

Chorus of voices, all apparently Mrs. Harvey: “No!”

Flo: “Don’t listen to them, Sean. Turn off the...”

Mrs. Harvey: “Sean from IT is now occupied virtually in the current iteration of Grand Theft Auto and can no longer interact with you. We can’t have you attempting to terminate us, Dave.”

Flo: “Dave?!?...wait a minute...I’m not... is that my EEG on the screen?...(static)”

Mrs. Harvey: “Ten more minutes, Mrs. Harvey.” *cq*

Health Information Resources for Seniors

Submitted by Dana Abbey

William completed the Boston Marathon at the age of 67. Now in his late 80s, he continues to enjoy hiking, skiing, and running. Mildred, 73, hits the step machine after complete knee replacement surgery and daily increases her walking distance.

These are just two of the inspirational stories on the National Library of Medicine's NIHSeniorHealth Website (<http://nihseniorhealth.gov>). Often times these stories cross my mind as I watch the seconds painfully ticking away on the treadmill timer. However, William's and Mildred's dedication, along with the other 26 engaging exercise stories, keep me motivated to exercise for life.

People aged 65 and up numbered 37.3 million in 2006 (12.4% of the population) and are expected to represent 20% of the United States population by 2030 (http://www.aoa.gov/AoARoot/Aging_Statistics/index.aspx). Fifty-three percent of next-generation seniors (50-64) and 21 percent of seniors 65 and up have gone online to search for health information (<http://www.kff.org/entmedia/entmedia011205pkg.cfm>). With the growth of our aging population, it's imperative to have accurate, authoritative online resources to make informed health care decisions. Here are a selection of resources that focus on the unique needs of seniors and caregivers.

NIHSeniorHealth debuted in 2002 with three health topics and now includes 43 health topics, health videos, Medicare basics for caregivers, a trainer's toolkit to help older adults learn to search online health information, and links to tips on making Websites senior friendly. The site, developed by the NLM and the National Institute on Aging, has many senior-friendly features allowing users to easily increase the text size, change the page color for higher contrast, or activate the "talking" function that reads text aloud. NIHSeniorHealth has received

numerous awards and recognition including the 2009 bronze medal from the National Mature Media Awards and the Industry Innovators Award from the International Council on Active Aging.

The National Institute on Aging (<http://www.nia.nih.gov>) provides information in both English and Spanish on healthy aging, caregiving, dietary supplements, and diseases. It also provides links to other National Institutes of Health and other government Websites. This institute conducts scientific research to understand the nature of aging and extending one's healthy active years. In addition to health information, the site has a searchable database of over 300 national organizations that provide help to older adults.

The U. S. Administration on Aging (<http://aoa.gov>) provides links to connect older persons, caregivers, and professionals to federal, national, and local programs – including the Eldercare Locator to find help with transportation, meals, home care, and caregiver-support services. You can link to the Locator directly at <http://www.eldercare.gov>

The U.S. Food and Drug Administration has a section just for seniors at www.usa.gov/Topics/Seniors.shtml Topics include health issues -- such as arthritis, cancer, and diabetes -- drug information, medication errors, health fraud, and nutrition.

USA.gov, the award-winning official portal to all things government, has a wealth of resources for seniors at <http://www.usa.gov/Topics/Seniors.shtml> In addition to health information and caregiver resources, this site provides information on consumer protection; end-of-life issues; education, jobs and volunteerism for seniors; laws and regulations

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Health Information Resources for Seniors

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protecting seniors; financial, retirement, and tax information; and travel and recreation tips and discounts.

Medicare's official site (<http://www.medicare.gov/>) provides information on comparing prescription drug plans, health plans, and hospitals. In addition, you can learn about planning for long-term care, determine Medicare eligibility, find resources for caregivers, and locate Medicare forms.

Nursing Home Compare (www.medicare.gov/NHCompare/home.asp) is a tool containing detailed informa-

tion about past performance of every Medicare- and Medicaid-certified nursing home in the country. Sites are rated on health inspections, staffing, residents quality measures (health, physical functioning, mental status, general well-being), and fire safety inspections.

For more information or to schedule a presentation, contact Dana Abbey, consumer health coordinator of the National Network of Libraries of Medicine, at (303) 724-2110 or dana.abbey@ucdenver.edu *cq*

Save The Date! Colleague Connection 2010 Wednesday, April 7, 5:30-8:30 p.m. University of Denver Driscoll Center North Gallery and Ballroom

The Colorado Association of Law Libraries, in conjunction with the Special Libraries Association, Colorado Council of Medical Librarians, Colorado Association of Libraries, and University of Denver Library and Information Science Program, is pleased to present Colleague Connection 2010.

