



*September 2008 ♦ Volume 31 ♦ Number 3*

**SEPTEMBER 17, 2008, GENERAL MEMBERSHIP MEETING**  
SUBMITTED BY SHANDRA PROTZKO

Exercise, Cognition, and Work Productivity presented by Ann Bentz

Ask yourself, “What can exercise do for me?” and you can probably list several benefits. Now think about how exercise can improve your workday. Does your list include the following: increased energy, increased mental capacity, or increased ability to cope with stressors? Finally, make a list of the reasons you do not exercise on a regular basis. This session will address the research-based detriments to cognition, the benefits of exercise as a tool to improve cognition, and the use of exercise to enhance your workday. Suggestions for the optimal “dose” of exercise, barriers to exercise, and tips for that much needed motivation for exercise will be discussed.

I am pleased to announce that Ann Bentz will be the speaker for the next general membership meeting. Ann is Special Assistant to the Dean for Curriculum and Student Services at the College of Natural and Health Sciences, University of Northern Colorado. Ann is an exercise physiologist, a specialist in physiology with a focus on the effects of exercise on the human body. Her expertise is in clinical exercise physiology, which includes exercise assessment, prescription, and programming for all populations. Ann has worked extensively with cancer patients, alcoholics/drug addicts, obese individuals, and the elderly.

The Education Committee has invited Felicia Gelsey from Thomson Reuters to speak on Critical Appraisal of Medical Literature (or Clinical Trials). It will include a general discussion on literature evaluation scales and CONSORT. This is sure to be an informative program for all you early birds.

Of course there will be time to have refreshments and reconnect with your colleagues after our summer hiatus. Also, please stay for the business meeting so we have a quorum.

**Date of the Meeting:** Wednesday, September 17<sup>th</sup>, 2008

**Location:** University of Northern Colorado, Michener Library, room 303

Link to a map of the campus: <http://www.unco.edu/uncmap/>

**Schedule:**

Education Program	8:30 – 9:00	Break	10:30 – 10:45
Networking and Refreshments	9:00 – 9:30	Business Meeting	10:45 – 11:45
Main Program	9:30 – 10:30		

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**Red – Yellow – Green**  
**AN ADVOCACY STORY**  
SUBMITTED BY ELLEN GRAVES



I am a member of a team at Exempla Saint Joseph Hospital in Denver, CO, that focuses on taking better care of patients with heart failure. The cardiac rehab educators needed a patient education piece that was succinct, but still had the basic information about symptoms to monitor.

I found a simple, one-sheet handout which was immediately dubbed the “red-yellow-green” sheet. The educators modified the original to fit their needs and titled it “Heart Failure: Know Your Symptoms.” The green zone (all clear) means your symptoms are under control. Symptoms in the yellow zone (caution) should prompt a call to your doctor to possibly adjust your medications. The red zone (medical alert) urges you to call your doctor or 911 right away. The handout provides space to write in your doctor’s name and phone number.

The handout has been very successful and is also being made into a magnet. The Rehab group has a good teaching tool and patients know when to call their doctor by easily identifying their symptoms. A physician has requested a similar sheet for stroke patients.

**DO YOU HAVE AN ADVOCACY STORY?**  
SUBMITTED BY ADDIE FLETCHER

Do you have a story about a rewarding experience you’ve had as a health sciences librarian? We want to hear from you! We are looking for more stories like the above that demonstrate the value librarians provide to their organizations and/or the difference librarians can make in patients’ lives. Documenting your story will not only provide qualitative support for health science libraries, it will help recruit people to our profession by showing what we do and why we love it. Submissions of 100-200 words can be sent to the Council Quotes Editor or the Advocacy Committee Chair: Adelaide Fletcher.

**A COLLABORATIVE BIBLIOGRAPHY OF ADVOCACY ARTICLES**  
SUBMITTED BY ADDIE FLETCHER

The Advocacy Committee has created an online, collaborative bibliography of articles pertaining to health science library advocacy: <http://www.citeulike.org/group/4400/library> This growing bibliography uses [www.CiteULike.org](http://www.CiteULike.org) a free, web-based bibliography tool. It is intended to serve as a location for CCML members to post articles that demonstrate the impact health science libraries have on patient care and health care in general. Librarians often share articles like this over listserves, and now there is a place to *collect* and *organize* those articles for future use and scholarship. The bibliography is also linked from the Advocacy web page: <http://www.ccmlnet.org/Advocacy/index.html>

The bibliography is a “group” on CiteULike. Before you post, you must create your own CiteULike account. Signing up is free and easy, and you don’t have to divulge personal information. Once you have an account, search GROUPS for CCML and then click “join.” Posting articles is also easy. With some databases like PubMed, you can copy the URL of the article record and CiteULike will import the article’s metadata automatically. You can also rate and “tag” the articles you post. Some tags that have already been created, for example, are ‘impact,’ ‘clinical decision making,’ and ‘length of stay.’ Anyone can sign up for the RSS feed for the page, which will let you know when someone posts a new article.

