NN/LM National Network of Libraries of Medicine
MidContinental Region
Colorado ★ Kansas ★ Missouri ★ Nebraska ★ Utah ★ Wyoming

Plains to Peaks Post

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New Funding Brings Changes

Director's Welcome

Welcome to the start of our new 5-year stint as your MidContinental Regional Medical Library and National Training Office. We are honored to continue to serve in these dual capacities. A key difference with this round of awards is that we are now operating under a cooperative agreement with the National Library of Medicine (NLM), versus contracts. All of us are learning about the differences between these award types, but the major one is that NLM is much more a partner with our NN/LM planning, initiative implementation, and assessment. Claire, Jessi, and I serve on a National Network Steering Committee that is shaping strategies and clarifying operational aspects of the NN/LM. We look forward to sharing what we learn with you, learning from you, and remain eager to be partners in your success!

– Jean Shipman, Director

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May 1, 2016 was the first day of the new funding for the National Network of Libraries of Medicine (NN/LM). Every five years, the National Library of Medicine (NLM) funds a proposal from qualified universities to be the Regional Medical Library for one of eight regions of the NN/LM. NLM changed the Regional Medical Library in two regions. In the Greater Midwest Region the RML moved from the University of Illinois, Chicago to the University of Iowa (You'll meet the new RML staff at the Joint Chapter meeting in Des Moines later this year). In the South Central Region the RML moved from the Houston Academy of Medicine to the University of Texas Health Science Center. In addition, five national offices were funded. As mentioned by Jean, the University of Utah remains the home of the NN/LM Training Office previously known as the NLM Training Center. The NN/LM DOCLINE Coordination Office, the NN/LM Evaluation Office, the NN/LM Public Health Coordination Office and the NN/LM Web Services Office are the additional offices supporting access to health information.

Funding Changes

As a federal agency, the National Library of Medicine is impacted by the federal budget and the national economy. As a program funded by a federal agency, the NN/LM has had to become more frugal due to financial constraints. Over the next five years the NN/LM MCR will be facing a reduced budget starting at $1.2 million for the current year and ending at $1.1 million in the last year, 2021. This has organizational as well as programmatic results.

Organizational Changes

The NN/LM MCR still has coordinators based in key libraries in each of our states. We have renamed these libraries Partner Libraries since they are so instrumental in carrying out the NN/LM program in this region. Washington University's Bernard Becker Medical Library decided not to continue as a Partner Library. When the financial compensation was decreased, it was no longer feasible for them to continue. Becker Library hosted our Assessment and Evaluation project area for the past 15 years and their support and contributions

are greatly appreciated.

Those of you who are administrators know that one of the biggest portions of the budget is taken up by personnel and the collections budget. The NN/LM MCR does not have a collection, so our biggest cost is for personnel. With the reduced budget we have reduced the fte level of our coordinators. This affects Nebraska and Wyoming. Christian Minter, McGoogan Medical Library, and Annette Parde-Maass, Creighton University Health Sciences Library/Learning Resources Center, are sharing the Nebraska/Education Coordinator position. Jim Honour, Wyoming/ Member Services Coordinator, has been reduced to ¾ time. Betsy Kelly, Assessment and Evaluation Coordinator, has been reduced to ¼ time. Betsy retired from Becker Library and was hired by the Spencer S. Eccles Health Sciences Library to continue her work for the NN/LM MCR. We appreciate that Betsy has postponed full retirement.

National Collaboration

There will be more collaboration among all the Regional Medical Library (RML) coordinators to provide services on a national basis. Much of the national coordination will be done through the National Network Steering Committee that Jean mentioned in her welcome. An initial collaboration starts with webinars. Every RML has been offering at least one monthly webinar to their region. Before the end of the year is out we will be promoting national webinars where the RMLs will share responsibility for presenting. This will reduce the number of online sessions that each RML will have to present for their region. Increased collaboration such as this will balance out the changes due to the decreased funding. The NN/LM MCR staff will make every effort to insure that you continue to receive the high level of service that you have told us that you expect of us.

To hear more about the NN/LM Office and the NN/LM MCR project areas, check out the June Breezing Along with the RML recording (goo.gl/LEAB3L)

-Claire Hamasu, Associate Director

Advocacy Book Club

Darell Schmick
Eccles Health Sciences Library
Salt Lake City, Utah
darell.schmick@utah.edu

At the 2014 Quint Chapter meeting, our RML asked what skills NN/LM membership would like to be equipped with in our workplaces. Political Savvy was a notable answer, so we delivered! Barb Jones, our region's advocacy coordinator and I established our profession's first advocacy book club, specializing in political literacy.

