

Intro to the LRC:

Accessing LRC Resources in Your PJs



Welcome to the Learning Resource Center for Rocky Mountain University of Health Professions



Objectives

Learn:

- How to navigate LibLynx
- How to use a Discovery Service
- How to find Full-Text
- Quick Intro to Citation Managers, and
- How to Contact your Librarians



Okta



Okta, our Single-Sign in System, allows you to log into LibLynx seamlessly. Log in to your Okta account and look for the LibLynx Chicklet



Welcome to our new access portal to all LRC resources. Please use your email login for access.

RMU Login @rm.edu

Please login with your @rm.edu email address below

first.last@rm.edu



Alumni/Preceptor Login

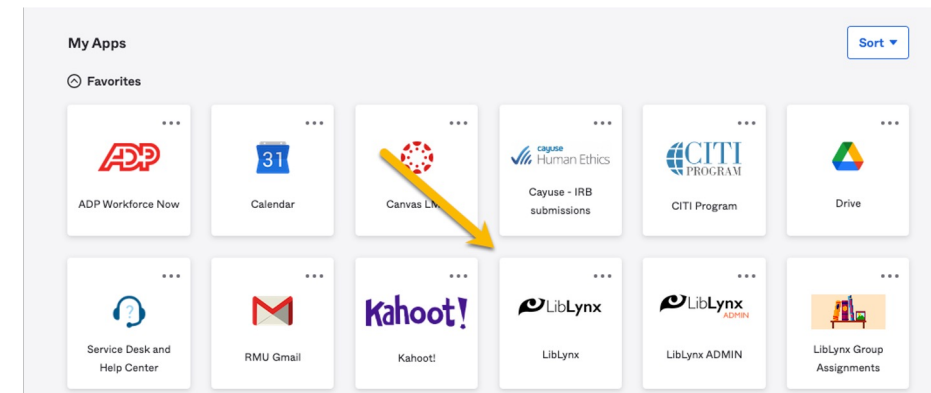
Alumni and Preceptors- use your registered email address and password

Email

Password

☐ Remember me [Forgot your password?](#)

Login



Since you have an rm.edu email address, just click on the left option. Even after graduation, your Okta account and rm.edu email address will remain active. Continue to use this method to access library resources, although your status and access will change.

LibLynx Gateway



From within the LibLynx Gateway, you will see resources specific to your program. Click on the white drop-down to open and close panels. Customize your portal. Move panels around by clicking and dragging. Open panels. Minimize panels you don't want to see all the time.

The screenshot shows the LibLynx Gateway interface. At the top, the Rocky Mountain University of Health Professions logo is on the left, the text "LRC Resource Access 24/7 From Anywhere" is in the center, and the LibLynx logo is on the right. Below the header, there's a navigation bar with a "Show" dropdown, a "Contact Us" link, and a user profile for "Karen Newmeyer (RMUoHP)". The main content area is divided into three columns. The left column contains a "Chat" panel with a link to open a chat box, a "Personalize Your User Portal" panel, and a "Library Services" panel with an "About Us" section. The middle column features a "PhD Health Sciences/Doctor of Health Sciences/Master of Health Sciences" panel with a list of resources: ANATOMY, BOOKS, DATABASES, DISSERTATIONS, MULTI-MEDIA, and SPECIALTY JOURNALS (included in an EBSCO Discovery Search). Below this is a "Speech Language Pathology" panel. The right column contains a "Discovery Services" panel with an "EBSCO Discovery" section, a search bar, and checkboxes for "Full Text (Online)" and "Scholarly (Peer-Reviewed)". Below this are sections for "Library Catalog via WorldCat Discovery", "PubMed", and "Google Scholar". Two yellow arrows point to the gear icons in the top right corner of the "PhD Health Sciences" and "Speech Language Pathology" panels, indicating how to customize the interface.

Program Panel



On your program panel, you will see that resources are divided by resource type: Anatomy Resources, Books (not a comprehensive list of books), Databases, etc. Click on the name to open those resources.