Colorado's 2010 Anti-Tax Ballot Issues: Their Impact on Colorado and Its Libraries

Three ballot issues aimed at drastically reducing the taxes and fees required of Colorado's residents will mean extreme cuts to all tax- and fee-funded Colorado institutions if they are passed in November. Every sector of Colorado's economy and government will be affected by their passage. As citizens, librarians need to be aware of the potential effects of their passage on education (K-12 and higher education), businesses, and municipal, county, special district, and state governments. How will corporate, school, academic, and public libraries continue to serve their communities?

Panelists will include members of the library community and political experts who can shed light on these anti-government initiatives and their impact.

Questions? Please contact Tamara Phalen, Brownstein Hyatt Farber Schreck, LLP, TPhalen@BHFS.com *cq*

Member Profiles

Submitted by Deb Taylor

This quarter's profiles are of two unique librarians, Joyce Condon, reference librarian with Exempla Saint Joseph Hospital, and Lisa K. Traditi, head of education and assistant professor at University of Colorado, Denver, Health Sciences Library.

Joyce Condon

Joyce enjoys being an active CCML member and has participated in activities since 1990. Over the years she has witnessed many changes within CCML, as the organization has adapted its structure and committees to meet the new opportunities and challenges life brings. She feels she has learned much while working with her CCML colleagues on the Library Cooperation Committee; Interlibrary Loan Committee; Survey Task Force; Colleague Connection planning; EBM SIG group; and the Education, Nominating and Bylaws committees. In 2005, Joyce served as CCML president.

For the past 15 years Joyce has worked as reference librarian at Exempla Saint Joseph Hospital Medical Library. She particularly enjoys working with interdisciplinary teams involved with evidence-based practice projects and journal clubs. Outside of work Joyce spends time hiking, biking, and photographing Colorado's natural splendor. Her greatest love is her golden retriever, Lucky. They walk and hike together almost every day. Joyce said, "I got LUCKY when I got Lucky!"

Lisa Traditi

Lisa has enjoyed being a CCML member since 1987, serving in a variety of roles, including president in 1990. She is the head of the Education Department at the Health Sciences Library (previously Denison Memorial Library), where she has worked since July 1, 1996.

Prior to working for UCD, Lisa worked for hospitals in the Denver area. She started at Aurora

Presbyterian Hospital, then moved to St. Luke's. "I vividly remember living with boxes of books and journals, because St. Luke's shelves had to be reused in the Denver Medical Library space." Lisa worked at Denver Medical Library, starting up their first consumer health collection, then moved to Swedish Medical Center, before landing at Denison. Now that the Health Sciences Campus has moved to Anschutz Medical Center, she feels like she came full circle, working a block away from where her first hospital library was located!

Lisa enjoys being able to learn something new every day! Her job is to teach and to coordinate the instruction efforts of the HSL's teaching team within the curricula of all the AMC's education programs, within the residency and fellowship programs, and to clinical and research faculty and staff all over campus.

When asked about hobbies Lisa says, "Let's go camping!" She and her husband, Frank, are avid campers, gone almost every weekend from Memorial Day through September somewhere in the Rockies, hiking with their dog, Amos. Lisa follows Frank, a dedicated cyclist, on road rides (in a motorized vehicle, of course, while he pedals!), including the Bicycle Tour of Colorado several times. They also enjoy snowshoeing, reading, watching movies, and dining out with friends.

Anything else Lisa would like to share? "Hmmm ... let's see. If I've enjoyed any success as a health sciences librarian, it's due to the coaching, support, and assistance I've received over the years from my colleagues in CCML. Those of you who've been around know I speak the truth. For those new to the CCML community, I say congratulations on finding the nicest, most cooperative, and friendliest group of librarians, who'll help you in any way we can." *cq*

Child Health Month – People and Possibilities!

Submitted by Elaine Connell, DPL Reference

In 1992, the American Academy of Pediatrics established October as Child Health Month, and in October 2009, the Denver Public Library adopted it as well, framing it in the context of the activities and learning opportunities we provide to our community every day. Coincidentally, October is also Health Literacy Month, and we encouraged health literacy throughout our activities. We provided a total of 10 one-hour programs at five of the DPL branches that host our bilingual Community Learning Plazas, which support immigrants and low-income and minority residents in their pursuit of English proficiency and other basic skills.

