Info-R_x: Newsletter of the Health Sciences Libraries

June/July 2011

Your prescription for quality health information

From the Editor

With summer here most of us have shifted gears, going from our usual workloads to something different for the summer months. Summer is a great time to catch up on reading articles or to work on projects that we do not have time to tackle during the "busier" fall and winter.

So if you are in need of articles and or literature searches to review during these next few months let the UM Health Sciences Libraries staff help you find those articles or run those literature searches. Use our online literature search form or ask us how to best retrieve the articles you need.

Have a great summer and we hope that you find some time to relax and enjoy yourself.

News

NJM Library is Innovation of the Year Award Recipient
The Manitoba Library Association announced that the Neil John Maclean Library is the recipient of the Library Innovation Award

Top 10 Informatics & Library Need to Knows for Medical Residents
Welcome new Medical Residents. Some tips to get you going on accessing resources.

Canadian Virtual Health Library Goes Live
CVHL is a one-stop virtual clearinghouse of high quality, contextually organized and current health information resources.

Community Health Assessments
Access to local population health information in Manitoba.

Report on the Health Status of Manitobans is now available
A health report for, and about, all Manitobans.

More...

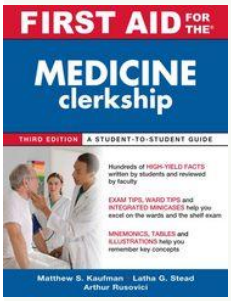
Give Us Feedback

Your feedback is appreciated and helps to shape future issues of *Info-Rx.* If you

New Library Online Resource

Great new online resource for those in Emergency Medicine

New Online Library Resource



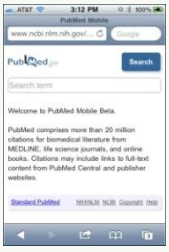
The Library has acquired 23 online exam prep books from McGraw-Hill. The *First Aid Test Prep* series provides students and residents with an outline for success on boards and wards.

What Your Patient Reads

Calcium supplements: what's the risk?

PubMed Update

Gallery of mobile apps now available from the National Library of Medicine. Includes a mobile app for PubMed.



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What is RSS?

would like to tell us what you think, or if you have new ideas, please take a moment to fill out a brief online survey.

Subscribe to Info-Rx

If you are a faculty member, student, or staff member of the University of Manitoba Faculty of Medicine, Dentistry, Pharmacy, Nursing, Libraries, or the School of Medical Rehabilitation, you will likely be automatically receiving an email notification about the latest issue of *Info-Rx* via University of Manitoba listservs. As well, staff of the Winnipeg hospitals should receive notification via their email. WRHA staff who are interested in receiving this newsletter should subscribe.

If you have not received notification about the most current issue of the newsletter, please subscribe with this online form.

About the Health Sciences Libraries

The Health Sciences Libraries support the teaching, research and patient care activities of the staff and students of the Faculties of Dentistry, Medicine, Nursing, Pharmacy, and the Schools of Dental Hygiene and Medical Rehabilitation at teaching sites in Winnipeg and rural Manitoba.

Working with the Winnipeg Regional Health Authority, the University of Manitoba provides full library services to Winnipeg's nine hospitals and all WRHA personnel. The Health Sciences Libraries now include the Neil John Maclean Health Sciences Library (Health Sciences Centre), and the hospital libraries of Concordia, Deer Lodge, Grace, Misericordia, Riverview, Seven Oaks, St. Boniface, and Victoria.

Manitoba's Health Information and Knowledge Network (MHIKNET) is a special outreach service dedicated to the staff of Manitoba Health, participating Regional Health Authorities in Manitoba, and physicians in Manitoba.

The Health Sciences Libraries offer a wide range of services, including document delivery, literature searches, and innovative consulting and training. We provide access to many licensed health databases and web-based resources, as well as an extensive collection of print and online books and journals.

