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ULOGA MEDICINSKIH KNJIŽNICA U PROMICANJU ZNANSTVENO UTEMELJENIH MEDICINSKIH INFORMACIJA

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"I'M SORRY DOCTOR, BUT AGAIN I HAVE TO DISAGREE."

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- ▣ oduvijek je postojala potreba pojedinca, bolesnika za medicinskom informacijom, ali je tek pojava interneta omogućila svima i svugdje dostupnost medicinskih informacija,
- ▣ 55% korisnika interneta “gugla” u potrazi za nekom medicinskom informacijom (prema američkim istraživanjima);

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- ▣ medicinske knjižnice zauzimaju važnu ulogu u zdravstvenom procesu, odgovarajući na informacijske potrebe medicinskih profesionalaca, ali i javnosti,
- ▣ korisnici usluga medicinskih knjižnica:
 1. profesionalni korisnici (liječnici, znanstvenici),
 2. studenti,
 3. *javnost/pojedinci (svi oni koji žele informacije o svom zdravlju ili bolesti);*

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- ▣ prihvatile izazove nove informacijske tehnologije (krajem 60-tih godina prošlog stoljeća),
- ▣ porast medicinskih informacija nametnuo je njihovu organizaciju u baze podataka i ulazak računala u prostor knjižnice,
- ▣ 1971.god.online pretraga Medline baze podataka – novi način organizacije i dohvata informacija,

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- ▣ od tradicionalnih kataloga, kazala i bibliografija analogne građe do sadržajne obrade izvora medicinskih informacija na internetu,
- ▣ Margaret Haines ukazuje na važnost ulaska medicinskih knjižničara u svijet nove paradigme, medicine utemeljene na znanstvenim dokazima (1994. godine),
- ▣ 1996. godine u Velikoj Britaniji medicinski knjižničari uključili su se u izobrazbu o medicini utemeljenoj na znanstvenim dokazima;

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- ▣ medicinske knjižnice razvijaju nove informacijske proizvode i usluge te oblikuju informacije prema potrebama određenih skupina korisnika,
- ▣ usluge i proizvodi namijenjeni javnosti/ pojedincu:
 - izgradnja specijaliziranih portala,
 - promjena sadržaja mrežnih stranica,
 - osiguranje dostupnosti analogne i digitalne građe u području medicine;

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- ▣ National Libraray of Medicine 1998. godine pokrenula je MedlinePlus,
- ▣ MedlinePlus - dizajniran da pruži selektivnu i vjerodostojnu medicinsku informaciju:
 - informacije o bolestima (preko 1000 bolesti),
 - informacije o lijekovima,
 - informacije o laboratorijskim testovima,
 - informacije o medicinskim udruženjima, bolnicama,
 - - medicinska enciklopedija, videozapisi, obrazovni materijali,
 - - pristup ClinicalTrials.gov;

MedlinePlus

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- ▣ The library staff will assist you in finding health information in print or electronic format. Library service is available to patients at no charge.

Središnja medicinska knjižnica

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 Medicinski fakultet

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SREDIŠNJA MEDICINSKA KNJIŽNICA

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- Dr Med - Diplomski radovi MF
- Biomedicina Croatica
- EBM informacijski servis

SMK IZDVAJA:

- ClinicalKey
- ProQuest Dissertations & Theses
- Portal elektroničkih izvora
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SMK OD...E:

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- za javnost
- za knjižničare

NAJNOVIJE:

- Pristup e-časopisima i bazama
- ClinicalKey - upute
- Faktori odjeka (IF) hrv. časopisa

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- ▣ Problem: može li se lijek za snižavanje kolesterola (npr. Atoris) zamijeniti alternativnom terapijom, primjerice, češnjakom.
- ▣ Pitanje : je li je češnjak dobra zamjena za Atoris?