Thanks to the members across the region and beyond, we are starting our fourth book club discussion in July 2016. After three well received book discussion groups, our next iteration will start July 19th and will feature Karl Weick's *Managing the Unexpected: Resilient Performance in an Age of Uncertainty*, 2007 edition.

While we feature specific chapters each week during this four week session, you are welcome to drop in anytime! Previous discussion groups have greatly benefited from hearing other colleagues' work experiences, and you needn't have memorized each chapter to contribute.

Meetings will be held at https://webmeeting.nih.gov/mcradvocacy and will meet every Tuesday starting July 19th at 1pm MST and 2pm CST through August 9.

We would like to thank participants of book discussion groups past for their wonderful contributions, and a special thanks to Margaret Hoogland for her delightful efforts in organizing materials and leading discussions as well.

If you have any questions, feel free to contact darell.schmick@utah.edu or jonesbarb@health.missouri.edu. Hope to see you there!

Whooo Says…

Dear Whooo,

I have been a solo librarian for several years now, and have been recently thinking about the changes in the way I practice my profession. When I was a young librarian, my colleagues and I thought of the librarian as the portal or the connector between the user and medical literature. We searched through the various indexes, found and provided articles to our users, developed our collections, and were viewed as essential in the hospital setting. As my career has progressed, I have created portals on intranet sites for my users to access the library collection and resources, but many of the users take on the search responsibility themselves. More and more, it seems to me that the use of the word "portal" with reference to medical librarianship is outdated. Can you comment on this?

Reflecting Rebecca

Dear Rebecca,

I'm so glad to hear that you are taking some time to reflect on the progress of your career and your profession! To quote Dr. Jose Rizal, famous Filipino nationalist and ophthalmologist, "He who does not know how to look back at where he came from, will never get to his destination."[1] I particularly like this quote as it stresses the reason for looking back is not to bemoan the "good old days" but to learn from the past so we can move forward toward a future destination.

I agree with you that the concept of the portal was relevant several years ago, but doesn't seem to fit any longer. The tools for information seeking and retrieval have changed tremendously over the years, and are now easily accessible and usable by physicians and other health care workers. There is no requirement to come to the library to find and use the tools available. Of course, librarians recognize that not everyone knows how to use the new information tools well, and librarian searching skills are still needed, but the perception of the librarian as the portal or gate keeper is gone.

This change has certainly made a big difference in how librarians do their jobs. Instead of being viewed as essential, many hospitals are eliminating libraries and librarian jobs. Yet the need for information/evidence and knowledge still exists and is actually expanding. How can librarians re-envision themselves and refocus to fill the needs of their users. How can they sell themselves and their services effectively?

Looking at the change in responsibilities for today's health sciences librarian which involve not only searching and collection development, but also teaching, expert searching, and moving into data curation and discovery, I think it would be more accurate to think of today's health sciences librarians as "Sherpas." According to Wikipedia, the term Sherpa has become a slang word for a guide or mentor.[2] Today's users need a guide to educate them on which information/evidence tools are appropriate in which situations and how to use them effectively. In difficult situations (think Nepal and the Himalayas here) users will need librarians to find their way through the maze of complex searches and intricate data sets. In more ordinary landscapes, the users will be able to navigate successfully with only basic training and a decent selection of resources to use.

However, the question still remains; how do librarians tell their story so the need for their skills and expertise is recognized? A recent blog post by Pip Christie[3] provides a nice discussion on how to drive change in library services. Her comments come from the British legal information community and the BIALL 2016 conference in Dublin, Ireland. I think they have much to say to the health sciences library community as well. Also, at this conference Mark West from Integreon spoke about the three key challenges for information professionals – marketing, competition, and trust.

Marketing the library's/librarian's services is a constant need. You have to continually tell your users what you can do to support them and the value that support brings. Your competitors (others vying for the same organizational dollars and vendors of the many point of care and other electronic products) will be telling their story in loud and persistent voices. You need to make sure your message is clear, easily understandable and applicable to situations and personnel within your institution. The third challenge – trust – is something you will need to develop by knowing and even anticipating the needs of your users, and consistently building relationships and trust through excellent service. You can then complete the circle by using the results of your trusted service provision to inform your marketing.

Thank you for your letter, Rebecca. I think reflecting back on the changes in the library profession is so

helpful in working toward the future. The way we practice may change, but the need for expertly found information/evidence/knowledge is ever present. The responsibility lies on our shoulders be the Sherpas and blaze the information trail for others while continually educating and telling our story.