Publication Information

Info-Rx is the electronic newsletter of the University of Manitoba Health Sciences Libraries. Its purpose is to inform our primary audience of services or resources that will help them to access quality health information. *Info-Rx* is published six times a year. Comments, questions, or letters to the editor should be addressed to: info-rx@umanitoba.ca

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NJM Library is Innovation of the Year Award Recipient

The Manitoba Library Association announced that the winner of the 2011 Library Innovation of the Year Award is the Neil John Maclean Health Sciences Library staff for their “forward thinking in creating a place of learning with their recent library renovations and expansion.”

From the nomination letter: “Ada Ducas (Head of the Health Sciences Library, University of Manitoba), Carol Cooke and Tania Gottschalk led the Neil John Maclean Library staff on this project with a vision of creating an optimal place for the exchange of ideas for everyone who walked through the library doors. Their determination and the hard work of all of the library staff ensured that the library renovations, which were completed in March 2011, created a place that is both functional and inspiring.”

The new, innovative space includes a new boardroom with both wired and wireless connections and up to the minute presentation technology as well as plenty of natural light and furniture that can be configured to suit different purposes. There are also twelve new technologically enhanced study rooms; new spaces to showcase the unique collections of the Aboriginal Health Collection and the Faculty of Medicine Archives; a redesigned Information Commons with mobile technology friendly furniture, and a redeveloped private space for the document delivery and circulation staff. Additionally, all librarians have their own offices with plenty of space for meeting clients.

Architects on the new design and renovation were Friesen Tokar (ft3) of Winnipeg. Construction project managers were PCL Contructors Canada Inc.

Funding was, in part, provided by Industry Canada's Knowledge Infrastructure Program.

More information about the Manitoba Library Association and other award recipients at:

http://www.mla.mb.ca

Top 10 Informatics & Library Need to Knows for Medical Residents

See the presentation in Prezi

10. Your UM student ID card is your library card

With your card you can borrow material and access electronic resources such as UptoDate from work or home. Get your student card by visiting the Circulation Desk of the Neil John Maclean Health Sciences Library

To access electronic resources you will need to use the 7 digit number on your Student ID card and your PIN. Your default PIN is your birth date (YYMMDD) and must be changed by going to My Library Account.

http://bison.umanitoba.ca/web2/tramp2.exe/goto/guest?setting_key=uml&screen=myaccount.html

9. Library

12 bookable rooms in the Neil John Maclean Library where you can...write on the walls, hook up your laptop to a bigscreen monitor, work with a group.

Also available computers, scanners & copiers. Two 24/7 e-libraries are located in the HSC at GF218 and PZ463. Call Library for code

Get human help from the Librarians and other library staff.

Phone 789-3464 or email healthlibrary@umanitoba.ca

UM Health Sciences Libraries located at each hospital in Winnipeg. Librarian available at each location to help with your informaton needs!

8. Wireless Access - Brodie Centre & Library wireless hotspots

With a student ID card , you can claim a computer account which will give you access to wireless hotspots on the Bannatyne campus and a UM email address.

To claim your computer account:

http://www.umanitoba.ca/claimid

For more information on wireless access:

http://www.umanitoba.ca/acn/networking/

The SBGH Library is also a Wireless Hotspot!

http://www.umanitoba.ca/libraries/units/health/sbgh/index.php

Get human help with IT issues by visiting the Information Services and Technologies Held Desk - Room 230 Library or calling 789-3541.

7. Take a Break

Find a comfy chair in the Library. Browse newspapers, health magazines, and key professional journals. Reminder - UM Health Sciences Libraries located at each hospital in Winnipeg. Librarian available at each location to help with your informaton needs!

6. Point of Care Tools

Access from anywhere with UM student ID number and Library PIN:

UpToDate
MDConsult | First Consult
Access Medicine
Access Surgery
Access Emergency Medicine
Lexi-Comp

eBooks for all specialties
http://www.umanitoba.ca/libraries/units/health/resources/ebooks/index.html

5. Go Mobile

Health Sciences Libraries mobile app http://wbxapp.com/hslmobile

Go to this link using your browser on your mobile device. The first time you load it, and helpful little menu will pop up at the bottom of the screen showing you how to add the shortcut to your homescreen. We also make changes to this app quite frequently, but they happen in the background and it won't require any updating on your part.

