THE
ROUND-UP

Newsletter of the Network of the National Library of Medicine, Region 3

IN THIS ISSUE

A Note from the Executive Director

Whenever I write one of these notes, I feel as though it's always during a time of transition for our program: a shift in seasons from spring to summer, the end of a performance year, or the start of a new set of grants, to name just a few. As I think about the nature of being part of a grant-funded outreach program, the fact is that there is almost no true rest period during the year.

Things often move at an intense pace. For that reason, I'm taking a different approach with this newsletter note and the beginning of Year 3. We still want to hear your ideas and how we can do things better, but you also may have noticed that we decided not to do a Health Bytes session this month, so I'm going to lay off the normal messaging.

Instead of just highlighting programs and stats, I want to turn your attention toward an article in this issue posted about the importance of hydration (p.3). It discusses not only the immediate effects of dehydration, but it highlights the possible long-term issues associated with not drinking enough water, such as dementia and chronic lung disease.

While the hydration industry perhaps overestimates the amount of chronic dehydration at 75% of Americans, a [study using the National Health and Nutrition Examination Survey (NHANES) 2009-2012](#) (PubMed Central external link) found that 32.6% of a nationally representative sample of adults aged 18-64 were still not adequately hydrated.

Along with lack of sleep or poor oral health, these problems all have long-term consequences for our health. While I am so glad that the article considers coffee as an acceptable source of water, I know that I don't always get what I need, especially when I'm in the throes of projects or administrative paperwork. It makes me think about how productivity at the expense of our own health and wellness is a societal norm.

NNLM Region 3 is fortunate to be hosted in an environment that supports a positive workplace culture, which unfortunately is not always the case at every institution (and we're not perfect either). But while culture may be one of the largest determining factor in being able to take personal measures toward individual wellness, I think it's incumbent on all of us to champion strategies for ourselves, our colleagues, and our direct reports. A great place for any institution or team to start is with meaningful webinars like [Wellness in the Library Workplace](#) (YouTube external link).

In the meantime, my only request and hope is that you are able to find regular moments of respite in your busy days. And if you have a moment, let us know how you like to decompress or the strategies you utilize. You can find all of our contact information on our [landing page](#). Stay well out there,

Brian Leaf
Executive Director
NNLM Region 3

NNLM REGION 3 ANNOUNCEMENTS DIGEST

Hydrating for Health
Why Drinking Water Is So Important

Are you drinking enough water? Learn the signs of dehydration and the benefits of staying well hydrated.

NIH Preprint Pilot Accelerates and Expands Discovery of Research Results

The NIH Preprint Pilot has accelerated and expanded broad discovery of NIH-funded research results relating to the SARS-CoV-2 virus and COVID-19.

Subscribe to the HEALTH BYTES Podcast
Now Available

The Health Bytes content you've known and trusted for years is now available in a new, additional audio format! Podcasts are eligible for 1 MLA CE. Find us on Spotify, Apple Podcasts, or wherever you stream audio.

Job Postings

Opportunities in Region 3

Liaison Librarian
TMC Library
Houston, TX

School of Nursing Liaison Librarian-Senior
UT Health San Antonio
San Antonio, TX

Librarian (Biological and Medical Sciences)
Department of Veteran Affairs, VHA
North Texas Veterans Health Care System
Dallas, TX

Head of Research and Learning
University of Kansas Medical Center
Kansas City Metro

Jobs Around the Network

Technology and Communications Strategist
NNLM, Region 2
Medical University of South Carolina
Charleston, South Carolina

Hiring? Have a big announcement?
Submit your news to be featured in our Newsletter or Announcements Digest!

Training Opportunities

Using Technology to Combat Fake News:
The Impact of Misinformation on Chronic Condition Self-Management Behaviors
May 24, 2023, Noon CDT

In this presentation, the speakers will offer insight into making appropriate health information more accessible to patients, and therefore lessening the likelihood of misinformation related to the self-management of diabetes. The speakers will describe the implementation of interventions design to reinforce self-care practices and daily decision making among patients managing a chronic disease.

From Problem to Prevention: Evidence-Based Public Health
May 25, 2023, Noon CDT

Curious about evidence-based public health (EBPH) but not sure where to start? This class will explain the basics of evidence-based public health (EBPH) and highlight essentials of the EBPH process such as identifying the problem, forming a question, searching the literature, and evaluating the intervention. The purpose of this class is to provide an introduction to the world of evidence based public health and to give those already familiar with EBPH useful information that can be applied in their practices.

Create Effective Data Visualizations
June 7, 2023, Noon CDT

Data visualization is a key part of communicating information. Learn about common types of visualizations and how to use them to meet the information needs of your audience. This class will give examples of different chart types and will discuss common pitfalls when creating visualizations. Lastly, instructors will use example datasets to demonstrate creating visualizations in Tableau Public.

