President's Message

Dear Members,

The absolutely best part of being president this past year has been getting to know MEDLI members better and realizing how many wonderful (and fun) librarians there are in MEDLI. It was a busy year as we held four events; a fall meeting, a virtual journal club, a spring dinner, and a spring meeting.

Our virtual journal club was held during lunch time on January 22nd with technical assistance from Christina Rivera of LILRC. Thanks to Mahnaz Tehran for assisting in the selection of the article, “Evidence-based medicine at the intersection of research interests between academic health sciences librarians and medical educators: a review of the literature” by Josephine L. Dorsch et al. One of the lessons learned from this article is that evidence-based medicine instruction contributes to clinical decision making, and a strong case be made for the importance of health sciences librarians’ inclusion on clinical teams.

Officer elections were held electronically in March with a large membership turnout. Curtis Carson (Secretary) and Gerri Flanzaich (Treasurer) agreed to continue their terms for next year. Melissa Spangenberg was elected Vice President/President Elect.

Following the success of last year’s 50th anniversary dinner, a spring dinner was held on Tuesday, April 30th at The Rosewood Inn in Melville. Everyone who attended had a great time and it was a rare chance to socialize in a relaxed setting with good food, good company, and good conversation.

The spring meeting was held at the Health Sciences Center at Stony Brook University on Tuesday, June 4th. The half-day meeting was well attended and it was wonderful to see so many members present. Our invited speaker was Dr. Catherine R. Messina PhD, a faculty member in the Stony Brook University School of Medicine Department of Preventive Medicine. Her hour-long talk was titled “The Good, the Not So Good, and the Ugly: Making Sense of the Medical Literature.” Dr. Messina's research focuses on psychosocial influences on health and health behaviors. This very interesting talk addressed the importance of framing the question to address a specific topic, the variety of research studies that can be conducted, and levels of evidence in medical literature. She also spoke briefly about the difference between statistical significance and clinical significance in decision-making.

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President’s Message

As has rapidly become a tradition in MEDLI, we held a journal club for a relevant recent article. “The value of library and information services in patient care: results of a multisite study” by Joanne G. Marshall et al was selected. This seminal Journal of the Medical Library Association article is the long-awaited sequel to “the Rochester study” that related librarian provided information services to patient care outcomes. Dr. Mary Westermann led a lively discussion with thought-provoking questions that were distributed before the meeting so attendees could think about these issues prior to journal club.

It was a perfect spring day so an extensive walking tour of west campus was held after the meeting. There have been many new buildings erected during the past few years at Stony Brook University and the grounds never look better than in the spring.

At the conclusion of the spring meeting, Theresa Rienzo from Molloy College took over responsibilities as President for next year. MEDLI will be in capable hands with Theresa because she will receive the same level of enthusiastic and collegial support as I did this year. Enjoy the summer and then let’s look forward to another active year.

Colleen Kenefick
MEDLI President 2012-2013

MEDLI Membership Renewals

July 2013-June 2014

It’s that time of the year!
Please be sure to renew your membership today.

Visit the MEDLI website @ www.medli.net
April 30, 2013—MEDLI members gathered at the Rosewood Inn in Melville for the MEDLI Spring Dinner, our newest networking and social event. Pictured above (from left to right) are MEDLI members Gerri Flanzraich, Colleen Kenefick, Barbara Elish, Theresa Rienzo, Mahnaz Tehrani, and MaryLou Glazer.

June 4, 2013—The MEDLI spring meeting took place at the Health Sciences Center at Stony Brook University. Our guest speaker was Dr. Catherine R. Messina, PhD (pictured above to the left with Colleen Kenefick), who presented “The Good, the Not So Good, and the Ugly: Making Sense of the Medical Literature.” Following the presentation by Dr. Messina, MEDLI members participated in a journal club meeting followed by the MEDLI business meeting. During the business meeting, Theresa Rienzo (pictured above to the right) presented Colleen Kenefick with a bouquet in thanks for her service as MEDLI President.

For additional photos from MEDLI events, please visit the MEDLI Flickr Photostream online at: [http://www.medli.net/photos/index.html](http://www.medli.net/photos/index.html).
But I’m Just a Medical Librarian!:
Using our talents to contribute to the mHealth Ecosystem

Information specialists can contribute more than they think to the mHealth and telemedicine arena. We have the skills necessary to understand various app interfaces, train users on mobile resources, and evaluate tools for authority and reputation. Medical information professionals need to gain more exposure as forerunners, and major players, in the dynamic and virtual world of mobile health technologies.