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- ▣ različiti informacijski izvori:
 - specijalizirane baze podataka namijenjene javnosti (MedlinePlus...),
 - medicinske baze podataka (Medline/PubMed, Cochrane Library, UpToDate...),
 - specijalizirane predmetne direktorije (Health On the Net Foundation/HON, Medscape...),
 - e-časopise (JAMA/JAMA Patient Page)
 - mrežne stranice medicinskih udruženja, bolnica... (American Heart Association...).

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- ▣ Medicinska knjižnica: pretraga EBM informacijskog izvora,
- ▣ UpToDate - sadržava pregledne radove koje pišu stručnjaci za određeno područje, uz dodatnu kritičku ocjenu neovisnih recenzenata; prilikom izradbe preglednih radova urednički timovi pretražuju veliki broj izvora (preko 400 časopisa, *MEDLINE*, *Cochrane Library*, *ACP Journal Club*, kliničke smjernice i sl.);

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hypercholesterolemia garlic

Contents | Patient Education | What's New | Practice Changing Updates | Calculators | Drug Interactions

Lipid lowering with diet or dietary supplements

hypercholesterolemia ga Find Patient Print Share

Topic Outline

- SUMMARY & RECOMMENDATIONS
- INTRODUCTION
- FISH OIL AND OMEGA-3 FATTY ACIDS
- SOY
- RED YEAST RICE
- GUGGULIPID
- POLICOSANOL
- COCONUT OIL
- GARLIC
- POLYPHENOLS
- TEA
- NUTS
- MARGARINES AND PRODUCTS LOW IN TRANS-FATTY ACIDS
- FIBER

in which high and low fat coconut oil-enriched diets (identical polyunsaturated/saturated fat ratios) were tested, the high fat coconut oil reduced lipoprotein levels by 5 percent [54].

We do not recommend the use of coconut oils to improve lipid levels.

In a review of eight clinical trials and 13 observational studies, coconut oil raised total and LDL-C more than *cis* unsaturated plant oils but less when compared with butter [55]. We do not recommend the use of coconut oils to improve lipid levels.

GARLIC — Garlic has been advocated as a method to lower serum cholesterol concentrations. There were conflicting data on efficacy from a number of small clinical trials and their meta-analyses [56-61].

Subsequently, a larger and well-performed randomized trial compared three different garlic preparations (raw, powdered, and aged garlic extracts at a daily dose approximately equivalent to one 4 gram clove) and placebo in 192 adults with LDL-C concentrations ranging from 130 to 190 mg/dL (3.36 to 4.91 mmol/L) [62]. Patients were treated six days per week for six months, and none of the preparations of garlic had a significant effect on LDL-C or other lipid levels.

We do not recommend garlic for the treatment of hypercholesterolemia.

POLYPHENOLS — Polyphenols are substances found primarily in plants, and foods made from plants such as tea, coffee, cocoa, olive oil, and red wine, that appear to have antioxidant effects [63,64]. They also appear to have immunomodulatory and vasodilatory properties that could contribute to cardiovascular risk reduction. Polyphenols include flavonoids and flavonoid derivatives, lignans, phenolic acids, and stilbenes [65].

An observational study found an inverse association between mortality (total mortality as well as CHD mortality) and intake of flavanones and certain foods rich in flavonoids [66].

A randomized crossover trial in 200 men compared the effects on serum lipids of virgin olive oil (high in polyphenols), refined olive oil (low in polyphenols), and a mixture of the two with intermediate polyphenol content [67]. A dose-response was seen, where

Topic Feedback

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- ▣ Odgovor:
 - nije pronađen znanstveno utemeljen dokaz da uzimanje češnjaka može utjecati na smanjenje vrijednosti kolesterola.

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- ▣ u novom okruženju medicinske knjižnice su svoju tradicionalnu ulogu tragača za informacijama u analognom svijetu zamijenili s digitalnim svijetom,
- ▣ medicinske knjižnice prešle put od tradicionalne knjižnice, mjesta na kojem su pohranjene informacije prema „novoj“ digitalnoj knjižnici, mjestu s kojeg se upravlja informacijama.

HVALA NA POZORNOSTI!

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