



BIRTH CENTENNIAL OF DR. VIRGINIA APGAR



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What every new parent learns in the first moments of their child's life is that the baby is about to take its first test. The result will immediately reveal the infant's health after birth to ensure that proper medical care is administered. What parents may not know is that the number, called an Apgar Score, is the result of a simple scale designed by Dr. Virginia Apgar in 1952. It looks at five characteristics: heart rate, respiratory effort, muscle tone, reflex response, and color. Each characteristic gets a score of 0, 1 or 2, and the scale yields a maximum total score of 10—indicating a healthy baby.

Dr. Virginia Apgar was the first woman named full professor at Columbia's College of Physicians & Surgeons. At the age of 50, she earned a masters degree in public health at Johns Hopkins University, then became director of research for what would eventually become the March of Dimes. This year marks the centennial of Dr. Apgar's birth.

SMARTER RESEARCH IS BETTER RESEARCH

Endnote, Refworks and Zotero: You might have heard people talking about these, and maybe you're not sure why you should care.

Your ideal system might involve a blend of more than one of these, but chances are, you'll get comfortable with one and focus on using it. They each have their advantages and disadvantages, so choosing one depends on each person's needs.

Endnote is the most established and most robust of the three. It is best for storing large numbers of references and would be ideal for a large-scale research project or dissertation. It offers the greatest flexibility for customizing citation styles, and it works very well with word-processing programs. Its greatest disadvantage is that the software must be installed to a specific computer or computers, and sharing and syncing your libraries across multiple machines is inconvenient.

Refworks is reasonably good at most of the citation-storage functions *Endnote* offers, except *Refworks* is entirely web-based. It is ideal for people who work on multiple machines. Its most notable disadvantages are that it is prone to slowdowns when large numbers of references have been

added, and using it in conjunction with word-processing programs can be problematic.

Zotero is a free, open-access program that performs the main tasks that *Endnote* and *Refworks* offer (i.e., collecting references, and inserting citations into manuscripts). But *Zotero* offers some features that make it well suited for organizing your entire research process: create standalone notes (kind of like an electronic version of index cards or stickie notes); easily capture nontraditional resources (websites, media); easily tag, annotate and organize citation libraries; and save a snapshot of the webpage from the day you accessed that page. *Zotero* is offering a new version that allows users to easily sync between multiple machines over the web. *Zotero's* disadvantages are that it is available only to users of the Firefox browser, and it can sometimes be more challenging to import references from subscription databases.

If you haven't tried any of these tools, you should! They can save you invaluable time with your papers and bibliographies.

To learn more, visit:

<http://library.cpmc.columbia.edu/hsl/citation/index.html>

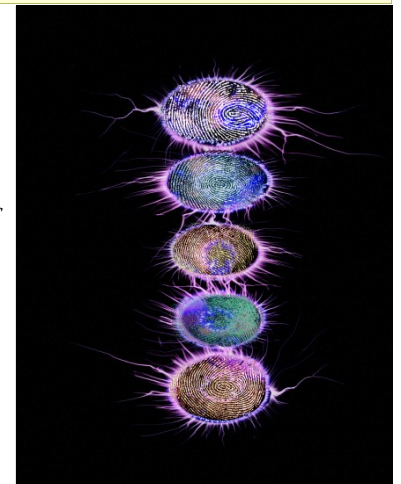
NY ACADEMY OF MEDICINE EBM WORKSHOP

In August, the New York Academy of Medicine's Section on Evidence Based Health Care will host a program entitled "Teaching Evidence Assimilation for Collaborative Health Care" (TEACH). The TEACH program is aimed at physicians and other health care professionals from all disciplines and specialties. This first-of-its-kind experience will be composed of three interconnected tracks:

- #1: Forming Recommendations Using GRADE
- #2: Implementing Clinical Evidence in Care Settings
- #3: Evidence Based Individualized Care

The workshop will be held August 12-14, 2009.

For inquiries please e-mail nyam.sebhc@gmail.com, or call 212 419-3610. For more information and registration please go to: www.ebmny.org



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GO GREEN! ENVIRONMENTALLY FRIENDLY COMPUTING TIPS

Columbia’s pledge to go green includes practicing environmentally friendly computing. There are many things we can all do to help conserve resources and energy. Here are a few tips to consider:

- Buy new equipment only when you need it:
 - Upgrading and running maintenance on computers, printers and other devices often greatly improve performance and mean less manufacturing and disposal waste. When older computers are running slowly, simply upgrading RAM can make a world of difference.



- Remove any programs on your computer that you’re not actually using. Some may run in the background and tie up resources, making the computer seem slower than it actually is.
- If you do need to replace equipment, be sure to purchase Energy Star-compliant devices.

- Use less paper – print only what you actually need.
 - Editing features found in most Microsoft Office programs such as Track Changes, Insert Comments, and Compare and Merge

Documents help you review on-screen instead of printing unnecessary copies for proofreading.

—Back up electronic copies on CD or another drive instead of relying on a printed copy. This also allows you to easily incorporate parts of a document in future works through copying and pasting rather than tedious re-typing.

—When possible, print double-sided and decrease font size and margins to fit more on one page. Consider setting your computer to print double-sided by default – and, of course, be sure to recycle your used paper instead of throwing it in the trash can.

- Cut off energy vampires!
 - Turn off your computer overnight and when it’s not in use. It’s an old myth that computers take up more energy to start up. If you avoid doing this because your computer takes a long time to start up or shut down, look into having it “tuned up” and remove any unnecessary programs that may be causing it to run slowly.
 - Turn off all of your peripherals when not in use, and don’t leave phones, PDAs and laptops charging unnecessarily. They may seem like they’re not using much energy but even keeping that little green light on your charger going will add up. Plug similar items into a power strip that you can turn off when they’re not needed.
 - Turn off the Bluetooth and wireless functions on your computer when they’re not in use. Keeping these on at all times means that the computer is searching for devices and connections, using up extra energy.
 - Enable power management on your computer – Columbia recommends that you set your monitor to enter standby mode after no more than 15 minutes of inactivity, and set your computer to stand by after 30 minutes of inactivity.

See the Columbia Guide to Green Computing for more information:

http://www.columbia.edu/cu/environment/docs-wycd/green_guide/index.html

AUGUSTUS C. LONG HEALTH SCIENCES LIBRARY HAMMER HEALTH SCIENCES CENTER

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TEL: (212) 305-3605

FAX: (212) 234-0595

EMAIL: hs-library@columbia.edu

WEB: <http://library.cpmc.columbia.edu/hsl/>

HSL SUMMER HOURS

Mon. - Thurs. - 8:00 am – 8:00 pm

Fri. - 8:00 am – 6:00 pm

Sat. - 10:00 am – 6:00 pm, Sun. - 12:00 Noon – 8:00 pm

Walk-in Research Help: Mon. - Fri., 12 Noon – 4 pm

24 Hour Computer Room - 24 hours/7 days

After Hours Study Room - 24 hours/7 days

PH-17 Computer 8:00 am - 2:00 am