Presenter: Antonio DeRosa

Guest Speaker:
Antonio DeRosa is the Assistant Reference Librarian at New York’s Memorial Sloan-Kettering Cancer Center Library. A contributor to iMedicalApps, LLC, he is also an evidence summary writer for the journal Evidence Based Library & Information Practice. He has presented at Medical Library Association meetings in both Boston (2013) and Seattle (2012) and for the Brooklyn, Queens, Staten Island, Manhattan and the Bronx Health Sciences Librarians (BQSIMB) on the topic of mobile technology. He was recently a BioMedical Informatics MBL/ NLM Course Fellow at the Marine Biological Laboratory, Woods Hole, MA.
Websites Worth-A-Look
New Federal Website: MentalHealth.gov

U.S. Department of Health and Human Services Secretary Kathleen Sebelius has announced the launch of MentalHealth.gov as an online resource for people looking for information about mental health. This website provides information about the signs of mental illness, how individuals can seek help, and how communities can host conversations about mental health. The website also features videos from a number of individuals sharing their stories about mental illness, recovery, and hope.

SAMHSA will release a Toolkit for Community Conversations About Mental Health to support communities interested in holding discussions about mental health using consistent information and approaches. The Toolkit has three parts: an “Information Brief,” a “Discussion Guide” and an “Organizing Guide.” These components will help communities and individuals start a conversation about mental health and help identify innovative and creative actions to meet the mental health needs of our nation.

Through MentalHealth.gov and SAMHSA’s Toolkit for Community Conversations About Mental Health, we can all work together to provide youth and adults accurate information about the prevention and treatment of mental health conditions, coupled with open spaces to tell their stories, ask for help, share their successes, and support one another. These conversations will also give us a venue to highlight the importance of recovery, support those in recovery, and offer opportunities for everyone to see that recovery is possible.

The entire SAMHSA Toolkit for Community Conversations About Mental Health is available on the SAMHSA website at http://www.samhsa.gov/communityconversations/.
MEDLI Members on the Move
2013 Long Island Library Conference, Retirements, and More!

- MEDLI congratulates and wishes the best of luck to our retiring members:

  - **MaryAnn Emsig**, Good Samaritan Hospital Medical Library. MaryAnn provided 22 years of dedicated service as Medical Librarian at Good Samaritan Hospital Medical Library and also worked for 6 years part-time at Huntington Hospital. Her success among the faculty and staff can be attributed to her librarian’s creed: *how can you use me*, rather than the traditional, *how can I help you*.

  - **Susan Werner**, Stony Brook University, Health Sciences Center Library. Susan provided many years of service as the Informatics Librarian at the HSC Library, in addition to her active role in the profession. She has served on the ACRL/NY Executive Board, presented numerous posters at MLA conferences, and most recently completed a Master of Arts in Liberal Studies degree.

- For the fifth year in a row, MEDLI was represented at the Long Island Library Conference at the Melville Marriott on May 5, 2013. **Gerri Flanzraich** (left) and **Jeanne Strausman** (right) represented MEDLI and provided information about MEDLI to fellow Long Island librarians and raffled off a basket in the Associations area.

- **Susan Werner** and **Colleen Kenefick** have recently published an article in the Journal of Hospital Librarianship. The article, "Pay it forward: Ensuring the future with internships," will appear in the 13(2) 2013 issue. This article addresses internships as a partial solution to the large number of librarians rapidly approaching retirement age. As of 2005, over 40% of librarians were between the ages of 50 and 59. One way to assist the profession is for hospital librarians to invest their time, energy, and knowledge in sharing our critical expertise. Formal or informal internships and practicums still provide a valuable service in recruiting new librarians and perpetuating the skills and values of the profession.

- **Colleen Kenefick** and **Susan Werner** finished the Master of Arts in Liberal Studies degree, with a concentration in educational computing, at Stony Brook University in May 2013.
On Sound Footing
The Health of Your Feet

Your feet are pretty small, considering they have to support the entire height and weight of your body. But they can cause big problems. So pay some attention to your feet.

“Feet don’t get any respect,” says Dr. Marian T. Hannan, who studies foot disorders at the Institute for Aging Research at Hebrew SeniorLife. “They’re sort of the Rodney Dangerfield of the human body.”