Looking Back to Move Forward,

Whooo

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1. http://www.searchquotes.com/quotes/author/Dr_Jose_Rizal/
2. https://en.wikipedia.org/wiki/Sherpa_people
3. http://www.linexsystems.com/blog/biall-2016-developing-an-alternative-toolset-for-driving-change-in-library-services

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MCR Social Media Stream

Social media can be a great way to keep up with the latest news and information in our field, but knowing which feeds to follow across a variety of platforms can be an overwhelming task. Because of this, the NN/LM MCR has put together this new feature on our web site. The Social Media Stream is comprised of a curated list of social media feeds from NLM, NIH, and other health information sources. Posts, images, tweets, videos, and pins from the last 30 days are available to browse and are frequently updated.

Please note the "Member Libraries" stream, which follows social media accounts from partner libraries in our region. It can be a useful way to raise your awareness of news and events in our region. We would love to add your library's account as well!

We will continue to review, revise, and update the highlighted information on a monthly basis.

Do you want to include your library's social media account in our stream or share a great health-related Facebook page, Instagram account, or other feed that you think we should include? If so, please fill out this form: http://www.surveygizmo.com/s3/2894090/socialfeeds

-Alicia Lillich, Kansas/Technology Coordinator

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Mobile App Experience Project

4th Quarter Reviews

It's time to share the final app reviews. This quarter, our 19 participants explored apps on topics from mind mapping to mindfulness, with intended audiences such as children, parents, health professionals, and everywhere in between. These reviewers spent a lot of time critically evaluating each app and should be commended for their thoroughness and effort. With lots of gratitude, we thank them for their participation – as this project wouldn't have worked without dedicated librarians volunteering their time and hard work.

The summaries below give you a quick overview of each app. Look them over and you may find one that works for you or someone in your audience. To learn the context of this project plus previous app reviews, you can click on the links below.

Please note that the app evaluations submitted by the project participants are theirs alone and are not the evaluation of the National Network of Libraries of Medicine.

-Alicia Lillich, Kansas/Technology Coordinator

Previous Year 2 Reviews:

Rank – Excellent:

1Password | iOS, Android, web | $9.99 upgrade to the iOS app
USER TYPE: All computer users. Anyone that has passwords they need to collect and maintain in a secure area.
ABOUT: From the vendor: "1Password remembers all your passwords and other sensitive information so you don't have to. Keep your digital life secure, always available, and safe behind the one password that only you know."
APP CRED: AgileBits is an independent company in Canada.
CONTENT CRED: N/A
NOTES: One can enter passwords, tag them in categories, mark them as favorites. The Pro version of the app offers more categories, the ability to create custom fields, connect with Apple Watch, the ability to generate one-time passwords, and multiple vaults. By maintaining all passwords behind one password only you know, this program offers a secure connection that replaces the scraps of paper listing passwords. For anyone accessing a secure network (think your bank account, your work account, your home wireless account), this is an added level of security. There are times (after an iOS upgrade, for example) that the app asks for the main password to get access, so it is important to keep track of that password.

Concussion Assessment & Response: Sport Version | iOS, Android | $4.99 | Content Current: 2013
USER TYPE: Allied Health Care Professionals (with proper training to perform the evaluations & techniques in the app)
ABOUT: The app is intended to help athletic trainers, team physicians, and other health professionals assess whether an athlete has experienced a concussion and helps them respond accordingly. The app provides instructions and help for the assessment as well as features for tracking recovery and help for determining when an athlete can return to play.
APP CRED: PAR is a publisher of psychological assessment materials.
CONTENT CRED: Jason Mihalik, PhD, CAT(C), ATC, and Gerard A. Gioia, PhD. Mihalik is an assistant professor in the department of exercise and sport science at UNC and co-director of the Matthew A. Gfeller Sport-Related Traumatic Brain Injury Research Center. Gioia is Chief of the Division of Pediatric Neuropsychology and directs Safe Concussion Outcome, Recovery & Education (SCORE) program at Children's National in Washington, D.C.
NOTES: The app provides FAQs on concussions generally, as well as on the tests (BESS, SAC) it walks users through. The app provides a great deal of information about concussions, including recommendations for how the health professional should respond based on data collected from the athlete. The app also has an option that allows the user to send anonymous data to PAR as part of a research study.

Family Medicine Study Guide | iOS, Android | $13.99 | Content Current: 2016
USER TYPE: Residents, Fellows, Clinicians in Family Medicine.
ABOUT: "The Family Medicine Study Guide is a collection of originally authored short answer management problems covering a variety of family medicine topics which allow family medicine residents, medical students, nurse practitioners, physician assistants and international medical graduates the opportunity to learn and grasp key clinical concepts in Family Medicine."
APP CRED: Dr Daniel Léger, CCFP, MD, BSc. Assistant Professor of Family Medicine Academic Program Director Schulich School of Medicine & Dentistry Western University.
CONTENT CRED: The creators of this app are Canadian and most of the guidelines linked are the Canadian versions. However in my experience of providing guidelines for my Family Medicine residents and faculty I have often used Canadian guidelines to supplement ones from American journals and sometimes they are dual published in both countries.
NOTES: This app is good for the student, resident, and fellow when studying for yearly in-training exams and certification as well as for the clinician as review for their certification renewal. This app is very easy to navigate in all areas. This app is very reasonably priced and as a mobile study guide it is easy to study anywhere and at anytime you have to spare.

