Health Insurance Literacy Tools, or
“What good is it if I don’t know what I’m doing?!”

Navigating health insurance can be a difficult and confusing process for even the most experienced of us. For someone who has never had insurance before and never needed to navigate the health care system, it can be overwhelming. A patient cannot benefit from having insurance if they do not understand their benefits, or how to access services. This includes people who are unsure of where to go for services, how to make an appointment, or how to prepare for their visit with a health care provider.

The Centers for Medicare and Medicaid Services oversee the “From Coverage 2 Care” initiative. This initiative aims to help people with new health care coverage to understand their benefits and connect with primary care and preventative services to improve their health. They offer an 8-step resource guide for patients including sections, “Know Where to go for Care,” with the companion consumer tool “Differences Between Your Provider’s Office and the Emergency Department,” “Make an Appointment,” and “Next Steps After Your Appointment,” among others. These resources are all available in English and Spanish. They also offer an 11-part series of videos covering the same topics that are available to watch online or download. These are also offered in both English and Spanish. These From Coverage 2 Care resources and additional promotional materials, sample tweets, and badges are available at: https://marketplace.cms.gov/technical-assistance-resources/c2c.html

Additionally, CMS has supplemental information for special populations, including glossaries in multiple languages, a list of substance abuse and mental health services and providers, tools on enrollment for immigrants and refugees, multimedia resources and more. View the list of categories and select by topic here: https://marketplace.cms.gov/outreach-and-education/outreach-and-education.html

CMS has more than just consumer health tools, they also offer a large collection of technical assistance resources on eligibility, enrollments, tax credits, exemptions, training materials for navigators and much more. Available at: https://marketplace.cms.gov/technical-assistance-resources/technical-assistance-resources.html

The Internal Revenue Service also offers a guide on the tax provisions of the Affordable Care Act titled, “Health Care Law: What’s New for Individuals and Families.” It includes a list of forms and publications that can be used for preparing a tax return, as well as a glossary of terms, information about qualifying for an exemption and the new premium tax credit. It is available in several languages and can be found at: http://www.irs.gov/pub/irs-pdf/p5187.pdf
Look What’s New at The HSL

Digital Sign, and New Rug with logo

As you enter the Library you will notice some distinct improvements. In place of the tall security gates you have been used to walking through you are welcomed by a wide open space carpeted with a great CU logo rug. You also can’t miss our new digital sign. We will be updating it regularly with news about Campus events as well as information about what is going on here in the Library.

Virtual Assistance with

Are you a distance student? Is it too cold to head to the library for help? We can still assist you! We are using the virtual meeting tool BlueCafe in the library to provide assistance to our students who are unable to be on-campus. If you’re stuck on how to use MeSH, how to start a search in CINAHL, or want a refresher on using RefWorks, please contact us! To set up an appointment with a librarian, we can be reached at Refdesk@creighton.edu or (402) 280-5138.

Late Library Hours for Finals

Mon. May 4th - Thurs, May 7th       6:30 am – 1 am
Fri. May 8th                       6:30 am – 10 pm
Sat. May 9th                      8:00am – 6 pm
Sun. May 10th                     8:00 am – 1 am
Mon. May 11th - Thurs. May 14th   6:30 am – 1 am

New E-books Available at the Health Sciences Library

New from AccessMedicine
Basic & Clinical Pharmacology, 13e
CURRENT Diagnosis & Treatment: Surgery, 14e
DeGowin’s Diagnostic Examination, 10e
Fishman’s Pulmonary Diseases and Disorders, 5e

New from AccessPharmacy
Basic & Clinical Pharmacology, 13e
Pharmacy Law—Examination and Board Review

New from ClinicalKey
Diagnostic Ultrasound, 4e
Medication Therapy Management Center (MTM)

Creighton University’s School of Pharmacy is opening a novel Medication Therapy Management Center, or MTM Center, described as a patient-centered service provided by pharmacists, completing a comprehensive medication review (CMR) of all their prescription and nonprescription medications, which provides optimal therapeutic outcomes for patients. The center is located in the Health Science Library at Creighton.

The reason this center was developed stems from The Medicare Modernization Act of 2003, a federally acknowledged plan, which substantially changed all medical health care benefits for citizens, thereby driving the demands for this service. CMS (Centers for Medicare and Medicaid Services) requires all Medicare part D prescription drug plans to offer an approved MTM program for their patients. Currently only 10% of eligible Part D patients get a CMR. MTM has inspired pharmacists to expand their practice and provide patients with this benefit. The innovation of this center will give students the experience needed to go out in the community and practice MTM.