Each step you take involves a remarkably intricate network of bones, muscles, tendons and ligaments. That complexity—combined with all the weight they carry—accounts for why feet can be so prone to problems, including bone fractures, arthritis and plantar fasciitis, a swelling of the thick band of tissue that runs along the bottom of the foot. If left untreated, foot problems may worsen. Eventually, the pain could interfere with your ability to do even the most basic things like walking up stairs or down the street. If pain alters the way you walk, it can lead to pain in your knees, hips and back as well. These problems can multiply, limiting your activity and affecting your quality of life.

Several things can contribute to foot pain or numbness. Sports and physical activity can cause your feet to hurt or become numb. Going too far, too fast or not warming up properly before exercise can set you up for painful or numbing injuries.

Excess weight puts extra stress on your feet. Poorly fitting shoes and other footwear are common causes of foot problems as well.

Health problems can also affect the feet. Lack of feeling in your feet could be a sign of a serious illness, such as diabetes or a nerve disorder. See your health care provider if you have unusual numbness in your feet or foot pain that is severe, comes on suddenly, or doesn’t improve with simple measures such as rest or over-the-counter pain medications.

“The good news is that most foot disorders are either treatable or modifiable,” Hannan says. “The first thing that you can do is notice and keep track of it to see if there’s a pattern to it.” Once you figure out when you feel pain or numbness, she explains, talk to an expert who can help.

How you walk and move affects your feet. Part of that is inherited. “Not only do our feet look like our parents’ but we also walk like our parents,” Hannan says. But you can modify your gait—either with training or by changing shoes or using shoe inserts or pads.

You can help keep your feet healthy by wearing comfortable, well-fitting shoes. Wash your feet regularly (especially between your toes), wear clean socks and try to rotate your shoes to give them time to air out.

“The more you exercise your feet, the better the blood flow is to the feet, and that’s important for general foot health,” Hannan says.

Walking is a great way to exercise your feet. You can also try specific foot exercises. Sit down and rotate your ankles in one direction, then the other. In bare feet, sit in a chair and curl your toes, then spread them out. This helps stretch and strengthen your feet to help you balance.

Seeing what someone’s foot looks like is incredibly informative, Hannan says. “I think we’re going to be seeing a lot more health care providers paying attention to the feet,” she predicts.

Source: NIH News in Health, May 2013
In the News...

**What Lies Ahead for 3-D Printing?**

*May Edition—Smithsonian Magazine*

"Anthony Atala, who leads the Institute for Regenerative Medicine, predicts that it's only a matter of years before hospitals have machines that can print skin—from subcutaneous fat up through keratinocytes to hair follicles, oil glands and melanocytes—directly onto a patient's body. "Skin is the least complex organ," Atala says. "Then we'll see tubular structures, then hollow and then non-hollow organs." Read full article online at: [bit.ly/12peY36](http://bit.ly/12peY36).

**Mobile Health Apps**

**FDA Launches Inquiry on iPhone App uChek**

The FDA has issued a first-of-its-kind letter to Biosense, creators of the iPhone app uChek, which allows users to check levels of blood, protein, and other substances in their urine using the iPhone’s camera. The Food and Drug Administration (FDA) has said it wants stricter rules for apps that directly diagnose or treat conditions, proposing in 2011 to apply similar quality standards as those set for medical devices. Read full article online at: [http://bloom.bg/10Pls7L](http://bloom.bg/10Pls7L).

**Are You Ready for October 1st?**

**Affordable Care Act Update**

Did you know that open enrollment for the new Health Insurance Marketplace begins on October 1st. In WebJunction’s recent webinar, a panel of speakers provided information for library staff on how to respond to increased patron information needs related to the Affordable Care Act and the launch of the Health Insurance Marketplace. The session is archived online at: [http://www.webjunction.org/events/webjunction/Libraries_and_Health_Insurance_Preparing_for_October_1.html](http://www.webjunction.org/events/webjunction/Libraries_and_Health_Insurance_Preparing_for_October_1.html).

For additional information, please refer to:

- Webjunction’s eHealth Topic portal: [www.webjunction.org/explore-topics/ehealth.html](http://www.webjunction.org/explore-topics/ehealth.html)

**Congratulations to the Newly Elected MEDLI Officers for 2013/2014**

**Theresa Rienzo**  
President Elect, trienzo@molloy.edu

**Melissa Spangenberg**  
Vice President, mspangenberg@winthrop.org

**Curtis Carson**  
Secretary, ccarson@ehs.org

**Gerri Flanzraich**  
Treasurer, gflanzra@nyit.edu
MEDLI Officers
2013-2014

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Vice President/President-Elect
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