iMoodJournal | iOS, Android | $1 | Content Current: 2016
USER TYPE: Laypersons
ABOUT: "Our mobile development team came up with an idea to create a simple app to track mood changes and associate the records with personal experience in order to discover patterns and triggers and observe mood changes in perspective. This beautiful app is an ultimate mood diary. It will help you discover causes of your ups and downs and get surprising insights into yourself!"
APP CRED: Inexika Inc.
CONTENT CRED: Has been reviewed on Healthline and Psychcentral for bipolar patients.

iThoughts | iOS | $11.99 |
USER TYPE: Professionals
ABOUT: iThoughts is a mind mapping app.
APP CRED: toketaWare, a software development business based in the UK.
CONTENT CRED: The toketaWare support site is comprehensive and provides a primer on mapping relationships. YouTube video instructions have been posted for learning the main features.
NOTES: The app is great for process, concept, and task mapping. iPhone isn't the ideal work space for mind mapping. iTHoughtX, the version for Mac, has additional features. Among them is a presentation mode and a Safari Extension. This is a button in the Safari toolbar which, when clicked, will send the current page title, URL and any selected text over into iThoughtsX – where it will be turned into a topic. iThoughts is loaded with features, including import/export capability for maps created in many other programs and formats. The app includes a variety of map layouts and styles, syncs to iCloud, and it supports a handful of languages.

KidsDoc | iOS, Android | $1.99 | Content Current: 2015
USER TYPE: Parents
ABOUT: From the vendor: "What should you do if your child develops a fever, cough, vomiting, rash, sore throat or head injury? When can your child return to school or child care after an illness? These are medical advice questions that all parents have. KidsDoc is designed especially for these times. Specific care guides help you make smart decisions on what level of care (if any) is needed and how to provide speedy symptom relief for minor illnesses or injuries that you can manage on your own."
APP CRED: AAP and Self Care Decisions
CONTENT CRED: Dr. Barton Schmitt, MD, FAAP; Pediatrician and author of several pediatric reference sources. Information provided is based on clinical protocols used by pediatricians and nurses in 10,000 practices and 400 nurse advice call centers in the US and Canada. They have been tested for 16 years on more than 150 million symptom calls.
NOTES: Caregivers can search using index or body part, or symptoms, and the app even connects users with 911 service if necessary. Contains useful images to aid in identification of conditions, and can be used to store data about a child's Rx and allergies. Has useful decision tree to help caregivers decide if the child can be treated at home, wait for a doctor's appointment, or head for the ER. Very handy! I would highly recommend this app for anyone taking care of children of all ages – good for a little peace-of-mind!

Medrills: Pediatric Considerations | iOS, Android | $3.99 (.99 in-app purchase) | Content Current: 2015
USER TYPE: Health Professionals, specifically those working in pediatrics.
ABOUT: From the vendor: "Pediatric Considerations teaches fundamental differences children have anatomically and psychologically. Learn various proportional differences such as head proportion and body surface area. This application covers airway considerations as well as concerns with the abdominal region that is unique to children. As a child develops, psychological changes occur as well. Learn various ways to approach and evaluate a child in various stages, from newborn to adolescent. Medrills uses technology, 3D graphics, and animations, to reinforce key components of EMS education, assessments, interventions, and treatments."
APP CRED: ArchieMD is a physician led company that creates innovative health and science education products for a broad spectrum of students, consumers and professionals.
CONTENT CRED: Watching the videos and taking the tests made it hard for me to see if it was cited or reviewed because it wasn't text information.

NOTES: The visuals on this app are AMAZING! There were videos, then practice examples solidified the information previously given. I'm not a clinician but I found the information understandable, especially the introduction explaining why different considerations must be taken for pediatrics. I think this would be a great app for rotation physicians coming into a pediatric hospital, med students, pharmacy students, and nursing students. You do have to set aside time to listen to each session in full because when I would pause it and my phone would go into sleep mode I had to start over. I really found the information accessible, it moved at a pace I could follow and had chances to review the materials and take the tests again – good teach back method.

MindNode | iOS | $9.99
USER TYPE: Anyone who wants to organize their thoughts.
ABOUT: From the vendor: "MindNode makes mind mapping delightful. MindNode allows you to brainstorm, organize & share your thoughts in an intuitive way, so you can focus on the idea behind it. The clean interface lets you concentrate on generating and connecting thoughts, and an infinitely expanding canvas means that no matter how big or complicated your project gets, MindNode can keep up."
APP CRED: IdeasOnCanvas
CONTENT CRED: N/A
NOTES: I'm a little shocked at how well I can do concept mapping on my smart phone. It's great to have in your pocket when inspiration strikes.

