Matas for MasterChefs

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Class Outline

- Library basics
- Search basics
- Finding research articles and sources in Culinary Medicine
- Citing articles
- Considerations when evaluating research articles & websites
"Father of Vascular Surgery“
Graduated medical school at 19
Introduced the suture for the cure of aneurysm
Lost an eye to gonococcal keratoconjunctivitis...during surgery
Tulane professor > 42 years

Dr Matas c. 1932
Ruldolph Matas Library
1430 Tulane Avenue
New Orleans, LA 70112

2nd floor of the Hutchinson Memorial Building (School of Medicine)
HOURS

Monday - Thursday
8 am - 9 pm

Friday
8 am - 6 pm

Saturday
Closed

Sunday
11 am - 9 pm
AMENITIES
Library Commons:
headphones, laptops, reserve books, study guides; coffee, computers, print/copy

Study rooms:
rsvp available

24/7 Quiet Study area:
printers, scanners, study space

A hot chocolate & the Sunday New York Times is a perfect mid-day break.
• Printing
  • 10¢ b/w; 50¢ color
  • Card only
  • Available in Commons, Mezzanine Lab, 24/7 area (color & b/w)

• Copier
  • 10¢ b/w
  • Cash or card
  • Available in Commons area

• Scanning
  • Free
  • Available in Mezzanine & 24/7 area

Fax service also available ($1/page)
• Call 988-5155
• Email medref@tulane.edu
• Chat (library homepage)
• Reference Desk
  • 8 AM – 6 PM
• Library Commons
• Mezzanine Lab
  • 18 computers
• 24/7 Area
• Software includes: MS Office 2007, medical software, statistical software*

* 24/7 Area only
TU email address & password required
http://matas.tulane.edu/
How to Search Responsibly
1. Identify subjects

“I need information on the effect of a low fat diet on heart disease.”
2. Break search into phrases

low fat diet / heart disease

*Try this: brainstorm synonyms*
3. Connect with Boolean Operators

4. Apply limits

Further narrow results by age groups, language, dates, type of study, full text, peer review, publication types, research design etc
Subject Headings vs. Keywords

- **Subject Heading**
  - A word or phrase from a controlled vocabulary which is used to describe the subject of a document.
  - Example: MeSH - Medical Subject Headings (PubMed), CINAHL Thesaurus

- **Keyword**
  - Any word or phrase in the title, subject headings, notes, abstract, or text of a record in a database used as a search term in a free-text search to retrieve all the records containing it.
  - Example: what you type when you use Google
PubMed Simple Subject search

Last Revised: 6 March 2013
How it works
More search tips

Consider using TRUNCATION

• Shortens a keyword so that it will match with all terms starting with the same stem.

  diet* will match with dietary, dietetics, dietitian, etc.

• EBSCOHost & PubMed truncator: * (asterisk)
More search tips

- Avoid using sentences or prepositions to search**
  - Databases don’t like the words ‘in, to, for, by’ etc. - use at your own risk!

**Looking for a specific phrase? Use double quotes:
  “low fat diet” (2686 results) vs low fat diet (18,239 results)

Works in most databases, including Google
Rule of Thumb

If you spend more than 20 minutes trying to find something relevant, contact a librarian.
Primary online sources for research
research cat

says Wikipedia

not acceptable source
• **PubMed**: biomedical journal articles

• **Agricola**: USDA database on food, nutrition, agriculture

• **EconLit**: Economics of food from the American Economic Association

• **CINAHL**: Nursing and allied health literature, nutrition

• **ERIC**: Education topics, school nutrition

• **Physical Education Index**: Physical fitness, health, sports medicine
Nutrition Resources

A guide to nutrition and medical nutrition therapy

Articles & Databases

Clinical and Health Research Databases

- Cochrane Library
  Evidence based medicine, full-text systematic reviews and meta-analysis from the Cochrane Collaboration.
- EMBASE.com
  EMBASE scope includes in-depth coverage of drug research (pharmacology, pharmaceutics, toxicology), with additional emphasis on basic biological and human research, health policy and management, biotechnology, biomedical engineering.
- Login to Multiple Ovid Databases
  Global Health, Health Star, Full-text journals and MEDLINE.

Specialty Databases for Nutrition Research Topics

Use the resources below to identify research articles, technical reports, book chapters, and other materials on your topic. You may need to search more than one database to locate the most appropriate materials. Try different terms, check how known relevant articles are described and see if there are related terms or synonyms. Investigate how each database uses the terms. Is there a unique thesaurus or subject heading listing, such as MeSH in MEDLINE?

Understanding Boolean operators in searching may be helpful. Learn about each database and how to save a search and your retrieval for future use.

- PubMed/MEDLINE
  19+ million biomedical journal articles
- AGRICOLA
  EBSCOhost USDA database on food, nutrition, agriculture, etc.
- EconLit
  EBSCOhost from the American Economic Association.
- CINAHL Plus with Full Text
- CINN
- Factiva
- Annual Reviews
- Index to Nutritional Literature
- Book Review Index
- Current Contents"
Choose a database from the list and search for articles on low fat diet and heart disease.

Find an article that is peer reviewed or from an academic journal.

The article must be published in the last 5 years.

How would you cite the article in a paper?
Many databases offer citation styles on demand:

See: EBSCOhost, ProQuest

PubMed does not automatically cite articles

RefWorks, EndNote Web, Zotero - cloud-based bibliographic management systems (stores & cites your articles while you write a paper)

Citation and writing guides: http://libguides.tulane.edu/citation
• **Scope** - what subject does this site cover? Is it current? Focus on quality. Does the site have an editorial board? Is the information reviewed before it is posted? Be skeptical.

• **Purpose** - what does this site want to do? Sell something, provide information, debate a topic, answer a question, etc

• **Authority** - Who is in charge? Who owns or funds the site? Is it a branch of the government, a university, a health organization, a hospital or a business?

Some questions that can help you evaluate health information:

- Was the study in animals or people?
- Does the study include people like you?
- How big was the study?
- Was it a randomized controlled clinical trial?
- Where was the research done?
- If a new treatment was being tested, were there side effects?
- Who paid for the research?
- Who is reporting the results?

Things that sound too good to be true often are. You want current, unbiased information based on research.
• Study areas
• Friendly staff
• Laptops & headphones
• Textbooks & study guides
• Downtown delivery
for GREATER KNOWLEDGE -
ON MORE SUBJECTS

Use Your LIBRARY more often
Thank You!

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