Please help us create a base of evidence for health science library advocacy. When you read an article you like, think about Cite U Like! Questions can be directed to [adelaide.fletcher@ucdenver.edu](mailto:adelaide.fletcher@ucdenver.edu) ∞



## CCML MEMBERS VOLUNTEER AT 9 HEALTH FAIR

SUBMITTED BY LYNNE FOX

CCML members volunteered at the 9 Health Fair at Aurora Community College on Sunday, March 13th. Elaine Connell, a DPL reference librarian, organized CCML's participation in the event. Traffic through the Online Medical Library room was a bit slow, but several librarians helped visitors find health-related information. Lilian Hoffecker helped someone find out more about her physicians (orthopedic specialists here at the University). Chris Bradley, a talented Aurora Public librarian, was even able to help a Spanish-speaking couple find info on MedlinePlus! During the five-hour fair, the volunteers distributed over 400 flyers with advice on finding health information and a list of area libraries. *ca*

### Volunteers included:

Elaine Connell, Denver Public Library  
 Laurie Spurling, Denver Public Library  
 Betsy Baxendale, Aurora Public Library  
 Chris Bradley, Aurora Public Library  
 Carol Foreman, Aurora Public Library  
 Sean Crow, National Jewish Medical and Research Center  
 Roz Dudden, National Jewish Medical and Research Center  
 Barbara Wagner, US EPA NEIC Library  
 Lilian Hoffecker, Health Sciences Library, UC Denver  
 Lynne Fox, Health Sciences Library, UC Denver



## PARALIBRARIANS SPECIAL INTEREST GROUP

SUBMITTED BY  
 DEBRA MILLER

A new Convener will need to be elected at our next meeting in November and will serve, starting in April 2009, for one year. If you are interested in filling this position, know of someone ideally suited to act as Convener, or if you would like more information about the position, contact Debra Miller by email [debra.miller@ucdenver.edu](mailto:debra.miller@ucdenver.edu) or by phone at 303-724-2131. *ca*

## GAMBRO NAME CHANGE

SUBMITTED BY LINDA VAN WERT

Gambro BCT has changed its name to CaridianBCT (all one word), effective 7/14/08. Linda Van Wert's new email is [linda.vanwert@caridianbct.com](mailto:linda.vanwert@caridianbct.com)

In addition, on September 5, CaridianBCT's library will be moving to a new, larger space with a mountain view in a different building on the same Lakewood campus. The mailing address will remain the same. The new space was worth the 4-year wait! *ca*



## OTHER ANNOUNCEMENTS

Jim Honour, Wyoming Liaison

After a long search, the University of Wyoming has hired Jim Honour as the MidContinental Region's Wyoming Liaison. Jim's first day of work will be April 30, 2008, and he'll have his first outreach experience at a county health fair that weekend in Jackson Hole! Members in Jackson Hole stop by and meet him! Jim is a recent library school graduate from the University of Denver's Library and

Information Science program who has worked in health sciences libraries as both a paraprofessional and a professional. He has experience in both academic health sciences as well as hospital libraries. Jim has received awards for his customer service. The liaisons and I are pleased to have Jim to work with in Wyoming. Please welcome Jim to the MidContinental Region. Jim's email address is [jhonour@uwyo.edu](mailto:jhonour@uwyo.edu) (From MidContinental Region News [http://nlnm.gov/mcr/news\\_blog/?p=774](http://nlnm.gov/mcr/news_blog/?p=774)) ∞

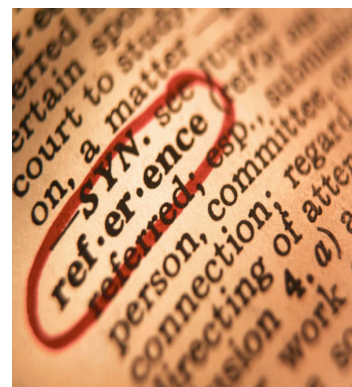
## CCML MEMBERS PRESENT TO LIBRARIANS FROM AROUND THE WORLD AT THE REFERENCE RENAISSANCE SUBMITTED BY ADDIE FLETCHER

Several CCML members and local librarians interested in reference services joined their colleagues from parts disparate for the Reference Renaissance: Current and Future Trends Conference, held August 4-5 at the Four Points Sheraton in Denver. The conference was sponsored by BCR, RUSA, CliC, and many well-known vendors.