Pharmacy clerkship students (in their fourth year of school) will be educated into this MTM process. The student will complete each patient encounter with five core elements: a comprehensive medication review (CMR), a personal medication record (PMR), a medication-related action plan (MAP), interventions/referrals, and a personal medication record or list (PMR / PML). These individual reviews provide patients with better prescription medication services and other health life style improvements. The goals of any MTM is to improve care and reduce costs. This is possible through improving medication use, reducing adverse effects, preventing drug-drug interactions, duplications of therapy and choosing generic or other cost effective medication option.

The center is designed to include 10 student work areas. Students select this experience through a lottery system and will rotate through the center every five weeks. The center is scheduled to open in the Spring of 2015, and will operate during normal business hours.

Creighton University has contracted with Ohio Pharmacy Counseling Services (OPCS), a company that provides MTM services, to perform CMRs, resolving Targeted Intervention Programs (TIPs), counseling patients by telehealth interventions and other patient oriented services.

Harriet Returns!

Harriet, the certified therapy dog, will be visiting the Health Sciences Library on Wednesday March 4 to help students reduce the stress of studying for midterms. Many students, some who were missing their dogs at home, enjoy some time off to pet Harriet the dachshund before going back to their books. Watch for more information regarding another visit during finals week!
Mobile App Sharing Project:

Shawn Ammon, Cindy Perkins and Judi Bergjord are currently participating in the National Network of Libraries of Medicine (NN/LM) Midcontinental Region (RML) “Sharing Mobile App Experience” project. In April of 2014, a handful of Network members applied to be a part of the Mobile App Sharing Project. Thirteen individuals were selected, representing both academic and hospital settings, and at least one person in each of the six states in the region. In exchange for the project participant’s evaluation of four for-fee apps, the RML provided each of them with a $50 iTunes or GooglePlay purchase card.

According to John Bramble, Utah/Technology coordinator for the RML, the app evaluation criteria used for this project is a modified version of the app evaluation worksheet http://campusguides.lib.utah.edu/content.php?pid=105887 developed by faculty at the Spencer S. Eccles Health Sciences Library. “In addition to the base information (app name, operating system, sponsor/publisher/creator, cost, web links, etc.), we wanted to collect other helpful information that librarians typically would provide a client. Information such as: primary user (professional/layperson); creator’s credentials; bias; up to date information; ease of app’s navigation/access; etc. We also asked the evaluator to rate the app from excellent all the way down to “don’t bother wasting your money.”

Here are some of the mobile apps evaluated by Shawn, Cindy and Judi:

Ranked: Mildly Good: Medical Doctor: Reference Tool | Android | $3.99 | Content Unknown

USER TYPE: Health Professionals

ABOUT: “Medical Doctor: Medical Reference Tool replaces your medical reference pocket guide and provides much more: it includes heart and lung sounds, lab value descriptions, an OB wheel, note templates, history and physical guide, pediatric information, and much more. Medical Doctor is a perfect medical reference application for physicians, medical students, nurses, physician assistants, and anyone else in the medical field. This app contains all of our other apps (“Heart Sounds”, “Lab Values”, “Obstetrics”, and “Notes and Orders”), as well as history & physical guide and pediatric information. It has the latest up-to-date medical information in an easy-to-use application and offers many features that are useful in the hospital, clinic, nursing home, medical school, nursing school, etc.

NOTES: For a paid app the Lab Values and other medical reference information was very brief and seemed sketchy in comparison to information in library licensed resources like StatRef, Lexicomp, and UpToDate. App gives examples for making different patient notes. Then there is a place to make your own patient notes. Unfortunately, if you haven’t password protected your device I don’t think that the notes are encrypted which could possibly be a HIPPA violation waiting to happen.

Ranked: Very Good: Medical Spanish: Healthcare Phrasebook with Audio | iOS | $5.99

USER TYPE: Health professionals

ABOUT: “#1 selling Medical Spanish phrasebook is now better than ever with audio, search, conjugation, bookmarking, unsurpassed functionality, and new sections requested by users like you!”

NOTES: There is also a French version available. It works on iPad, iPod, and iPhone. You can search for phrases by category or by keyword. You can see the phrase in English and Spanish. So your patient could read the question, or there is an audio file you can play for the patient. There are also sections for pain, numbers, phrases used for examination, and pharmacy.

Ranked: Fair: UltimEyes | iOS | $9.99 | Content Current - Yes

USER TYPE: Anyone

ABOUT: “UltimEyes works by causing brain plasticity which is the brain’s natural ability to adapt to the environment. What’s break-through about UltimEyes is that it activates brain plasticity to occur in the brain’s visual processing center. The result is enhanced vision in a completely safe non-invasive and easy to use way.”

