

Medical Library

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Websites

- [American Psychological Association's Road to Resilience](#) - online brochure providing tips and strategies for remaining resilient.
- [Centers for Disease Control & Prevention \(CDC\) - Mental Health](#) - timely overviews of mental health topics, including facts, data, and publications.
- [MedlinePlus - Mental Health Topic Page](#) & [Stress Topic Page](#) - plain language clinical overviews of mental health and stress with tips for stress management, including relaxation techniques. Also provides links to health information from hospitals, professional organizations, government websites, and current research.
- [MentalHealth.gov](#) - one-stop resource for reliable and up-to-date mental health information and resources. The website compiles information from a number of quality health resources including the CDC, MedlinePlus, National Institute of Mental Health (NIMH), and the Substance Abuse and Mental Health Services Administration (SAMHSA).
- [Mental Health America](#) - a non-profit organization founded in 1909 to educate, advocate, support, and improve the mental wellness of all Americans. Website provides simple introductions to mental health topics, warning signs, and help resources.
- [National Center for Complementary and Integrative Health \(NCCIH\)'s Relaxation Techniques for Health](#)
- [Office of Disease Prevention & Health Promotion's Manage Stress](#) - website outlining tips and strategies for managing stress.

Books & eBooks

- ***The Art and Science of Mindfulness: Integrating Mindfulness into Psychology and the Helping Professions***, 2nd edition (2017) by Shauna Shapiro and Linda Carlson. Available on Kresge Library 3rd Floor, RC 489 .A32 S53 2017
- ***Managing Stress: Principles & Strategies for Health and Well Being*** (2005) by Brian Seaward. Available on Kresge Library 3rd Floor, RA 785 .S434 2006
- [A Mindfulness-Based Stress Reduction Workbook](#) (2010) by Bob Stahl et al.
- [Mindfulness and Meditation: Your Questions Answered](#) (2018) by Blaise Aguirre
- [Stress and Work: Perspectives on Understanding and Managing Stress](#) (2013) by DM Pestonjee and Satish Pandey

Student Corner

Library Hours over Memorial Day Weekend

In observance of the Memorial Day holiday weekend, Kresge Library, including all Medical Library spaces, will have the following hours:

- Saturday, May 26 - Closes at midnight
- Sunday, May 27 - Open 7:30am - midnight
- Monday, May 28 - CLOSED
- Tuesday, May 29 - Opens at 7:30am and resumes 24/7 hours

For current library hours, please visit the [Hours](#) webpage.

Mobile Apps Fair

The Medical Library is hosting our annual Mobile Apps Fair on Thursday, May 31 from 12:00 - 1:00pm in the hallway outside of the student lounge! Stop by our table to download the essential clerkship apps to your mobile devices, including clinical information resources to use at the point-of-care, drug information resources, flashcards, and more! No RSVP required...just stop on by!

OUWB Publications

DeBaets AM. [Miracles for the "Nones."](#) *Am J Bioeth.* 2018;18(5):61-62. (Dr. Amy DeBaets is Assistant Professor in the Department of Biomedical Sciences at OUWB specializing in bioethics).

Nasr J, Falatko J, Halalau A. [The impact of critical appraisal workshops on residents' evidence based medicine skills and knowledge.](#) *Adv Med Educ Pract.* 2018;9:267-272. (Dr. Justine Nasr specializes in hospital medicine and Dr. Alexandra Halalau specializes in internal medicine at Beaumont Hospital Royal Oak. Both also serve as Assistant Professors in the Department of Internal Medicine at OUWB).

Rubin AD, Jackson-Menaldi C, Kopf LM, et al. [Comparison of Pitch Strength With Perceptual and Other Acoustic Metric Outcome Measures Following Medialization Laryngoplasty.](#) *J Voice.* May 2018 [ePub ahead of print]. (Dr. Adam Rubin specializes in otolaryngology at Beaumont Grosse Pointe and serves as Assistant Professor in the Department of Surgery at OUWB)

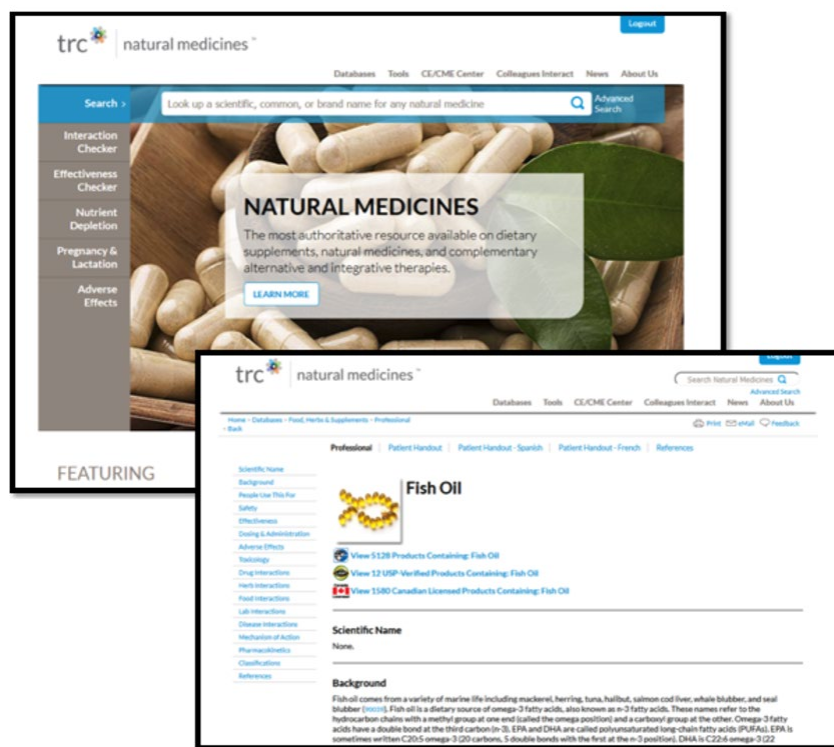
Resource of the Month: Natural Medicines

What is it?

[Natural Medicine](#) is a database that uses a rigorous evidence-based process to compile information on natural medicines – foods, herbs, and supplements – to support clinical decision making. Each product monograph includes clearly identified Safety Ratings, Effectiveness Ratings, and Interaction Ratings supported by evidence that is systematically evaluated and critically appraised.

How do I access it?

The link can be found on the library's [Databases web page](#). It is also included on the library's online guide on [Library Guide to Drug Information and Pharmacology Resources](#).



Why should I bother?

Natural products are often based on traditional, untested beliefs, and are sometimes the subject of excessive marketing claims. This database attempts to approach the use of these products with reliable scientific data. It also presents information in useful ways and contains helpful tools:

- Comparative Effectiveness Charts organize natural therapies for specific conditions in an easy-to-read format, ranked by level of effectiveness
- Contains evidence-based information on other alternative/complementary therapies (e.g. meditation, specific diets, exercises)
- Includes a large Commercial Products database rating multi-ingredient products based on safety, effectiveness, and overall product safety
- Updated on a daily basis

--- Nancy Bulgarelli, Medical Library Director

Questions? Contact the Medical Library at 248-370-3772 or medref@oakland.edu

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[Medical Library Office Hours](#)

Mon: 7:30am - 6:00pm
Tue - Fri: 7:30am - 8:00pm
Sat: 8:00am - 4:30pm

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