PhD Health Sciences/Doctor of Health Sciences/Master of Health Sciences

ANATOMY

Additional Anatomy Sites

Anatomy.TV

Netter's Anatomy Coloring Book, 3rd ed

Thieme

BOOKS

DATABASES

DISSERTATIONS

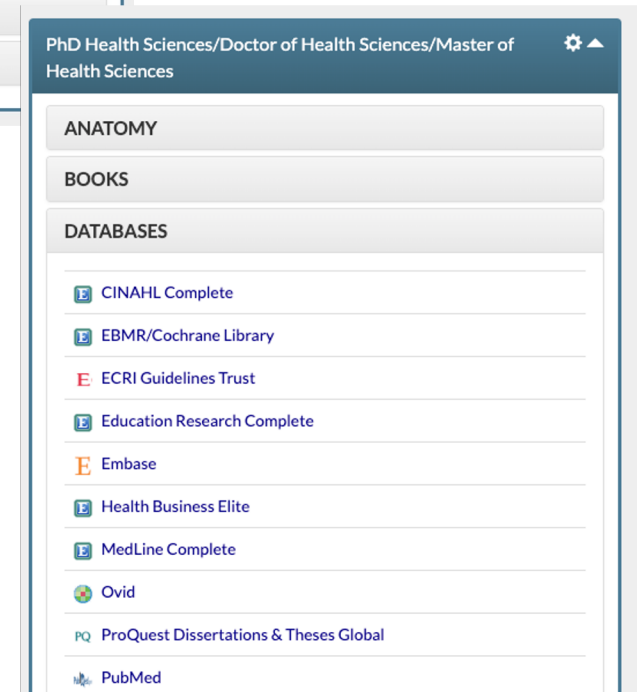
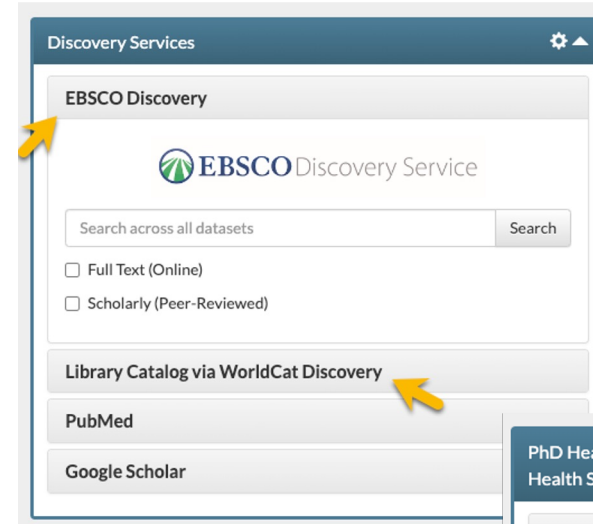
MULTI-MEDIA

SPECIALTY JOURNALS (included in an EBSCO Discovery Search)



Discovery Services

Under Discovery Services, you will see our two discovery services: EBSCO Discovery and World Cat Discovery. A discovery service searches multiple databases as once. If you are looking for something very specific, you can go to a specific database either in your program panel, or under Databases A–Z.





EBSCO Discovery vs. WorldCat Discovery

EBSCO search around 85% of our collection, so if you want a broader search, EBSCO is a good search engine. You can also search WorldCat Discovery which searches 100% of our collection.

So why would you choose EBSCO over WorldCat? **Because** EBSCO is a better search engine than WorldCat. However, WorldCat does include our book collection, both print and online. Caution, be sure you have your search limited to our collection and not Libraries Worldwide.

Sort: Library ▼

▼ Search Results Display

^ Held By Library

☐ Libraries Worldwide

☒ Rocky Mountain University of Health Professions

Discovery Services

EBSCO Discovery

Library Catalog via WorldCat Discovery

General Books Articles Journals Capstones & Dissertations

Search WorldCat Discovery

Search

PubMed

Google Scholar

PubMed & Google Scholar



Under discovery services we also list PubMed and Google Scholar. You can enter a search from here or click on the icon to go there directly.