NOTES: By doing visual exercises 4 times a week, reviewer’s vision has not changed. The program consists of finding random dots on a screen. The dots fade as the exercises increase in difficulty. The reviewer does not understand how playing this has affected reviewer’s vision. Scores are bouncing all over, one day they are really high and the next session quite low.
Spring 2015 Programs at THE HEALTH SCIENCES LIBRARY

Basics of RefWorks - This session will show you how to import citations from popular databases such as Medline/PubMed and CINAHL. Once you start writing papers, you will be able to use these references to insert citations and create instant bibliographies in styles such as APA or AMA. We can show you how to get started using these time-saving productivity tools!

      Tuesday, March 3, 4:00-5:00pm, Thune Seminar Room A&B

RefWorks Write-N-Cite - This session will show you how to import citations from popular databases such as Medline/PubMed and CINAHL. Once you start writing papers, you will be able to use these references to insert citations and create instant bibliographies in styles such as APA or AMA. We can show you how to get started using these time-saving productivity tools!

      Tuesday, March 10, 12:00-1:00pm, HSL Computer Lab, 2nd floor
      Thursday, March 12, 3:30-4:30pm, HSL Computer Lab, 2nd floor

RefWorks Write-N-Cite for Macs - This session will show you how to import citations from popular databases such as Medline/PubMed and CINAHL. Once you start writing papers, you will be able to use these references to insert citations and create instant bibliographies in styles such as APA or AMA. We can show you how to get started using these time-saving productivity tools!

      Thursday, March 19, 4:00-5:00pm, Thune Seminar Room A&B

Patient Education Materials Assessment Tool (PEMAT) – The Patient Education Materials Assessment Tool (PEMAT) is a guide designed to help you evaluate patient education from posters and handouts to videos or verbal instructions, and decide if it is appropriate to give to patients. How do you know if your material is understandable and actionable? Come to the session and learn how to use PEMAT to find out.

      Wednesday, April 1, 3:30-4:30pm, Thune Seminar Rooms A&B

Getting More out of Searching Medline - This session will highlight search strategies and tips to make you’re a more effective and efficient Medline searcher using the EBSCOHost interface.

      Thursday, March 5, 12:00-1:00pm, Thune Seminar Rooms A&B

How Do I ... Open Question Forum for HSL Resources, Tools, & Databases – Library staff will be available to answer any questions you may have on resources, tools and databases.

      Thursday, April 9, 4:00-5:00pm, Thune Seminar Rooms A&B

Beyond Medline: Exploring other health sciences databases - Learn more about other important health sciences databases and information including Web of Science, Cochrane, governmental, international and other data and statistical sources.

      Thursday, March 26, 3:30-4:30pm, Thune Seminar Rooms A&B
      Tuesday, April 7, 3:30-4:30pm, Thune Seminar Rooms A&B
      Thursday, December 11, 4:00-5:00pm, Thune Seminar Rooms A&B

Family Health Portrait: Keeping track of your own health – Learn how easy it is to use this tool. Using My Family Health Portrait you can: enter your family health history, learn about your risk for conditions that can run in families, print your family health history to share with family or your health care provider, and save your family health history so you can update it over time. Talking with your health care provider about your family health history can help you stay healthy!

      Thursday, April 2, 12:00-1:00pm, HSL Computer Lab, 2nd floor

Developing & Updating Your Professional Profile: promotion & tenure resources from the HSL – Learn how to use the services and resources provided by the Health Sciences Library to manage your publications, determine their impact and create documentation for promotion & tenure.

      Thursday, April 23, 3:30-5:00pm, Thune Seminar Room A&B

Registration is requested but not required. To register call the Reference Desk at 402-280-5138. Online sessions are available. For more information or to request an individual or special session, please contact Jeanne M. Burke, HSL Education Coordinator at (402)280-5143 or jburke@creighton.edu
Café a la Cart
Will be closed Mar. 8-13 for Spring Break
Will re-open on March 16
7:30 am – 4:00 pm Mon. – Thurs.
7:30 am – 1:30 on Friday.

Café à la Cart
ON YOUR WAY TO WHERE YOU'RE GOING

Hours of Operation

Health Sciences Library/LRC
Sunday 10:00 am—Midnight
Monday—Thursday 7:00 am—Midnight
Friday 7:00 am—10:00 pm
Saturday 10:00 am—6:00 pm

Drug Information & Evidence Based Practice
Monday-Friday 8:00 am—5:00 pm

Points of Contact

Director
A. James Bothmer
jbothmer@creighton.edu

Telephone:
Administration 402/280-5135
Service Desk 402/280-5109
Interlibrary Loan 402/280-5144
Learning Resources Center 402/280-5109
Reference/Information Services 402/280-5138
Digital Collection 402/280-5142
National Network of Libraries of Medicine 402/280-4156
Fax 402/280-5134

Web: http://www.hsl.creighton.edu
Staff Directory: http://hsl.creighton.edu/aboutus/staffdirectory/

Drug Information & Evidence Based Practice
Telephone: 402/280-5100, 280-5101
Web: http://druginfo.creighton.edu

BIC Informer

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