Reference Renaissance was conceived as a replacement for the now defunct Virtual Reference Desk Conference, but with a much wider theme. Folks expecting a conference just about chat were "in for a surprise," as sessions covered everything from understanding users' psychological dimensions to enhancing service and search engines with better screenshots. Short paper presentations were lumped together with similar presentations, and the overall organization consisted of six tracks: Virtual Reference; Innovative Service Models; Managing Reference Services; Approaches, Values, and Philosophy of Reference Services; Wild Card; and Vendors.

Among local presenters was a group from the UCD Health Sciences Library. Dana Abbey, Rhonda Altonen, and Adelaide Fletcher presented the paper: "Innovations in Perspective: Reinventing Information Services at the UC Denver Health Sciences Library," a discussion of the trials, tribulations, and successes of converting a traditional three-stop service desk into a single service desk, all during a major library relocation.

The paper blended well with an underlying theme of the conference: reference librarians leaving the traditional reference desk behind and going out to serve users in their context. One of the final day's plenary speakers included Jamie LaRue, Director of Douglas County Libraries. LaRue described a dramatic shift that was taking place under his leadership. Freed from repetitive work after the acquisition of an automated sorting system, circulation staff has had more time when shelving books to handle questions from patrons within the stacks. As one would expect, reference desk transactions have diminished, freeing reference librarians to move out into the community, finding, as he said, "the



questions that never make it to the library.” The shift has had repercussions all the way up through the library’s ranks by pushing library administration to serve and be seen on boards and committees at a much higher level than was ever expected. One can only imagine that this has something to do with Douglas County Libraries’ excellent reputation in the community, and it all started at the book drop. ∞

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## **10<sup>TH</sup> ANNUAL EVIDENCE-BASED HEALTH CARE CONFERENCE**

On July 27<sup>th</sup>, the 10<sup>th</sup> annual, five-day hands-on Evidence-Based Health Care (EBHC) Workshop began in the mountains near Midway Utah. The conference was directed by Andy Oxman, Senior Researcher from the Norwegian Knowledge Centre for the Health Services, and Judith Baxter, from the Colorado School of Public Health.

Internationally known EBHC experts, such as Andy Oxman, Scott Richardson, Peter Tugwell, Lisa Bero, and Kay Dickersin worked with local faculty and librarians in small problem-based learning groups to facilitate participant learning. At the end of the workshop, participants should have been able to ask an answerable question using the PICO format, know how to locate evidence-based research information, and have increased ability to critically appraise the evidence to inform policy and practice.

Participants in 2008 included folks from AHRQ, MD Anderson, Exxon Mobile Occupational Health, Colorado State Department of Public Health, Pan American Health Organization, and pediatric nutritionists from Mexico City, clinical practitioners, medical librarians, and policy- makers from assorted locales.

The EBHC Workshop receives funding from the Agency for Healthcare Research and Quality (AHRQ) and the Milbank Memorial Fund. Through the generosity of a number of vendors, a large collection of EBHC online databases and other resources are made available during the workshop and for several days afterward.

Librarians attending as co-tutors were:

Melissa DeSantis, Deputy Director, Health Sciences Library, UC Denver

Lynne Fox, Education Librarian, Health Sciences Library, UC Denver

Stephanie Fulton, Assistant Director, Research Medical Library, MD Anderson Cancer Center, Houston

Jenny Garcia, Medical Librarian, Coe Library, University of Wyoming, Laramie

Jeanne LeBer, Education Services Librarian, Spencer S. Eccles Health Sciences Library, University of Utah

Lisa Traditi, Head of Education, Health Sciences Library, UC Denver

Beth Tweed, Reference Librarian, Health Sciences Library, UC Denver. ∞

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### **MUSINGS BY MAXWELL SUBMITTED BY DICK MAXWELL**

In the current *X-Files* movie, alert viewers, or even those in a buttered popcorn-induced near-coma, will notice that some serious medical research is done. “Finally,” an innocent medical librarian sitting much too close to the screen might think, “we get some well-deserved, Hollywood-style recognition.” Dream on.

Dana Scully, an MD and a skeptic who seems to have left the FBI since the TV series went off the air and who is now a pediatric oncologist or neurologist or neurosurgeon or something that allows her to

poke with impunity into the cranium of a young boy, is frustrated. She has a patient named...in a thumb-the-nose gesture at subtlety...Christian. Christian has some sort of rare and degenerative brain condition. Scully, consulting via a telemedicine connection with someone who must be an expert, is told that there is no treatment. Father Ybarra, the gaunt, dour priest who is the head of what must be the hospital's Ethics Committee takes the position that it's time for the boy to be moved to a hospice setting.

