

Need to Know

Utilizing Information in Practice

Searching Tips – ‘Back to School’

Keeping up with it all can seem impossible some days. The skills and techniques of finding information can easily slip away especially when we don't use programs that often. In the spirit of going back to school here are some resources that will help you regain the skills you need to find the information for your job.

PubMed tutorials – if you're looking for journal articles, brush up your searching skills.

<http://www.nlm.nih.gov/bsd/disted/pubmed.html>

Grant tutorials – if you're thinking of applying for a grant, the following sites offer overviews on the grant process and tips and instructions on applying.

National Institutes of Health (NIH) Grant Tutorials
<http://www.nlm.nih.gov/ep/Tutorial.html>

Foundation Center: Proposal Writing Sort Course
<http://foundationcenter.org/getstarted/tutorials/shortcourse/index.html>

Evidence Based Practice – if you would like to learn more about evidence based practice and how to apply it check out Penn State's tutorial.

Penn State – evidence based practice tutorial for nurses
<http://www.libraries.psu.edu/instruction/ebpt-07/index.htm>

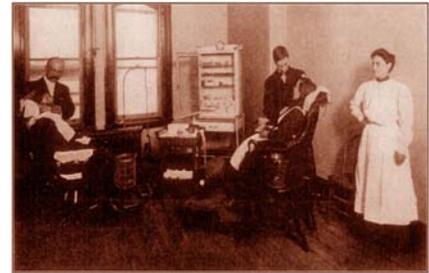
Health for kids – If you work with children and need ideas for games, displays and talks check out the following.

Kidshealth
<http://kidshealth.org/index.html>



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

Historical Spotlight



Lina Rogers

Lina Rogers was appointed as the first school nurse by Lillian Walk of the Henry Street Settlement. The New York City School District requested help because many hundreds of children were being excluded from school daily for minor, treatable conditions. The demonstration project lasted for a month, and was very successful. In September, 1902, there were 10,000 children sent home from school. During September, 1903, the first month of Lina Rogers' service, only 1101 children were sent home.

Shortly after, the New York Board of Health appointed more school nurses.

(from *American Nursing: A History* by Kalisch and Kalisch).

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TEACH IT

Many of us use Power Point for presentations. How can you improve your utilization of this tool?

First of all, remember that your goal is to communicate with the audience. You don't need to have fancy designs and colors to do this. Your audience will remember your information no matter what the design if your information is presented in an organized manner.

Start by preparing your outline and presentation. Then develop your slides.

Use the 6x6 rule---only 6 lines of text and only 6 words per line. You don't want your audience to read the slides while ignoring you. The slides should supplement what you are saying. Perhaps you are presenting a program about hand washing. While you are talking about the importance of hand washing, you might present 4 reasons. Don't put them all on the screen. Just highlight one or two of the most important ones. The slides should be a cue for you during your presentation, not provide all the information you want to present to your audience.

Use fonts such as Arial or Helvetica. Don't use italics and nothing smaller than 24 point. Use all capital letters for titles only.

Provide the slides as notes pages so your audience can make notes while you speak. It will keep them engaged if they have to write some information. And if you use color on your slides, change to white background with dark letters for the printed copies. If you have a color printer, select the black and white option to save ink. The notes pages you distribute do not need to be in color.

Check your spelling and grammar.

Finally, know the environment where your presentation will be made. This directly affects the color choice of your slide background. Many people have difficulty reading light text on a dark background.

Website

One Stop Website Shopping for the Busy Nurse

Finding quality health information is the third most common use of the internet. Whether the information is needed for personal or professional reasons, we all have the need to find good information quickly during the course of our busy days. One of the best websites to remember when you are looking for health information is the Medical Library Association's Consumer Health page (<http://www.mlanet.org/resources/userguide.html>).

This website, created from the collective wisdom of medical librarians, contains three sections. The first section, titled "Getting Started", provides tips on ways to search for health information quickly and with minimum frustration. The second section presents a set of guidelines for evaluating the content of health-related websites. The final section provides additional information on discerning quality health websites and medical terminology.

These features are great instruction and background information for the busy health practitioner. They are followed by the best part of this site, which is a list of the "Top Ten" Most Useful Consumer Health websites. These sites include some general sites such as MedlinePlus and Mayo Clinic as well as some more specialized sites like Cancer.gov and the Centers for Disease Control and Prevention. Also included on this site are more specialized lists: MLA Recommended Cancer Websites, MLA Recommended Diabetes Websites and MLA Recommended Heart Disease Websites.

When you are stumped for quality health information, or in a hurry, a quick visit to the MLA Consumer Health Website should give you links to the information you need to continue on with your busy day.

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 will offer classes through November, 2008. Contact Michelle Custer at custerm@missouri.edu if you are interested in setting something up in the next six months.

Announcement!

If you have not completed the NLM surveys, please 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.

Please evaluate our Need to Know newsletter by visiting our website at <https://www.phn.missouri.edu/newsletter.aspx> and clicking on Evaluate Newsletter.

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