Discovery Services

EBSCO Discovery

Library Catalog via WorldCat Discovery

PubMed

→ PubMed ↘

Google Scholar



So Many Databases, Too Little Time

So, you have a research question. Where do you start? Here is how I (Karen Newmeyer) approach a question:

1. EBSCO Discovery is my first stop. It has good coverage and is a good search engine. (For more on creating a search, see my video/PowerPoint on Designing a Research Strategy.)
2. Depending on the topic, my second stop would be PubMed. Truly, it is the **best** of all search engines and has some great tools to limit your search and make it more specific. (Again, see my video/PowerPoint on Designing a Research Strategy.)
3. Be prepared to be shocked. My third stop would be Google Scholar, especially if you are dealing with educational and social science topics. There is an advanced search. Overall, it is really an awesome site.




Finding Full-Text: EBSCO



As you search our paid subscriptions, you will generally see two options. Either the PDF symbol is there or there is a link to request an item through interlibrary loan. ILLs take about 2-3 day but may be longer as we are waiting for other libraries to respond to our request.

39. Mitochondrial modulators in the **treatment of bipolar depression**: a systematic review and meta-analysis  

By: Liang Liang; Junyu Chen; Ling Xiao; Qing Wang; Gaohua Wang. In: Translational Psychiatry, Vol 12, Iss 1, Pp 1-7 (2022); Nature Publishing Group, 2022. Language: English, Database: Directory of Open Access Journals

Subjects: Neurosciences. Biological psychiatry. Neuropsychiatry; RC321-571


Academic Journal  [LibKey Instant PDF](#) [View record in DOAJ](#)  [View Complete Issue](#)

40. Lithium in the **treatment of acute bipolar depression**: A systematic review and meta-analysis.  

Rakofsky, Jeffrey J.; Lucido, Michael J.; Dunlop, Boadie W.; Journal of Affective Disorders, Vol 308, Jul 1, 2022 pp. 268-280. Publisher: Elsevier Science; [Journal Article], Database: [APA PsycInfo](#)

Subjects: Antidepressant Drugs; Drug Therapy; Lithium; Major Depression; Symptoms

Academic Journal [View record from ScienceDirect](#)  [Request this item through interlibrary loan](#)

41. Clinical use of long-acting antipsychotics for the **treatment of bipolar disorder** type I patients.  

/ **Bipolar** bozukluk tip I hastalarının tedavisinde uzun etkili antipsikotiklerin klinik kullanımı. By: Uyar, Betül; Atlı, Abdullah; Gül Bilen, Derya. *Cukurova Medical Journal / Çukurova Üniversitesi Tıp Fakültesi Dergisi*, 2022, Vol. 47 Issue 2, p844-851, 8p. Publisher: Cukurova University, Faculty of Medicine., Database: Supplemental Index

Subjects: Pharmaceutical and medicine manufacturing; **BIPOLAR disorder**; ANTIPSYCHOTIC agents; PATIENT compliance; DATA recorders & recording; ELECTRONIC records; NEUROLEPTIC malignant syndrome; CLUSTER headache

Academic Journal [Full Text Finder](#)

- LibKey Instant PDF—Yay!
- View Record in DOAJ—Yay!
- View record from Science Direct—Not so good. The publisher will often ask for payment. Don't do it!
- Request this item through Interlibrary loan—still good. Takes a bit longer so plan ahead
- Full Text Finder—sometimes good. It provides links that *might* have the full-text.

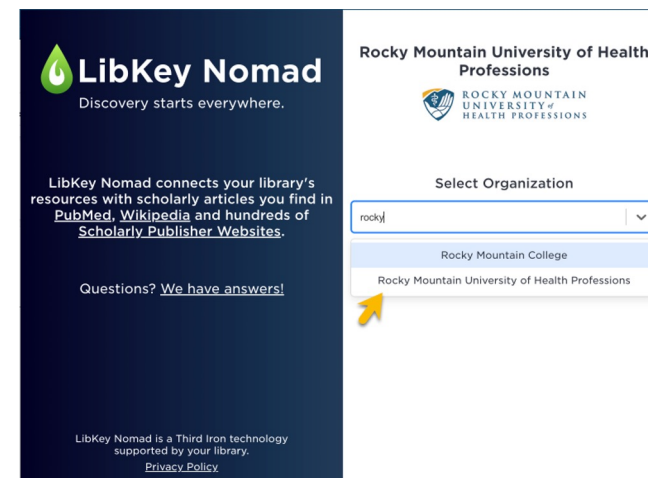
Finding Full-Text: PubMed and Google Scholar



What if you are searching PubMed, Google Scholar, or find an article through some other source?