Patient Education Bundle: Heart, Ortho, and Spine | iOS | $44.99 | Content Current: 2015
USER TYPE: Health Professionals
ABOUT: Selection of 3D videos and drawings that include hundreds of cutting edge animations describing conditions, treatments, and surgeries.
APP CRED: 3d4 Medical
NOTES: This is one of the best apps I have worked with. It would be useful for students, patients, and clinicians. There are 3D videos that show surgeries, step by step. Information can be made into a pdf format and printed out for patients.

Research Methods for Library and Information Science Professionals – Book by Martin Frické | iOS | $3.99 | Content Current: 2012
USER TYPE: Information Professionals
ABOUT: "The book is an introduction to research methods for library and information science professionals." (Apple App Store) "Much of the material here has its origin with the IRLS506 Research Methods course at SIRLS, The University of Arizona." (Page 10)
APP CRED: Martin H Fricke, PhD., Professor, School of Information – The University of Arizona
CONTENT CRED: "Consumer warning: the author of the present text is very skeptical about social science. His belief is that there is no such thing, or, at least, no such thing with acceptable intellectual and rational credentials." (Page e12 of e651). One can link directly to some of the sources cited.
NOTES: One can link from the Table of Contents directly to the needed chapter or section. Comprehensive and well organized.

Visible Body Atlas | iOS, Android, Windows | $24.99 | Content Current: 2015
USER TYPE: Medical Students, Residents, Physicians, Nurses
ABOUT: Visible Body Atlas is a highly-detailed anatomy app. Users can view human anatomy layer-by-layer, and analyze 3D renderings of bone, muscle, tissue, and organs.
APP CRED: The Visible Body web site says that the app is "Crafted by a team of medical visualization experts and reviewed by professors and professionals."
CONTENT CRED: Though there are no ads for outside services/vendors, some of the videos within the app can only be viewed if the user purchases them separately. Some of the content, like information about diseases/conditions, have easily-found citations, but other information in the app is not cited as clearly. For example, it is not clear where the definitions for body parts come from. The diseases/disorders information provided in the app is derived from MedlinePlus.
NOTES: In addition to providing anatomical images, Visible Body also includes audio pronunciation of anatomical parts, definitions of each part, and information about diseases or disorders commonly associated with each body part. Since this is an anatomy resource, it is organized by body systems (e.g. skeletal, muscular, nervous, etc.). Users can add or remove "layers" of anatomy in order to view systems working

together or independently. The search function allows users to search for body parts by English or Latin names. Some other useful features include: draw (can draw on the anatomical figure), notes, and sharing. There are also quiz questions built into the app. There are several free, or lower-cost anatomy apps available, but this one is probably worth the extra cost. The 3D renderings are incredibly well-done, and the app features, like note-taking and quizzes, are especially useful for students. It should be noted, however, that this app seems to work best on a tablet, and users will need the latest version of Android or iOS for it work properly. It is also slightly annoying that users are required to pay extra for additional video content (each video is about $3.99). Overall though, I would highly recommend this app.

Rank – Very Good:

Feed Baby | iOS, Android | $4.99
USER TYPE: Laypersons
ABOUT: The perfect baby tracker for tracking your newborn breastfeeding and diapers. Also record your baby's diapers, sleep, pumpings, baths, growth, and development.
APP CRED: Penguin Apps
CONTENT CRED: According to the app's web site, it was listed as one of the top 15 breastfeeding apps of 2015 by Healthline.com.
NOTES: This appears to be a great app for new parents to track feeding times (bottles and solid foods), pumping times, diaper changes, medications, and sleeping sessions. It can be synced with other devices like tablets and phones so has many platforms where it can be shared. It can also support more than one child at a time, so helpful for multiple births. There is a "lite" free version available that only provides access to the features for 20 days, then you must purchase the pro version for $4.99. Once you purchase the pro version, it can be installed on a number of devices for the same one-time price.