HEALTH**BYTES**
with REGION 3

Conducting a Systematic Review: An Overview of the Process
June 14, 2023, 10am CDT

NNLM Region 3 has been on the move!

Some of our staff has gotten to make some exciting trips over the last few months. Thank you to everyone who makes this possible. We love to be out in the field meeting with all of you!

Dan and Brian headed to Washington, D.C. for the Friends of the NLM Awards Reception & Gala on April 4, 2023. Along with a beautiful meal with colleagues and friends from around the country, they watched as Dr. Anthony Fauci was awarded the Donald A.B. Lindberg Distingushed Health Communications Award and met up with NLM Director Dr. Patti Brennan. Former Region 3 colleague Heather K Moberly, MLS, AHIP was also honored with the Michael E. DeBakey Librarian Outreach and Community Collaboration Award.

Brandon, Brian, Dan, and Katie made a trip out to Missouri in March to meet with our colleagues at the University of Missouri.

They enjoyed wonderful tours of the Mizzou campus, made new connections, and even ventured up the Gateway Arch. Thank you, Missouri, for your hospitality and for sharing your wonderful offerings with us!

Dan, Katie, Jen, and Margie had a blast attending and presenting at the 2023 Texas Library Association Annual Conference. We are grateful to have had a little extra time with Jen Ortiz before she moved on from NNLM R3 for other great opportunities. We'll miss you, Jen!

NLM Product Guides - Now Available!

NLM maintains a large suite of products that are useful to healthcare providers, information professionals, students, consumers, and so much more! NNLM is proud to highlight the following resources. To learn more about our favorite NLM products and how they might be useful to you, please check out our collection of NLM Product Guides!

NLM PRODUCT GUIDES: HISTORY OF MEDICINE — NLM HISTORY OF MEDICINE COLLECTIONS

WHAT IS IT:

The NLM History of Medicine Division collects, preserves, makes available, and interprets for diverse audiences one of the world's richest collections of historical material related to health and disease. Collections include born digital content (which is content that is created in a digital format) such as blogs or websites, manuscripts, anatomical drawings and papers, audiovisuals, prints, and photographs.

IT IS AN EXCELLENT SOURCE FOR:

CONSUMERS:
- Explore "Profiles in Science" and learn about scientific leaders who advanced medicine and public health.
- Learn about the history of medicine and public health around the world through curated collections and online exhibits.
- Explore historical genealogy and biographical records.

HEALTHCARE PROVIDERS:
- Explore the history of the health science field through videos and visual records.
- Find personal records such as letters, photos, and draft manuscripts from historic medical practitioners and scientists.

INFORMATION PROFESSIONALS:
- Assist patrons in finding historical medical and health sciences resources.
- Find archived blogs and digital born historical medical content.
- Assist patrons in understanding relevant copyright and use restrictions.

RESEARCHERS:
- Review changes and trends in health policies around the world.
- Find historical medical guidance, advertisements, and archived public health outreach communications.

NLM PRODUCT GUIDES: OPEN i ®

WHAT IS IT:

Open-i allows people to search and retrieve over 3.7 million abstracts and images (including charts, graphs, clinical images, etc.) from open-source literature and biomedical image collections. People can search using images or text. Open-i contains images from about 1.2 million PubMed Central articles; 7,470 chest x-rays with 3,955 radiology reports; 67,517 images from the NLM History of Medicine collection; and 2,064 orthopedic illustrations.

IT IS AN EXCELLENT SOURCE FOR:

HEALTHCARE STUDENTS:
- Find images, illustrations, and renderings of anatomical features, diseases, and medical conditions.
- Find images from veterinary, biology, and clinical research studies.

HEALTHCARE PROVIDERS:
- Find and compare medical images.
- Find images depicting new medical procedures imaging techniques, and find the associated research articles.

INFORMATION PROFESSIONALS:
- Search Open-i using other images.
- Find images associated with research articles.
- Guide people on copyright and licensing terms for images.

RESEARCHERS:
- Download various image collections to use for research and data mining.
- Find images associated with research articles and various health conditions.

Beyond the Binary is coming up on June 13, 2023! The class aims to provide culturally appropriate health information and resources for LGBTQIA+ populations and the librarians and health care practitioners who support them. Register today!

We want to connect with you!

UNT HSC Region 3 Landing Page: https://library.unthsc.edu/nnlmregion3
NNLM Website: https://nnlm.gov/about/regions/region3

Email address: nnlmregion3@unthsc.edu
Sign up for news and updates: http://nnlm.gov/r3signup

We answer our phones!: 817-735-2223
Staff contact details: https://library.unthsc.edu/nnlmregion3#Contact

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