Additional instructions on loading mobile versions of Library products at:

http://www.umanitoba.ca/libraries/units/health/links/handheld.html

and a detailed handout at:

http://myuminfo.umanitoba.ca/index.asp?sec=488&too=100&eve=8&dat=6/16/2011&npa=25550

Residents can get Lexi-Comp accounts for any type of mobile devices . Apply today by visiting the Reference Desk at the Neil John Maclean Health Sciences Library. Lexi-comp downloads to your device so does not require wireless access.

The Library aslo has Digital petting zoo. Email the library if you would like to talk to someone about apps and mobile devices.
Email: healthlibrary@umanitoba.ca

4. Top Databases

Top databases? We've got 'em!

http://www.umanitoba.ca/libraries/units/health/databases/index.html

How to search them? We'll teach you!

http://www.umanitoba.ca/libraries/units/health/reference/housecalls.html

Link to articles?

a.)Bookmark the Proxy

http://umanitoba.ca/libraries/tools/proxy_bookmarklet.html

b.)Get it at UML!

Get It UML

Button appears in all of our databases so that you can link to the full-text of articles or if not available electronically, request a free Interlibrary Loan.

3. Education

Individual | House call - Book one today!

http://www.umanitoba.ca/libraries/units/health/reference/housecalls.html

Academic half day - Contact tania_gottschalk@umanitoba.ca

Consult with embedded Clinial Informatics and Information Literacy MD - judithlittleford@mac.com

2. Services

Request a librarian help with a literature search

https://www.umanitoba.ca/libraries/units/health/secure//literaturesearch.ssl.php

Get a list of articles printed or photocopied

http://www.umanitoba.ca/libraries/units/health/docdel/drop_and_copy.html

Request articles you need electronically with Loansome Doc

http://www.umanitoba.ca/libraries/units/health/docdel/loansomedoc/index.html

1. Health Sciences Library Webpage

http://www.umanitoba.ca/libraries/health

Canadian Virtual Health Library Goes Live

http://www.cvhl.ca

A distinctively Canadian health library that is...

Comprehensive

CVHL is a one-stop virtual clearinghouse of high quality, contextually organized and current health information resources. The building blocks of CVHL are its Network Subscribers.

Collaborative

CVHL is a network of networks leveraging:

- the social and collaborative nature of health libraries in Canada.
- existing synergies nurtured to the mutual benefit of all parties.

Inclusive

CVHL validates the notion of equitable access for all Canadian Healthcare professionals.

Cost-effective

CVHL is based on the infrastructure of existing networks and consortia on which its operations depend through national coordination efforts, generating cost savings and maximizing access for all Canadian health library users.

CVHL works with its partners to coordinate licensing and other library initiatives while maintaining each library or library consortia's brand.

Evolutive

CVHL Network Subscribers will have an opportunity to develop and shape the network through Advisory Panels and committee work.

The initial development of CVHL is funded by a three-year grant from the Canadian Institutes of Health Research (CIHR) allowing the development and implementation of appropriate mechanisms to insure its delivers beneficial accesss solutions for Network Subscribers and health information service users across the country.

Innovative

The CVHL vision is to achieve equitable access to quality, vetted information for all Canadian health professionals through a sustainable business model.

CVHL provides leadership in building Canada's first national health library allowing everyone to:

- save costs over time and stabilize pricing.
- decrease duplicate licensing and leverage collective spending power.
- eliminate redundancies by consolidating disparate initiatives.
- leverage existing initiatives by using available infrastructure.
- create a forum for strong, united voice to raise awareness outside the library community on the importance of health libraries in Canada

- leverage, support, and value core librarian competencies.
- create co-marketing opportunity to increase subscriber base for existing programs while maintaining own identity and branding.
- protect and promote the health of all Canadians through the diffusion of evidence-based practice and by increasing the collective knowledge base of all health professionals in Canada.

Would you like to find out more? Contact us today!