JKZ Series2 and JKZ Series3 (Mindfulness Apps by Jon Kabat-Zinn) | iOS, Android | $9.99 each | Content Current: 2014
USER TYPE: Laypersons
ABOUT: The meditations in the Series 2 app are designed for people who want a range of shorter guided meditations to help them develop and/or expand and deepen a personal meditation practice based on mindfulness. It gives you programs of varying lengths to use on different days, depending on how much time you can make for formal practice. They are a way for you to make maximum use of the time you do have to develop a strong and enduring daily practice.
APP CRED: Jon Kabat-Zinn, PhD – Meditation teacher, writer, and scientist. Professor of Medicine Emeritus at the University of Massachusetts Medical School, where he founded the Stress Reduction Clinic. MindfulnessApps, founded by psychologist, mindfulness teacher and Master of Engineering Martin Ström and psychologist, author and mindfulness teacher Johan Bergstad.
CONTENT CRED: The meditations were developed and recorded by Dr. Jon Kabat-Zinn to accompany his book "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life."
NOTES: Each app contains an info button which links to a brief instruction manual. The app allows you to set reminders and keep a log of your meditation practice. This is a series of 3 apps. I did not purchase JKZ Series1 (also $9.99) as the meditations were each 40-45 minutes long. Series2 and Series3 meditations were each 10-30 minutes long.

MRSA eGuideline | iOS | $3.99 | Content Current: 2012
USER TYPE: Health Professionals
ABOUT: This is a pocket guide from the International Guidelines Center for Methicillin-Resistant Staphylococcus Aureus based on the Infectious Diseases Society of America (IDSA) guidelines. This quick-reference tool contains key summary points, treatment recommendations, comprehensive site- and age- specific drug therapy, and dosing information.
APP CRED: Guideline Central
CONTENT CRED: Clinical practice guidelines by the Infectious Diseases Society of America for the treatment of methicillin-resistant Staphylococcus aureus infections in adults and children.

NOTES: Easy access to pertinent information for health care professionals. Designed for point of care use. It also links to the full text clinical practice guidelines online and has recommendations for treatment tables that are easy to read on an iPad or iPhone and link to a strength of recommendation and evidence quality section. All of this helps in clinical decision making. Worth the price if you don't subscribe to any other database that might have this very specific information.

Rank — Fairly Good:

Pediatric Black Book | iOS | $4.99 | Content Current: 2015
USER TYPE: Health Professionals
ABOUT: Pediatric Black Book is a clean, powerful app that delivers fast access to practical medical information. The app is designed to be in-depth, user-friendly, and to increase the speed and efficiency of healthcare professionals. Pediatric Black Book derives from Dr. Ryan Brown's paper reference guide, entitled "Brown's Little Black Book of Pediatrics" and contains nearly 150 pages of information.
APP CRED: Dr. Ryan Brown and Dr. Larissa Hines, University of Oklahoma
CONTENT CRED: The app is based on a print reference book. Some content cites the CDC, charts not cited. The app's web site lists a group of physicians as beta testers, which I interpret as peer reviewers.
NOTES: The app has a table of contents but the categories do not seem to follow any particular order or category. The app is just as the name suggests. The appearance is nothing flashy or colorful but rather all white and black. Some of the pages just appear to be pull up PDFs of CDC content. Nothing interactive from what I've explored.

PSA (Psychological Symptoms Analyzer) | iOS | $7.99 | Content Current: 2013
USER TYPE: Health Professionals
ABOUT: PSA is an application that helps you diagnose a mental disorder in a new way. You simply have to select the symptoms that are present by dragging them to the selection field. When you're done start the Analyzer process.
APP CRED: Hor-Lin Khai, app developer
CONTENT CRED: Uses criteria (set by DSM and ICD) to check for a proper diagnosis.

Shelby's Quest | iOS | $4.99 | Content Current: 2013
USER TYPE: Health Professionals, Teachers, Parents, Students
ABOUT: From the vendor: "Shelby's Quest, designed by an occupational therapist, aims to instill inspiration and enjoyment in education among children. This app is a therapy tool specially made for occupational therapists, teachers and parents, gives the child a fun way to practice fine motor and visual perceptual skills while allowing the ability to store and track their progress."
APP CRED: Doodle Therapy Apps for O.T.
CONTENT CRED: Kami Bible, school-based occupational therapist
NOTES: This is a fun app that can be used by a variety of people to help promote fine motor and visual perception skills. The app does not include any references to evidence supporting how or why these activities are useful in increasing these skills.

Rank — Mildly Good:

LabGear 3.0 | iOS | $3.99 | Content Current: Unknown
USER TYPE: Health Professionals
ABOUT: From the vendor: "LabGear is the most advanced pocket tool for Medical Laboratory tests with peer reviewed content for all health care professionals — students, physicians, nurses and is now with iCloud sync."
APP CRED: Physician and coder, Mohd Raheel Sayeed.
CONTENT CRED: Many entries link out to Wikipedia, Lab Tests Online, or in one case to MedCalX. MedCalX is linked to LabGear and must be installed for the calculations feature to work. I did not come across any entries that linked to information in PubMed, although the app site said, "References citations with links to PubMed."
NOTES: The interface is well-organized, readable, and provides ready access to information. There is a helpful feature whereby you can add notes to an entry in their other app product called "Renote," which is also available for purchase as an app. I think the strongest feature of this app is its interface, but the lack of functionality and authority disappointed me. An active Internet connection is required either in the form of Wifi or cellular data plan to access external pages.

