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Welcome to the 109th issue of *Biofeedback*.

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**photo:** Swimmers at Dauphin Island, Alabama from the Doy Leale McCall Rare Book and Manuscript Library at the University of South Alabama
Staff Spotlight: Trevor Elmore

I am so happy to be working for the Biomedical Library, and I am glad for the opportunity to share my life story as a cautionary tale to the readers of Biofeedback.

Many of the details of my life are shrouded in secrecy, but from what I've heard, I was born in Mobile and raised here and in surrounding bits of paradise like Chickasaw and Satsuma. My Dad was a tugboat pilot, which is infinitely cooler than anything I've ever done, and early trips riding along with him are some of my greatest memories. My mother was both very smart and very kind, which I've come to learn is an exceedingly rare combination. She worked most of her life as a school traffic officer with the Sheriff's Department, and to her I credit my lifelong ability to cross streets safely no matter what the traffic conditions.

In some ways, I think I was destined to work for the University of South Alabama. My first memory of USA is when I was a kid and for some reason my family decided to ride out Hurricane Frederic with a few hundred other people in South's gym. It was actually a pretty fun night for a kid, and I suppose it made a good impression on me, because I wound up going to college at South and really falling in love with the place. I also still keep a sleeping bag and a couple of cans of beanie weenies stashed here because you never know.

Being eligible for work study in college, I initially tried to get one of those jobs writing out parking tickets, because walking around campus in between classes sounded awesome. Unfortunately, those were all taken, or I might be a campus cop today. However, there was an opening in the Main (now Marx) Library, and since my girlfriend already worked there, it seemed like a decent option. I wound up loving the library and all the great people there so much that I kept coming back to it over and over through the years. Library work has definitely been a great fit for me, and I enjoy it. Nevertheless, from time to time, I do catch myself scanning the parking lot for expired hangtags.
During periods when I am not working at South, I have been known to work at Barnes & Noble, Anders Book Store, Delchamps, and other now-defunct businesses. One of these was BAY-TV, a television channel owned by Comcast. In my time there, I was a cameraman, writer, and eventually producer, until they too went under. Somewhere along the line, I've also had stints working for a low budget movie producer, a no-budget tv producer, and a middle school, where I was alleged to have taught English.

In my spare time, I indulge in many hobbies, diversions, avocations, and divertissements, such as using a thesaurus. I'm also a movie buff, horrible fiction writer, and occasionally an even more horrible filmmaker. My wife, whom Biofeedback readers may recall as my library girlfriend, enjoys camping and usually takes me along to distract bears. While on these adventures, we sometimes get lost in the woods and wander around for hours at a time. Some people call that hiking, so I guess I'm a hiker.

As a manly man, I also love the sporting events that South has to offer, and am often found at football, basketball, or baseball games. My goal is to one day understand the rules of at least one sport. My other favorite pastime is hassling my children, of which I have two. My daughter is currently a college sophomore in the completely reasonably-priced community of Manhattan. My son is about to be a senior in high school, and he thinks he knows more about movies and music than me, but he totally doesn't. I also have a really old dog, and something is definitely off with him.

All in all, it's great to be at USA.

(Trevor is a Library Technical Assistant II in BL Administration.)

Outreach Activities Throughout The Community

Health literacy outreach activities have been in full swing, providing community users the ability to find and locate accurate information on a variety of health issues. Partnering with the Mobile Public Library, and in conjunction with Stroke Awareness Month in May, a workshop was conducted for community users to learn about the signs and symptoms of a stroke, risk factors associated with a stroke, post-stroke rehabilitation, and instruction in the use of MedlinePlus to locate quality information on this topic. The workshop was held at the West Regional Branch of the Mobile Public Library and featured presentations by the Biomedical Outreach Librarian, Rachel Fenske, and the USA Marx Government Documents Librarian, Paula Webb. The workshop was very well received, and a future workshop has been planned for the Poarch Creek Indian Tribe in Atmore. Future workshops will include participation by the USA Stroke Coordinator. This will enable patrons to enhance their health information literacy education by asking health care professionals specific medical questions as it relates to strokes. The USA Biomedical Library is very excited to extend this partnership in its outreach activities.