The Answer----LibKey Nomad!

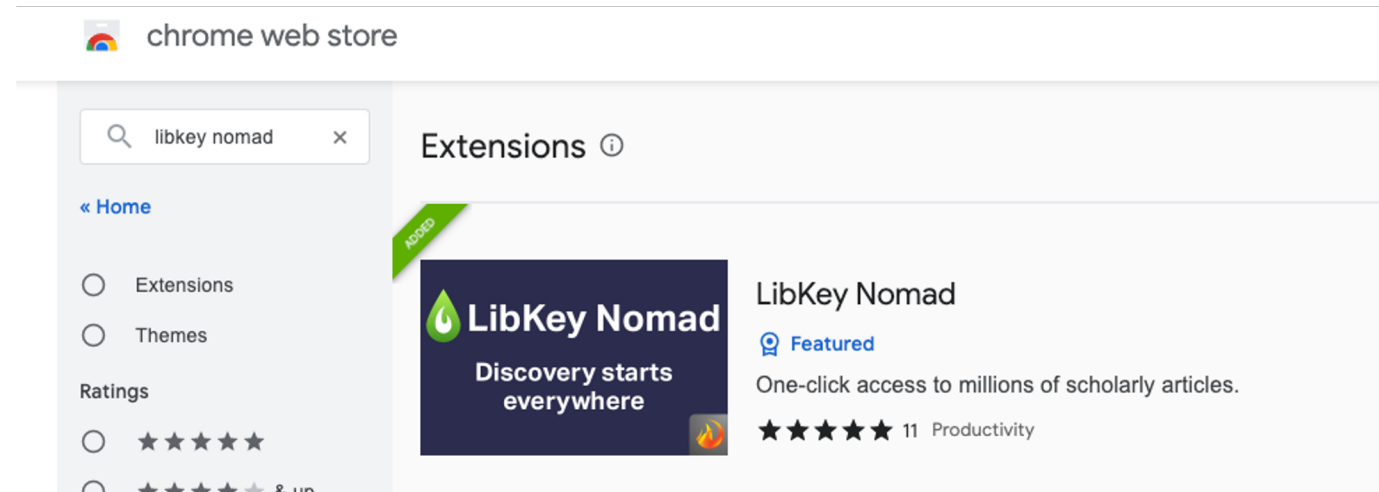
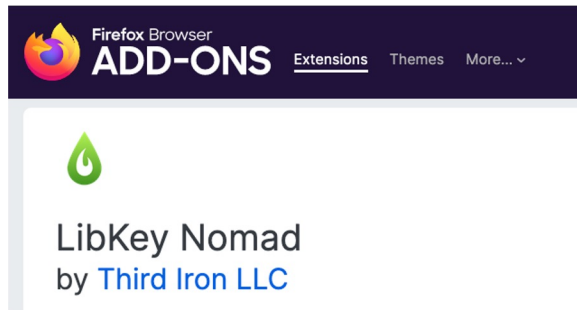
This is a service we subscribe to that operates as an extension on your browser. It works with Chrome, Edge, Firefox, and Safari. If you are using the RMU branded Chrome browser, look in the upper right-hand corner of your screen. It is this green teardrop. It may be gray on your screen if it hasn't been activated. To activate, click on the teardrop and this box will appear. Search for Rocky Mountain University to activate.