Our 2015-2016 Reviewers

Kate Conerton University of Wyoming Laramie, WY	Kristen DeSanto University of Colorado Aurora, CO
Lori Fitterling Kansas City University of Medicine & Biosciences Kansas City, MO	Rose Fredrick Creighton University Omaha, NE
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Kitty Serling Research Medical Center Kansas City, MO	Gwen E Sprague TMC Lakewood Kansas City, MO
Shawn Steidinger Primary Children's Hospital Salt Lake City, UT	Shelley White Mercy Springfield Springfield, MO
Erin Wimmer University of Utah Salt Lake City, UT	Lauren Yaeger St. Louis Children's Hospital Saint Louis, MO
Julie Hartwell University of Kansas Kansas City, KS	

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Support the MCR – Get Involved!

We're always astonished with how many members of the NN/LM MidContinental Region have participated in collaborations with NN/LM staff and other Network members to support NN/LM programming each year! Our Network members are a valuable resource that cannot go unrecognized. Thanks to all of you who have participated in activities to support our work! There is so much work to do that we are pleased to again invite you to get involved during the 2016-2017 agreement year. Anytime a Network member is involved they are supporting the NN/LM's mission to advance the progress of medicine and improve the public health, with the essential goal of providing health professionals with equal access to biomedical information and helping the public get the health information they need to make informed health decisions!

We need members who like to write and want to share their thoughts on topics that our readers may find interesting. Members can submit content for the Plains to Peaks Post Newsletter. Articles by 14 members were published during the past year. Members also wrote reviews of biomedical apps for mobile devices.

Do you like to teach or train people? You can collaborate with MCR coordinators to provide training for health professionals, librarians, or the public. There are frequently opportunities at meetings, conferences, or in webinars. The MCR currently sponsors a webinar each month: Breezing Along with the RML which provides updates on topics that health sciences librarians, and others, can appreciate. We welcome guest presenters. We've also had members share their best practices in short videos.

Does your work include areas of interest to other colleagues in the region? Do you have knowledge about a skill or trend that others could use? Sometimes NN/LM coordinators teach or present with Network members at conferences or meetings. We also encourage members to help coordinators exhibit at meetings for health professionals and/or library association conferences. Members just need some brief training and some knowledge about NLM resources to participate in this activity. Some members have great satisfaction interacting with people who are not aware of the NLM, NN/LM, or their resources and are energized by the challenge of showing others!

What are the benefits of being involved in NN/LM MCR activities? Everyone has their own answer and it's rare for a member to say that the activity was not beneficial. Most of the activities that support the MCR qualify for Academy of Health Information Professionals (AHIP) points. Some members find satisfaction in performing service or in sharing their knowledge with colleagues. Others say their involvement enhanced their professional development.

The variety of activities to be involved in is only be limited by your imagination and creativity. Are you ready to get involved? Contact your state coordinator to get started.

-Jim Honour, Member Services Coordinator

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Report on the Spring 2016 Questionnaire

The NN/LM MCR regularly reaches out to Network members for their feedback about regional programs and services. One mechanism used is a questionnaire administered in the spring of each year. Six hundred seven Network members in the region's mailing list or the NN/LM Members Directory were invited to complete the Spring 2016 questionnaire; 65 of those invited responded. Respondents represented academic (60%), hospital (29%), public (8%) and other (6%) libraries and institutions.

What we asked

The questionnaire asked about RML programs/services overall and about three specific topics addressed by RML coordinators as they carried out their projects over the last year. Responses used a 5 point Likert scale from strongly agree to strongly disagree with the statement provided. Respondents could also select that they hadn't attended/read/watched the program/news item/article being considered. An oversight left that option off for two of the questions.

What you told us

The first question asked respondents to select their level of agreement with the statement "This NN/LM MCR program or service is effective in improving awareness of or access to biomedical information resources." Seven programs or services were listed and respondents ranked each separately. Between 66% and 90% of respondents had used or participated in each of the six RML programs or services, with the RML weekly news, Plains to Peaks Post newsletter, Discover NLM Resources and More! and Breezing Along with the RML reaching between 80% and 90%. Sixty-six and 69% of respondents took advantage of funding opportunities and visits or conversations with RML state coordinators.

Between 73% and 85% of those who participated or used a listed program or service agreed or strongly agreed that these RML activities are effective in improving awareness of or access to biomedical information resources. Fifty-six percent of respondents were positive about the BHIC blog even though the blog is not directed solely at Network members.