Health fairs are another excellent way to reach large numbers of community users in a variety of settings. The USA Outreach Librarian has participated in two such events this spring. The Revelation Missionary Baptist Church hosted their Annual Health Fair for Children and Adults in April at their Family Life Center Building. Parishioners and their families came out to gather information on all types of health issues with a multitude of pamphlets and brochures available to them. Demonstrations were given in the use of MedlinePlus, and parishioners were very interested in learning about the Drugs and Supplement category within this consumer health database. Distribution of brochures describing how to access other drug information from the National Library of Medicine were also highly received. Engaging parishioners in conversations about health literacy, especially with regard to diabetes, strokes and breast cancer, led to increased awareness and a positive impact on their experience.
The Senior Lifestyle Expo, sponsored by the Area Agency on Aging, was also a huge success in promoting quality health information resources to senior citizens of our area. Approximately 1,200 people attended, gathering health fact sheets, brochures, pamphlets, magazines and other materials on issues ranging from Alzheimer’s disease to osteoporosis. Mini-instructional sessions were also provided on databases such as Medline Plus and NIH Senior Health using iPads. The booth, which was staffed by librarians from the Mobile Public Library, USA Marx and the Biomedical Library, won the Most Educational Award by the sponsoring agency. It was a great venue to promote health literacy among this population and provided visibility and awareness of the USA Libraries to our community.
Outreach can come in many forms, and these are just a few of the activities that the Biomedical Library has participated in to promote health education literacy. It is the goal of the Outreach Librarian to expand and formulate new programs to increase health literacy and health information education among our USA patient and student population and community users.

For more information, contact Rachel Fenske.
Physical Fitness


Healthfinder.gov designates May as National Fitness and Sports Month [1]. Now that the weather is warmer and vacations are underway, patrons (and librarians) are gearing up to shed those winter pounds and embrace the great outdoors. The resources listed below provide tips and tools for choosing the right activity, staying safe, and tracking physical fitness. A couple of resources for children round out the list, including a web comic book featuring a superhero who shows how healthy habits are good for the whole community.

The Amazing Captain Fit

The Amazing Captain Fit online comic book was created by Louisiana State University (LSU) Health-Shreveport librarians in partnership with the LSU Health-Shreveport Department of Pediatrics and LSU-Shreveport Department of Media Arts faculty. Funded by a Health Information Literacy Award from the National Network of Libraries of Medicine South Central Region, this web comic book tells the story of a young boy who wants to be like his favorite superhero, Captain Fit. To the boy’s surprise, he finds himself recruited into Captain Fit’s Fit Force, through which he learns the habits necessary to make himself and his community healthy.

American Heart Association: Healthy Living: Physical Activity

Much of the same information listed in the Centers for Disease Control and Prevention resources is also included here but is linked to pages that are more comprehensive. For example, the home page emphasizes tips for families, and basic information is linked below for how one can ease into physical fitness and stay motivated. Some of the information in the physical fitness basics page includes warming up and cooling down, staying hydrated, and exercising within your targeted heart rate. All information is worded so as to motivate and encourage people to just get moving!

Centers for Disease Control and Prevention (CDC): Division of Nutrition, Physical Activity, and Obesity

The CDC organizes its physical activity page into separate categories of information for children, adults, older adults, and pregnant women. Each section outlines how much physical activity per day is recommended and then breaks down the amount of aerobic and muscle strengthening activities recommended. Special considerations are given for meeting these requirements safely; for example, older adults and pregnant women are encouraged to meet their daily physical needs in ten-minute increments. The site also includes physical activity measuring tools, videos, and a glossary of terms.

Healthfinder.gov Physical Activity Page

A site from the US Department of Health and Human Services, Healthfinder.gov outlines tips on physical fitness for any stage of life. Included are links for asking questions of a doctor, keeping fit as one gets older, and helping loved ones stay healthy and active. The page links to consecutive pages, each outlining a separate topic: physical fitness basics, health benefits, health conditions, and more information.

Kidshealth.org: Staying Healthy

Kidshealth.org is a Nemours Foundation website that empowers young people with reliable information that will help them understand how to maintain their physical, mental, and emotional health. The fitness page is a portal linking to information on weight management, sports, and even a yoga video. There are also tips for children who wish to involve their parents in their health goals.
MedlinePlus: Physical Exercise and Fitness

Some of the advantages to the MedlinePlus site are the links to health tools and videos, as well as language options. Visitors to the site can read a quick summary on the benefits of physical activity and check out the latest news items on ways people are getting and staying fit. Links to the latest research and patient handouts are helpful for patients and health care providers who wish to educate their patients on safely getting the appropriate amount of physical activity.

US Department of Agriculture (USDA): SuperTracker

The USDA’s SuperTracker physical fitness tracker tool allows users to create a profile and record their nutritional intake, physical activity, and weight. With the SuperTracker, you can list your fitness goals and create groups to help with accountability. A Food-A-Pedia tracker is a database you can access to look up the caloric intake of certain foods, which you can then log into the Food Tracker. The Fitness Tracker allows you to enter your physical activity, either in a search bar or via a drop-down menu. The trackers open up to a profile page with tools for entering your weekly physical activity target, daily caloric intake goals, and daily food group targets. A weekly total is tallied and illustrated on the right side of the profile page.