Scully is not ready to give up, however, and she turns to the tried-and-true method of thinking things over, while helping her ex-FBI partner Mulder shave his beard and return to helping the Bureau with a missing agent case possibly involving a psychic (the pedophilic Irish ex-priest called Father Joe). Ultimately she hits on the idea of stem cells, which she appears to remember as a two-word phrase, but about which she knows absolutely nothing. The only solution to that problem, she realizes, and we all know, is...RESEARCH!!!

She drops a few snarky skeptical remarks, leaves the pedophile priest (not to be confused with the sinister Ethics Committee priest) with a series of scornful looks, and rushes to a computer, where she of course pulls up PubMed, or at least UpToDate, right? Well...no...what century are *you* living it?

What she does is go directly to Google, its logo colorful and gigantic on the theater screen, and types in the carefully crafted search phrase "stem cell research." Could any of us have done better? She reads, hits the keyboard a few more times, snacks and drinks much too close to the PC, and finally prints out a few pages.

From there she does a few FBI things and then heads to another committee meeting, where before her arrival the final decision has been made by two priests and a lot of actors with non-speaking parts that nothing more should be done to/for young Christian. Dr. Scully comes in and doesn't even apologize for being late. She looks around and realizes that the pastries are all gone, leaving only some cold and horrible-tasting decaf. This puts her over the edge, and she tells the group where they can stick their ethics.

Here, finally, some suspension of disbelief is required. The pedophile priest's bleeding eyes and uncanny ability to find severed body parts and whole bodies buried in the snow are quite believable. The horrendous winter in West Virginia, in which Canadian Rockies-sized mountains have suddenly appeared—also believable, at least compared to Scully's being allowed to go right ahead and use the hospital's OR to drill holes in Christian's skull and pump in large quantities of stem cell juice that we have to assume she bought on Ebay. The Ethics committee members apparently were very impressed by her spunk, her defiance and her evidence-based approach to the case.

"She apparently looked this stuff up on Google," Father Ybarra, looking annoyed but temporarily defeated, must have said. "I don't think we have a leg to stand on." The non-speakers no doubt nodded solemnly. The never seen or mentioned Institutional Review Board must have been similarly impressed with her lean and mean approach to working up an experimental protocol.

To reveal any more would be unfair to those who haven't seen the movie and still plan to. Did Scully work from her office computer because the library was undergoing asbestos abatement? Is a medical librarian finally called on to bring some order to the chaos? Is some two-headed mutant captured when crushed in the moveable shelving? Do large staples play a part in the resolution to any of this? What about the role of IT? Were sites that might have helped Dr. Scully blocked because they linked to sites showing a few too many images of banned body parts?

These are pretty good questions.

Three severed thumbs up. cø

## CALENDAR

### 2008

#### September

17 - General Membership meeting (Michener Library, Room 303, University of Northern Colorado, Greeley)

#### October

2 - Executive Committee meeting (8:30-10:30 TBA)

13 - Council Quotes deadline

#### November

12 - General Membership meeting (TBA)

### 2009

#### January

8 - Executive Committee meeting (8:30-10:30 at TBA)

19 - Council Quotes deadline

#### February

18 - General Membership meeting (TBA)

#### March

9 - Council Quotes deadline

12 - Executive Committee luncheon (TBA)

#### April

15 - Annual Meeting (TBA)

#### May

15-20 - MLA (Honolulu, HI)

### PUBLICATION STATEMENT

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### September Health Observances

Minority Health Month

America On the Move's September Campaign

National Cholesterol Education Month

Healthy Aging® Month

Childhood Cancer Month

Ovarian Cancer Awareness Month

Prostate Cancer Awareness Month

## COLORADO COUNCIL OF MEDICAL LIBRARIANS OFFICERS AND COMMITTEE CHAIRS

2008/2009

### *Elected Officers*

President	Lilian Hoffecker
President-Elect	Shandra Protzko
Secretary	Sally MacGowan
Treasurer	Addie Fletcher
Past-President	Gene Gardner

### *Appointed Officers*

Newsletter Editor	Beth Tweed
& Assoc. Editor	Kate Elder
Membership Database Coordinator	Paul Blomquist
Parliamentarian	Jerry Carlson
Discussion List Owner	Jeff Kuntzman

### *Standing Committee Chairs*

Advocacy Contact	Addie Fletcher
Education	Nancy Gross
Membership	Jim Honour
Internet	Stephanie Wiegand
Nominating	Gene Gardner
Marla Graber Award	Lisa Traditi

### *Ad Hoc Appointments/Chairs*

Colleague Connection Representative	Frank Ames
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MCMLA 2009 Planning Lynne Fox

Colorado Library Political Action Committee

Library Cooperation Sara Katsh

### SIG Conveners:

Consumer Health	Dana Abbey
EBM	Suspended
Medical Paralibrarians	Debra Miller