Program or Service	Agree or Strongly Agree
RML weekly news	85%
Breezing Along with the RML	84%

Discover NLM Resources and More!	79%
Plains to Peaks Post newsletter	74%
Funding opportunities for professional development	74%
Visits or conversations with the RML coordinator from your state	73%
Bringing Health Information to the Community (BHIC) blog	56%

This data has been consistent with other questionnaires administered during the preceding four years. Respondents regularly report that they value these programs and services.
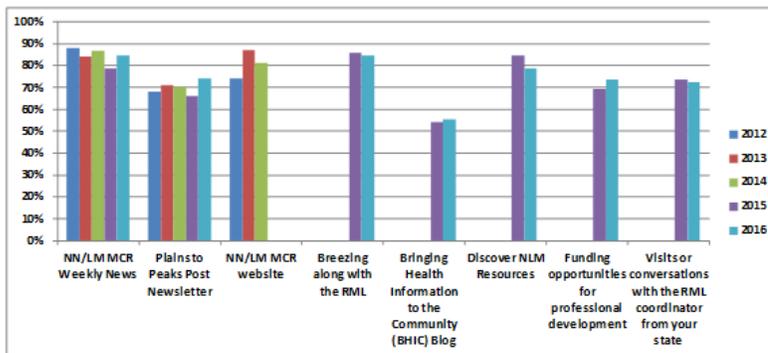
Between 35% and 78% of those who had read an article or attended or later watched a program agreed or strongly agreed that awareness of the topic was increased as a result of RML efforts. Weekly news, articles in Plains to Peaks Post, and webinars appear to help increase awareness of technology developments with an average positive response of 72%. The weekly news did not appear to be effective in increasing awareness of EHRs or of new services for full text document delivery.

Comments about the RML weekly news posts about EHRs included three that suggested EHRs are not currently of interest as they have little bearing on the respondents' work, one that said the articles are always read with interest as the respondent works with aspects of the EHR, and one that said it was difficult to keep up because they received so many emails.

It was disappointing to see that between 42% and 80% of respondents who responded to questions had either not read, not attended, or not watched programs, posts, or articles about EHRs or new technology developments.

Respondents also had an opportunity to reflect on the difference the NN/LM MCR has made in their ability to provide access to health information. Twenty-six respondents offered thoughts on the most important difference the NN/LM MCR has made in their ability to provide access to health information over the last five years (2011–2016). The impacts most frequently noted were in awareness, updates, currency training, technology, and NN/LM MCR staff.

Respondents' comments included:

- News and webinars help me stay on top of developments and resources of value to me in my daily work.
- Assures information we are sharing is accurate and current.
- I appreciate the technology updates and new NLM tools or web pages which help direct to useful health resources.
- MCR has contributed to my continuing education. I know that I can freely jump in on a webinar almost every week to learn something new. I can then take that information with me and with other faculty, administrators, and students.
- Short info blurbs in weekly News have helped me keep up to date with technology. It has given me info to share with my colleagues and users. I've also found the Breezing sessions to be helpful when other librarians have presented projects going on at their libraries.
- The constant update, online education programs, the wide knowledge base of NN/LM staff, the sharing and supporting by trialing many formats that could be useful to any one or all individuals in the region.
- The NN/LM MCR offers an array of resources to help librarians keep current and prepared.
- Updates on NLM products.

Finally, respondents had an opportunity to share any other thoughts about the NN/LM MCR. With every opportunity to be heard there will be both positive and negative feedback. Fifteen respondents offered plaudits and criticisms. We love the praise, but take the criticisms seriously. Comments included:

Positive:

- Appreciation for professional development funding, and a suggestion that more be made available to "help libraries organize symposiums, purchase equipment for projects, or bring in instructors for in-person CE."
- Praise for the various webinars and the BHIC blog.
- Recognition of NN/LM MCR efforts to use multiple communications channels to reach Network members.

Negative:

- Academic librarians are not the primary audience for the NN/LM MCR and more programs targeting their needs for supporting researchers would be useful.
- NN/LM MCR coordinators have insufficient expertise to support librarians facing changes taking place in medical librarianship, specifically in big data, informatics, EHRs, and administrative leadership.

What we learned

The most recent questionnaire elicited mostly positive, a few negative, and some wishful feedback. We are heartened that many of our programs and services are meeting the NLM goal of increasing access to health information across the country. We plan to continue offering what has been working well and to address the concerns expressed by respondents. We recognize that these concerns are real and that if busy librarians take time to share their thoughts it is important that we look for ways to improve and expand on our offerings. Thank you to all who completed the questionnaire. Please feel free to reach out to any of the coordinators to share your concerns, ask for assistance, and let us know how we are doing.

-Betsy Kelly, Assessment & Evaluation Coordinator

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