Reference

Biomedical Librarians Present at MLA’s Annual Meeting

Biomedical Librarians Jie Li, Andrea Wright, and Trey Lemley all presented posters at the Mosaic Annual Meeting of the 2016 Medical Library Association Annual Meeting in Toronto, Ontario, Canada this past May. Li co-authored a poster entitled “Reflective Practice for Professional Development Through a Collaborative Systematic Review Project” with Misa Mi - Oakland University William Beaumont School of Medicine, Wendy Wu - Shiffman Medical Library, Yingting Zhang - Rutgers University, and Lin Wu, Texas A&M University. This poster used a phenomenographic approach to allow participants to gain an insider’s perspective on participating in a systematic review in order to help other researchers conducting systematic reviews.

Lemley and Wright co-authored a poster entitled “A Program Evaluation to Determine Preferences of Readers of an Online Newsletter of a Health Sciences Library,” which attempted to ascertain the interests and preferences of readers of Biofeedback, to provide better service in the future by including articles on popular topics. In addition, Wright participated in an MLA committee, of which she is a member.

Jie Li is the Assistant Director for Collection Management at the USA Biomedical Library, Andrea Wright is the Information Services Coordinator, Technology Librarian and Web Manager, and Trey Lemley is the Information Services and Scholarly Communications Librarian.
Covidence Systematic Review Software

Covidence is an online platform to create systematic reviews by facilitating the process and making it more manageable. A collaboration between Cochrane and its service partners (Monash University, National ICT Australia, University College London, and the Instituto de Efectividad Clinica y Sanitaria), Covidence is based in Melbourne, Dublin, and Buenos Aires. Its leadership includes systematic reviewers, healthcare researchers, plus software development and service professionals. Anyone can use Covidence, since it is available to the public. While a trial is free, Covidence charges $240 for one systematic review (unlimited number of users) and $445 for teams who contribute to several reviews per year.

Covidence primarily allows users to input (i.e., upload references, titles, abstracts and documents), select/screen (annotate, link, include/exclude items), manage user roles, produce/share reviews, and then store/access reviews. For full particulars, see https://www.covidence.org/.

For more information, contact Trey Lemley.

PROSPERO, a Protocol Registry for Systematic Reviews

PROSPERO is a protocol registry for systematic reviews that have a health-related focus. What is a systematic review protocol? It is many things and serves many purposes:

- a framework that serves as a roadmap for the systematic review.
- a means of specifying the objectives, methods, and outcomes of the systematic review.
- a tool that promotes transparency and reduces bias.
- a process that helps to avoid duplication by alerting other potential researchers of similar research.
- a permanent record and comprehensive list of systematic reviews that help researchers learn of other researchers with similar research interests, for purposes of collaboration.

(See http://nihlibrary.campusguides.com/c.php?g=38332&p=244525.)

With over 10,000 searchable records, PROSPERO is produced by the Centre for Reviews and Dissemination (CRD) at the University of York, with funding provided by the UK's National Institute for Health Research (NIHR). Registration requires basic information and data about the systematic review's design and conduct. No peer-review is involved, nor is any evaluation of quality undertaken; however, examiners ensure that all required data is provided and that the scope of the review is appropriate for PROSPERO. (Curiously, PROSPERO makes no effort to limit registration of duplicate reviews.) A unique registration number is assigned, thus serving as a nexus between the planned and completed review. All registration information is then published in an open access database, which serves as a public record: researchers may track any subsequent uses of their review, while others may use registration information to determine entities/organizations performing systematic reviews on particular topics.

One criticism of the registration process is that it might discourage other researchers from investigating a topic because they feel the topic is already "taken." However, full contact information is given for each review, so other researchers are able to contact reviewers to check on the progress of the review. PROSPERO plays no role in the regulation of the systematic review process.

Along with Prospero, other well-known protocol registries for systematic reviews include the Cochrane Collaboration and the Campbell Collaboration, a sister organization to Cochrane with a social science focus. All of these registries are free and available to the public.

Trey Lemley
REDCap: A Tool for Data Collection

REDCap is a free, secure, web-based application designed to support data capture for research, performance improvement, or really any type of data collection project. Developed by Vanderbilt University in 2004, it is freely available to institutions that join the REDCap consortium, which now consists of over 1900 organizations including USA. Data collection surveys or instruments can be customized for each project, and a library of already developed instruments is also available for use. The web-based interface features built-in tutorials to help users navigate through the system and construct, test, and implement surveys.