Community Health Assessments

Community Health Assessments (CHAs) are reports created by each Regional Health Authority (RHA) in Manitoba and disseminated by Manitoba Health. The 2009-10 editions of each CHA are available online and in print at the Neil John Maclean Health Sciences Library (along with at the Elizabeth Dafoe Library, the University College of the North in The Pas, and at Manitoba's Legislative Library).

The purpose of the CHAs is to:

- understand and improve the health of the population;
- track changes in population health over time;
- inform health planning and resource utilization.

Each CHA contains quantitative and qualitative data, from community consultation, from Manitoba Centre for Health Policy reports, from Manitoba Health, and from other sources. This data is synthesized, regional comparisons and time trends are discussed, and results are interpreted in the context of each region to provide an over-all picture of the health of the population.

258 population health indicators are included in the CHAs, including some of the following:

- health/social conditions: preterm birth weight, cancer incidence, stroke incidence rates, etc.
- mortality: infant mortality, injury causes of hospitalization, life expectancy, etc.
- health behaviours: body mass index, consumption of fruits and vegetables, breastfeeding practices, cervical cancer screening, etc.
- socio-economic conditions: income inequality, labour force participation rates, housing affordability, etc.
- environmental factors: exposure to second-hand smoke, etc.
- personal resources: life stress or satisfaction, "school readiness" rates, retention rates, etc.
- health system performance, including: accessibility (use of physicians, ambulatory visit rates, etc.); effectiveness (re-admission rate for acute myocardial infarction, etc.); and utilization (physician visit rates by top 10 causes, hip replacement surgery, personal care home utilization, etc.)

CHAs can raise awareness and understanding of a community's health status, and can be used to guide policy, program development, and prioritization of services.

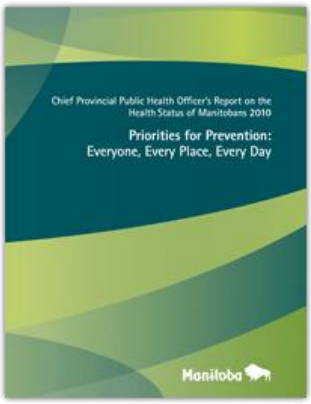
CHAs from each RHA can be found in the University of Manitoba's library catalogue (by searching for "community health assessment"; entries include print and online information.) There is also a CHA report for CancerCare Manitoba. The online versions are also available on the websites for each RHA:

- Assiniboine RHA
- Brandon RHA
- Burntwood RHA
- Central RHA
- Churchill RHA
- Interlake RHA
- Norman RHA
- North Eastman RHA
- Parkland RHA
- South Eastman RHA
- Winnipeg RHA
- Cancer Care

Report on the Health Status of Manitobans is now available

The Report on the Health Status of Manitobans: Priorities for Prevention: Everyone, Every Place, Every Day

is now available from the Office of the Chief Provincial Public Health Officer



From a Manitoba News Release from June 16, 2011:

> A first report from the chief provincial public health officer on the health status of Manitobans, including recommendations to strengthen prevention of diseases and injuries and to reduce health inequalities, was tabled in the legislature today by Health Minister Theresa Oswald.
>
> "I want to thank Dr. Joel Kettner and his team for their good work in assessing our health status and making recommendations on how to improve the health of Manitobans," said Oswald. "This report contains valuable information and helpful recommendations that will serve as a guide for all of government so we can continue to work together to improve our prevention strategies."
>
> Titled *Priorities for Prevention: Everyone, Every Place, Every Day*, the report describes a range of health problems that affect Manitobans and gives advice on priorities for prevention.
>
> The report recommends the government should assess the effects on health and health inequalities when considering major decisions, policies, legislation and other actions. Recommendations focus on co-ordinating and strengthening existing prevention strategies and developing new ones.
>
> An initial implementation team will be created to review the recommendations and advise government on the first steps of their implementation Oswald said, adding this team will consist of representatives from Manitoba Health, including the Office of the Chief Provincial Public Health Officer, Manitoba Healthy Living, Youth and Seniors, and Healthy Child Manitoba. The team will also advise on options for engaging multiple governmental departments, in addition to appropriate individuals and organizations, in the co-ordination of prevention strategies.
>
> "This report reinforces our understanding that health and health care does not only happen in the doctor's office. Health begins in the home and other places where people live, grow, learn, work and play," said Healthy Living, Youth and Seniors Minister Jim Rondeau. "Manitoba was the first province to create a department focused on healthy living and we will use this report to guide our work in the months and years ahead."
>
> Under the Public Health Act, the chief provincial public health officer is required to submit a report on the health status of Manitobans at least every five years.

