

Need to Know

Utilizing Information in Practice

Alert Notice!

If you are interested in a new or refresher course on finding and using websites and/or using professional databases, e.g. PubMed, be sure to contact us to set these up. We only have one year left on this grant to provide workshops to you. Contact Michelle Custer at custerm@missouri.edu if you are interested in setting something up in the next 12 months.

More Details

Is this the TRUTH?

First, a popular woman's periodical, reports in the October, 2007 issue that Skinny Water, a fruit flavored product that contains CitriMax and ChromeMate, suppresses appetite and helps burn calories, according to a study at Georgetown University. In fact, women who drank 48 ounces daily lost three times more weight than those who dieted without this drink.

Is this the TRUTH?

Let's look at the study and focus on the findings.

Skinny water was not the product tested. The researchers (1) administered hydroxycitric acid (HCA), a derivative of the tropical fruit *Garcinia cambogia*, found in India. Their subjects were 60 moderately obese people in India. Half were administered the substance and half were the control group. All were on a 2000 calorie/day diet. Those in the experimental group had a decrease in body weight of 5-6% at the end of eight weeks. Those in the control group had a marginal change. However, neither group had weight changes that were *statistically significant*.

Another study (2) examined two groups, one mildly overweight and another obese. The first group received 750 mg of HCA per day. The second group received 1500 mg of HCA per day. The first group reported a weight loss. The second group reported no change.

Yet another study (3) examined 135 subjects who received high-fiber, low energy diets for 12 weeks. The experimental group received 1500mg of HCA per day. Both groups lost weight, but there were no *statistically significant differences* in weight loss between the two groups.

So what does *statistical significance* mean, and why is it important? Statistical significance is defined as the extent to which the results are probably not due to chance. This is determined by the type of statistical tests used in the study, and their analysis. While nothing can ever be PROVEN by research, a finding which is statistically significant adds more "meat" to the results.

In summary, it appears that the use of HCA to cause *statically significant* weight loss is still to be determined. But the amount of HCA in Skinny Water is not available under product information. And since herbs are not regulated by the FDA, this information does not need to be made available to the public.

References:

1. Preuss, H. et. al. (2004). Effects of a natural extract of hydroxycitric acid (HCA-SX) and a combination of HCA-SX plus niacin-bound chromium and *Gymnema sylvestre* extract on weight loss. *Diabetes, Obesity & Metabolism*, 6(3), 171-180.
2. Saper, R. et.al. (2004). Common dietary supplements for weight loss. *American Family Physician*, 70(9), 1731
3. Heymsfield, S. et. al. (1998). *Garcinia cambogia* (hydroxycitric acid) as a potential antiobesity agent. *JAMA*, 280, 1596-1600.



Utilizing Information In Practice
Internet Training for Missouri's
Healthcare Professionals
A National Library of Medicine Grant
(<https://www.phn.missouri.edu/>)

A program of the University of Missouri Sinclair School of Nursing in partnership with the MU Health Sciences Library and the Missouri Department of Health and Senior Services. Funded by the National Library of Medicine

Historical Spotlight



Lillian Wald, 1867-1940

- Attended New York Hospital School of Nursing
- Founded Henry Street Settlement to improve the health of immigrant women
- Founded the National Organization for Public Health Nursing and Columbia University School of Nursing
- Tireless advocate for rights of women and children
- Considered the Founder of Public Health Nursing

Retrieved from www.henrystreet.org

Need to Know Utilizing Information in Practice

More Details

TEACH IT

Before you can be a successful teacher, you must know your own learning style. Knowing how you learn will help you understand why you are a more effective teacher to some of your colleagues than to others. It will also make you aware of the need to have a variety of learning styles among team members, particularly when you are working on a project.

Go to this link for a brief quiz about your learning style:

<https://www.phn.missouri.edu/LearningStyles.pdf>

This is from the Minnesota Secretary of State's Office, June, 2006.

More Details

Searching Tips

Finding The Money – Grant Funding Sources

While typing in “Grant Funding Sources” into Google is a good place to start, it can also leave one scratching their head over all the options presented. To avoid the overload, here are a few tips.

First, define why you want funding. Is your project for education, patient care, or research? Is the focus on rural or urban populations, general public or professionals. How much will you need? Determining the answers to these and other questions will help you narrow down where you'll look for money. You'll want your need to match with the donors goals.

Second, think of and list the various organizations or groups that would be interested in your project. For example, professional organizations may offer funding for education or research. Governments (local, state & national) support a wide range of funding projects from education to research to business start-up.

Third, use the terms and names you listed above in the first two steps to narrow your search in Google.

We also thought we'd cut to the chase and list below some funding sources that you might find useful.

Federal Grants <http://www.grants.gov/> ;

search 26 federal grant making agencies at once

http://www07.grants.gov/applicants/find_grant_opportunities.jsp

Federal Student Aid FAFSA <http://www.fafsa.ed.gov/>

If you're thinking of getting another degree or know someone who is.

Health Resources & Services Administration (U.S. Department of Health & Human Services) <http://www.hrsa.gov/grants/default.htm>

Grants for both education & training of nurses as well as clinical programs.

Nursing World's grant information page

<http://nursingworld.org/EspeciallyForYou/Links/GrantInformation.aspx>

Grant Resources

Many of you have requested assistance with grant writing. While we cannot provide extensive instruction in this project, we can direct you to some resources.

- 1) Take a grant writing course. They are often available through adult education, University extension, or professional organizations. Do a search for *Grantwriting Workshops in Missouri*. You will find several.
- 2) Two books I have used are Karsch, E. & Fox, A. (2006). *The only grantwriting book you'll ever need*. New York: Carroll and Graf Publishers.
Knowles, C. (2002). *The first time grantwriter's guide to success*. Thousand Oaks, CA: Corwin Press.
- 3) Find a mentor. Know someone who has been successful? Try to work with that person.

Helpful Web Tip

2 clicks and you're out! When searching the Internet, remember that clicking on one link from the original page is usually reliable. Clicking an additional link away from the original page takes you out of your original search plan.

Announcement!

If you have not completed the NLM surveys, please help us out and give us your feedback. Visit our website at <https://www.phn.missouri.edu/survey.aspx> and click on the workshop you attended: Consumer Websites workshop or Professional Databases workshop. If you attended both workshops, please complete both surveys.

Also, if you were in the HRSA grant program during 2002 – 2004 and you were a mentor or a student, please help us with those surveys as well. Visit our website at <https://www.phn.missouri.edu/survey.aspx> and click on the HRSA mentor or HRSA student survey link. Again, if you were both a mentor and student, please complete both surveys.

This information is very valuable to us. It helps us report back to our funders and helps us lay the groundwork for additional grants.