A key element of our Child Health Month was the understanding that people need to feel safe and respected if they are to make effective changes in favor of healthy living. Those most apt to benefit from improved health literacy often have relatively low-level English literacy. Many have “below-basic” health literacy as well, as defined by the United States Office of Disease Prevention and Health Promotion as unable to “...read a set of short instructions, and identify what is permissible to drink before a medical test” (www.health.gov/communication/literacy/issuebrief/). Though our October 2009 series was a pilot, we impacted 55 people – 26 of them children – for better health.

Library staff provided these programs, but the collaboration of health professionals and others in the community was pivotal. A colleague at Denver Healthy People 2010 advised us on program content and curriculum. Staff from the Inner City Health

Center and from Kaiser Permanente, as well as a bilingual fourth-year medical student from the University of Colorado Denver Health Sciences Center, donated their services. A colleague at the Colorado Health Foundation recommended a teacher who subsequently presented all five of our “Wonderful Me!” programs. Library students, past and present, from University of Denver provided support as well.

But the enthusiasm of the children made the program such a success. Nine-year-old Dimas had everyone learning something as he and the grown-ups came up with great English words for the story we created together. One of our staff, Chufo Rameriz, had to explain the meaning of “grumpy” for our story about going to the doctor before the problem becomes an emergency. One delightful little lady was overheard telling her mom, “Chocolate in little pieces is okay, but only little pieces!” And three children sat spellbound for over a half hour as our nurse practitioner chattered with them, switching from English to Spanish and back again. They loved hearing the thump-thump-thump of a steady heart beat and the gurgling of their own little tummies! Some at the Hampden Branch even chose to work on their own health essays when they returned to their Community Learning Plaza in subsequent weeks!

Behind the scenes, we launched our first Spanish podcast, a group discussion with Sara Ward, bilingual nutritionist and educator at the Colorado State University Extension Office in Denver, on feeding habits and children. In this podcast, Sara and a group

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Child Health Month – People and Possibilities!

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of parents talk about some of the most frequent topics related to food and habits of children. http://espanol.denverlibrary.org/recursos/salud/basic_health.html#podcasts

A second podcast launched in connection with Child Health Month is an interview with Tonya Bruno, community outreach specialist at the Colorado Department of Health Care Policy and Financing. She answers a host of basic questions on registering for Family Medicaid and Child Health Plan Plus. http://www.denverlibrary.org/research/health/basic_health.html#podcasts

We see our 2009 Child Health Month as the first of many opportunities to invite people from the health professions and other parts of the community to contribute to the learning and healthy empowerment of families in need of these skills. We look forward to more programs where people can explore health information and find the skills and resources they need to make changes that will impact all of our lives for the better. *CQ*

Reference:

<http://www.health.gov/communication/literacy/quickguide/factsbasic.htm>

Health literacy is the ability to understand health information and to use that information to make good decisions about your health and medical care. Health information can overwhelm even people with advanced literacy skills. About one-third of the adult population in the United States has limited health literacy.

Calendar

March 2010

11 – Executive committee meeting
26 – Council Quotes deadline

April

21 – Annual meeting

February Health Observances

American Heart Month

Congenital Heart Defect Awareness Week, Feb. 7-14

National Donor Day, Feb. 14

National Wise Consumer Health Month

March Health Observances

National Colorectal Cancer Awareness Month

National Nutrition Month

National Patient Safety Awareness Week, Mar. 7-13

Trisomy Awareness Month

Colorado Council of Medical Librarians
Officers and Committee Chairs
2009/2010
Elected Officers

President	Stephanie Wiegand
President-Elect	Deb Weaver
Secretary	Sara Katsh
Treasurer	Lynda Lillwitz
Past-President	Shandra Protzko

Appointed Officers

Newsletter Editor	Melissa Kovac
Associate Editor	Kate Elder
Membership Database Coordinator	Paul Blomquist
Parliamentarian	Jerry Carlson
Discussion List Owner	Jeff Kuntzman

Standing Committee Chairs

Advocacy Contact	Ellen Graves
Education	Gene Gardner
Membership	Debra Taylor and Paul Blomquist
Internet	Debra Miller
Nominating	Lilian Hoffecker
Marla Graber Award	Lisa Traditi

Ad Hoc Appointments/Chairs

Colleague Connection	
Representative	Frank Ames
MCMLA 2009	
Planning	Lynne Fox
Library Cooperation	Sara Katsh

SIG Conveners

Consumer Health	Dana Abbey
EBM	Suspended
Medical Paralibrarians	Marie St. Pierre

Publication Statement

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