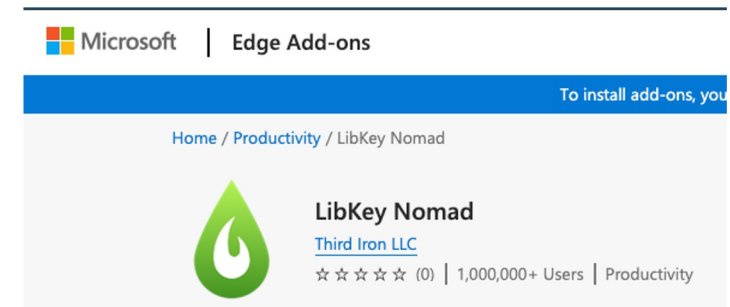
Installing LibKey Nomad

If it isn't on your browser, go to the appropriate "store" to download for free.



Get Safari extensions

1. In the Safari app on your Mac, choose Safari > Safari Extensions, then browse the available extensions.
2. When you find one you want, click the button that shows Get or the price, then click the button again to install or buy the extension.





It follows you around wherever you go on the internet and will link you back to our paid full-text subscriptions. It works on PubMed, Wikipedia, and most publisher sites. If we don't have the full-text in our subscriptions, it will give you a link to request it through interlibrary loan.

Wikipedia

Publisher Sites

Citations

1. ^a Gautam S, Jain A, Gautam M, Gautam A, Jagawat T (January 2019). "Clinical Practice Guidelines for Bipolar Affective Disorder (BPAD) in Children and Adolescents" ^u. *Indian Journal of Psychiatry*. **61** (Suppl 2): 294–305. doi:10.4103/psychiatry.indian.JPsychiatry_570_18 ^u. PMC 6345130 ^u. PMID 307455704 ^u.


2. ^a ^b ^c ^d ^e ^f ^g ^h ⁱ ^j ^k ^l ^m ⁿ ^o ^p ^q ^r ^s ^t ^u ^v ^w ^x ^y ^z Edward Shorter (2005). *A Historical Dictionary of Psychiatry* ^u. New York: Oxford University Press. pp. 165–166. ISBN 978-0-19-517668-1.
3. ^a Coyle N, Paice JA (2015). *Oxford Textbook of Palliative Nursing*. Oxford University Press, Incorporated. p. 623. ISBN 9780199332342.
4. ^a ^b ^c ^d ^e ^f ^g ^h ⁱ ^j ^k ^l ^m ⁿ ^o ^p ^q ^r ^s ^t ^u ^v ^w ^x ^y ^z Anderson IM, Haddad PM, Scott J (December 27, 1136). "Bipolar disorder". *BMJ Clinical Research Ed.* **345**: e8508. doi:10.1136/bmj.e8508 ^u. PMID 23271744 ^u. S2CID 22156246 ^u.


5. ^a ^b ^c ^d ^e ^f ^g ^h ⁱ ^j ^k ^l ^m ⁿ ^o ^p ^q ^r ^s ^t ^u ^v ^w ^x ^y ^z American Psychiatric Association (2013). *Diagnostic and Statistical Manual of Mental Disorders* (5th ed.). Arlington: American

Google Scholar

Article preview
Abstract
Section snippets
References (74)
Cited by (74)
Recommended articles (8)

ELSEVIER

Medical Clinics of North America
Volume 85, Issue 1, May 2011, Pages 949-961

BIPOLAR DISORDER

MD Paul A. Keck Jr.^a, MD Susan L. Mednick^b, MD Lesley M. Arnold^{a,1}

Show more v

[Add to Mendeley](#)
[eCite](#)
[Share](#)
[Cite](#)

<https://doi.org/10.1016/j.mcl.2011.03.014> >

Bipolar disorder (manic-depressive illness) is a common, recurrent, and psychiatric illness.²⁰ Classified as a mood disorder, this illness also affects behavior and frequently is complicated by psychotic symptoms (e.g., delusions, hallucinations, disorganized thinking).²¹ Unreated, bipolar disorder is a substantial risk of morbidity and mortality. Bipolar disorder differs from the episodic disability of depression in 1980's morbidity resulting from the illness as episodes of mania or depression. Full recovery of functioning often remission of symptoms.^{22, 26} Recurrent episodes may cause progressive functioning between episodes, and the number of episodes may have an effect on subsequent prognosis. Bipolar disorder can be a lethal illness. At least at onset, and patients with mixed mania (concomitant manic and depressive) appear to be at greater risk for contemplating suicide.^{10, 20, 26}