The full report is available online at www.gov.mb.ca/health/cppho and a print version will be made available at the Neil John Maclean Health Sciences Library.

The report is divided into broad chapters focusing on the general population, pregnancy and the newborn, children, adults and seniors. Each of these chapters is then broken down into sections on priority points, demographic information, health outcomes, risk factors and behaviours influencing health, and determinants of health.

Access Emergency Medicine

A new Emergency Medicine resource funded by the Department of Emergency Medicine is now online.

AccessEmergencyMedicine published by McGraw-Hill allows ER physicians, residents and medical students to quickly browse, search and view a broad range of adult and pediatric emergency medicine topics provided by authoritative textbooks, atlases, manuals and video cases. Also included are illustrative images, animations, CME, drug information and examination review modules.

Specific content includes:

Textbooks:

Tintinalli's Emergency Medicine: A Comprehensive Study Guide, 7e (regulary updated)

Goldfrank's Toxicologic Emergencies, 9e

Pediatric Emergency Medicine, 3e

Emergency Ultrasound, 2e

Emergency Radiology: Case Studies

Neurologic Emergencies, 3e

Emergency Orthopedics: The Extremities, 5e

Atlases:

Atlas of Emergency Medicine, 3e

Atlas of Pediatric Emergency Medicine

Fitzpatrick's Color Atlas and Synopsis of Clinical Dermatology, 6e

Quick Answers: *Emergency Medicine Manual, 6e*

Board Review: *Emergency Medicine: Examination & Board Review*

Procedures: *Emergency Medicine Procedures* updated monthly

Multimedia: A library of multimedia and images and video cases from the Council of Emergency Medicine Residency Directors (CORD).

CME: Video-based AMA PRA Category 1 Credit™ CME modules, provided by ACEP.

Integrated drug database & calculators

What Your Patient Reads: Calcium supplements: what's the risk?

Media sources around the country reported on a new study suggesting risk from calcium supplements may outweigh the benefits. New Zealand researchers reviewed 14 previously conducted trials involving 29,000 participants randomly assigned to calcium supplements, some alone, some with vitamin D and some with placebo. A previous study by the New Zealand group was criticized for not accounting for the addition of vitamin D to calcium supplements. Their initial findings showed an increase in cardiac risk when taking supplements with calcium alone. Results of the new study indicated that adding vitamin D doesn't make a difference to the analysis. According to lead researcher Ian Reid there was the same 25 per cent risk increase of cardiovascular problems compared to placebo. Dr. Reid speculated that the sudden rise of calcium found in blood levels after taking supplements could contribute to hardening of the arteries or lead to changes in blood vessel that promote cardiovascular disease. When calcium is consumed as part of something you eat there is a slow steady rise of calcium levels in the blood. The accompanying editorial in the journal cautioned that there was not enough data to prove beyond doubt that calcium supplements are directly responsible for cardiac problems. However, Dr. Reid believes the medical community needs to re-evaluate the routine use of calcium supplements for osteoporosis prevention. Quoting "It is not responsible to just ignore it and hope it will go away because I think that is not going to happen. All the evidence is pointing in the same direction." Ruth McPherson from the University of Ottawa Heart Institute points to previous studies showing only a 10 per cent reduction of bone fractures with calcium supplements. If the tablets really do increase the odds of cardiovascular problems by 25 percent then the "risk of calcium supplements clearly outweigh the benefits" states McPherson.