Data and survey results can be exported to common analysis packages such as Microsoft Excel, R, SAS, SPSS or Stata. For more information, visit: [http://project-redcap.org/](http://project-redcap.org/).

For more information on how to get access to REDCap, see [http://www.southalabama.edu/libraries/redcap/](http://www.southalabama.edu/libraries/redcap/). If you have any questions you are also welcome to email us at: redcap@southalabama.edu.

References:

The USA Biomedical Library’s and the Children’s & Women’s NICU Continues Partnership

In spring 2015 the Biomedical Library was awarded a grant designated to establish a family resource center in the Children’s & Women’s Hospital NICU. This center would be dedicated to providing health literacy education and internet access to parents with babies in the NICU. Besides teaching classes on how to find safe health information online, equipment was purchased to provide access to the internet. Equipment purchased with the grant includes several iPads, a networked printer and various interactive classroom teaching materials.

A librarian came to the NICU and taught two classes once a week, highlighting effective internet search techniques and finding reliable health information online. These sessions were integrated into classes already being taught by NICU nursing staff. From July 2015 to April 2016, 49 classes, with a total of 184 attendees, were taught. Additionally, a modified set of CME approved classes were also taught to 150 of the NICU nursing staff.

The grant expired at the end of this past April, but because the classes were well received, the NICU education nursing staff has asked the library to continue teaching the health literacy/internet searching class once a week.

This partnership with the NICU C&W has proven extremely beneficial - not only for the attending parents - but also as a way to foster a closer, collaborative relationship between the Biomedical Library and the Children’s & Women’s Hospital.

For more information, contact justincrobertson@southalabama.edu.
Ovid Multimedia

Ovid Multimedia contains videos and images (with discussions and lectures) on visual diagnosis and treatment to help users learn and review various procedures and techniques. Specialties covered in Ovid Multimedia include surgery, neurology, dermatology, cardiology, physical therapy, OB/GYN, emergency medicine, nursing, and many others.

It is possible to search for multimedia on a specific topic. For instance, to find information on skin lesion, go to journal search, type in the search term skin lesion and then check the box for multimedia under the search bar. When the search results are displayed, click on "Multimedia Results" to see only the multimedia results.

For more information, contact Jie Li.
UpToDate Usages

Since the Biomedical Library subscribed to UpToDate in December 2015, it has been used overwhelmingly by residents, students, physicians and other health care providers. The following are some usage statistics.


Total Topic Reviews: 75204
Full Text Finder Added to UpToDate References

UpToDate is an evidence-based clinical decision support resource, accessible via the homepage of the Biomedical Library. It covers over 10,000 topics in 22 medical specialties and includes more than 28,000 graphics, more than 400,000 references, and a drug database.

Every article in UpToDate has many references. All topics are updated as new evidence becomes available and new references are added. For the convenience of accessing the full text, a full text link button has been added to UpToDate references.

You may click on any reference and then click on the button to check for full text. This feature is only available for the desktop version, and not available for the mobile version.

For more information, contact Jie Li.
Primal Pictures on Mobile Devices

Primal Pictures is a database containing 3D graphic renderings of human functional anatomy. The Biomedical Library has subscribed to Primal Pictures since 2009, but due to the huge demand for this resource, the Biomedical Library has recently upgraded to a license allowing unlimited access as well as to a new version that allows mobile access. Users do not need to download a mobile app to use Primal Pictures on their mobile devices. Simply go to the Primal Pictures website from the
Database List on the Biomedical Library website from your mobile device and touch the iPad icon. You may use your finger to rotate the 3D models. Although Primal Pictures only indicates the iPad version is available, a test on an Android device shows it is working, as well. For more information on how to use Primal Pictures on iPad, see http://anatomy.tv/docs/UserGuide-iPad-ATLAS-ATV.pdf.

For more information, contact Jie Li.

Faculty Publications: Spring 2016 (January 2016 to April 2016)


45. Koon-Magnin S, Schulze C. **Providing and Receiving Sexual Assault Disclosures: Findings From a Sexually Diverse Sample of Young Adults.** Journal of Interpersonal Violence. 2016 Apr 1;epub ahead of print.


89. Sofko CA, Currier JM, Drescher KD. Prospective associations between changes in mental health symptoms and health-related quality of life in veterans seeking posttraumatic stress disorder residential treatment. Anxiety Stress Coping. 2016 Mar 10;1–14.