Study a red flag for older women taking calcium. Winnipeg Free Press. April 25, 2011

Taylor, Paul. Calcium tabets' risk could outweigh benefits. Globe and Mial. April 21, 2011

Referenced Work

Bolland MJ, Grey A, Avenell A, Gamble GD, Reid IR. Calcium supplements with or without vitamin D and risk of cardiovascular events: reanalysis of the Women's Health Initiative limited access dataset and meta-analysis. BMJ. 2011 Apr 19;342:d2040. doi:10.1136/bmj.d2040. PubMed PMID: 21505219; PubMed Central PMCID: PMC3079822.

Get It UML

Bolland's Key Points

- This study looked at the effects of personal calcium supplements on cardiovascular risk in the Women's Health Initiative Calcium/Vitamin D Supplementation Study (WHI CaD Study) and updated a meta-analysis of calcium supplements and cardiovascular risk.
- The WHI CaD Study was a seven year, randomized placebo controlled trial of calcium and Vitamin D in 36, 282 postmenopausal women.
- The WHI CaD study reported no adverse effect of calcium and Vitamin D on any cardiovascular end point but 54% of women followed were taking personal calcium supplements at randomization which obscured results.
- Bolland's re-analysis was limited to women not taking personal calcium supplements at randomization.
- The re-analysis showed women given calcium and vitamin D who were not taking personal calcium supplements were at increased risk of cardiovascular events.
- Bolland incorporated this data in a meta-analysis involving 29,000 people.
- Meta-analysis showed that calcium supplements used with or without vitamin D modestly increased cardiovascular risk, particularly myocardial infarction.
- Authors suggest a reassessment of the use of calcium supplements in the management of osteoporosis.

Additional References from the Medical Literature

Bolland MJ, [et al.]. (2010). Effect of calcium supplements on risk of myocardial infarction and cardiovascular events: meta-analysis. BMJ, 341:c3691. PMCID: PMC2912459

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Manson JE, [et al.]. (2010). Calcium/vitamin D supplementation and coronary artery calcification in the Women's Health Initiative. Menopause, 17(4):683-91.PMCID: PMC2940244

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Rajpathak SN, [et al.]. (2010). Effect of 5 y of calcium plus vitamin D supplementation on change in circulating lipids: results from the Women's Health Initiative. Am J Clin Nutr, 91(4):894-9. Epub 2010 Feb 24.PMCID: PMC2844677

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Reid IR, Bolland MJ, Grey A. (2010). Does calcium supplementation increase cardiovascular risk? Clin Endocrinol (Oxf), 73(6):689-95.

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Shah SM, Carey IM, Harris T, DeWilde S, Cook DG. (2010). Calcium supplementat19 1ion, cardiovascular disease and mortality in older women. Pharmacoepidemiol Drug Saf, 19(1):59-64.

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Wang L, Manson JE, Song Y, Sesso HD. (2010). Systematic review: Vitamin D and calcium supplementation in prevention of cardiovascular events. Ann Intern Med, 152(5):315-23.

Get It UML

Chung M, [et al.]. (2009). Vitamin D and calcium: a systematic review of health outcomes. Evid Rep Technol Assess, Aug(183):1-420.

Get It UML

Sabbagh Z, Vatanparast H. (2009). Is calcium supplementation a risk factor for cardiovascular diseases in older women? Nutr Rev, 67(2):105-8.

Get It UML

Bolland MJ, [et al.]. (2008). Vascular events in healthy older women receiving calcium supplementation: randomised controlled trial. BMJ, 336(7638):262-6. PMCID: PMC2222999

Get It UML

Hsia J, [et al.]. (2007). Calcium/vitamin D supplementation and cardiovascular events. Circulation,115(7):846-54.

Get It UML

Links For Your Patients

- **About Osteoporosis; how the Foods You Eat Affect Your Bones**
- **Calcium and vitamin D: Important at Every Age**
- **Calcium Supplements: What to Look For**
- **Osteoporosis Canada**
- **What is your Risk for Osteoporosis?**

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