Bipolar disorder is a highly heritable biologic illness. Concordance rates for bipolar disorder in monozygotic twins are approximately 85% to 70% and approximately 40% to 35% in dizygotic twins.²³ In family studies, the lifetime prevalence rates of mood (major depressive disorder and bipolar disorder) among first-degree relatives are increased compared with the prevalence rates of mood disorders in degree relatives of people without psychiatric illness.²² The mode of inheritance of bipolar disorder is unknown, however. The impact of life stresses, especially stressors, also remains uncertain.²⁷ In clinical practice, a family history of bipolar disorder, particularly bipolar disorder, is an important corroborative evidence of the presence of a mood disorder in a patient presenting with psychotic symptoms.

To get the FullText@RMUoHP links on Google Scholar, go to your profile, top right of your screen, click and make sure your email is set to your rm.edu email.

Bipolar disorder
[PDF] controversiasbarcelona.com
[I Grande](#), [M Berk](#), [B Birmaher](#), [E Vieta](#) - *The Lancet*, 2016 - Elsevier
... , 3 the prevalence of **bipolar disorders** was consistent across ... for **bipolar I disorder**, 0-4%
for **bipolar II disorder**, 1-4% for subthreshold **bipolar disorder**, and 2-4% for the **bipolar disorder** ...
☆ Save ⓘ Cite Cited by 1288 Related articles All 10 versions ⓘ

Bipolar disorder
[B Müller-Oerlinghausen](#), [A Berghöfer](#), [M Bauer](#) - *The Lancet*, 2002 - Elsevier
... genes related to **bipolar disorder**. This difficulty in identifying specific genes might be partly
due to an insufficient demarcation of **bipolar disorders** from **disorders of the bipolar spectrum**, ...
☆ Save ⓘ Cite Cited by 544 Related articles All 12 versions ⓘ

Bipolar disorder



Library Services

Note the Library Services offered in the LibLynx Gateway. Click there for:



- Our contact information
- Book a Librarian link
- Our new Chat feature—active during business hours
- Instructions for requesting item through Interlibrary Loan
- Instructions on downloading LibKey Nomad (in case you haven't done it already.)
- Writing Resources, which includes the links to the Writing Center, AMA Manual of Style, and the Endnote download links
- And Additional Resources for information such as downloading RMU branded templates, link to the Bookstore, training videos, and more.

Library Services

About Us

The Library is pleased to bring you LibLynx. Now you can access our resources from anywhere through a single login!

Library Staffed:
Monday - Friday 9 am - 5 pm MST

Except for major national holidays. However, we check our emails on weekends, evenings, and holidays.

Can't Find What You Need? We are happy to help.

- Karen Newmeyer karen.newmeyer@rmu.edu (385) 375-8361
- Monica Benavides monica.benavides@rmu.edu (385) 375-8772
- Caitlyn Towne-Anderson caitlyn.towneanderson@rmu.edu (385) 248-5570

Book a Librarian

Chat

Interlibrary Loan (ILL)--Finding Full-Text

LibKey Nomad

Writing Resources

Additional LRC Resources



EndNote

As mentioned, under the Writing Resources panel are links to the Endnote installers. EndNote is a citation manager where you can collect citations, organize them, and import citations into your MS Word document in the citation format of your choosing. There are hundreds of citation managers, and you are free to use any of them, but we only support Endnote (because we are not superhuman).

If you are writing a capstone, scholarly project, or a dissertation, or any kind of major writing assignment, you **need** to use a citation manager. I would recommend getting started sooner rather than later. You don't want to be halfway through writing your paper and have to go back and load all your resources into a citation manager. Contact the librarians for more information about EndNote.



EndNote 20
Citation Management Software

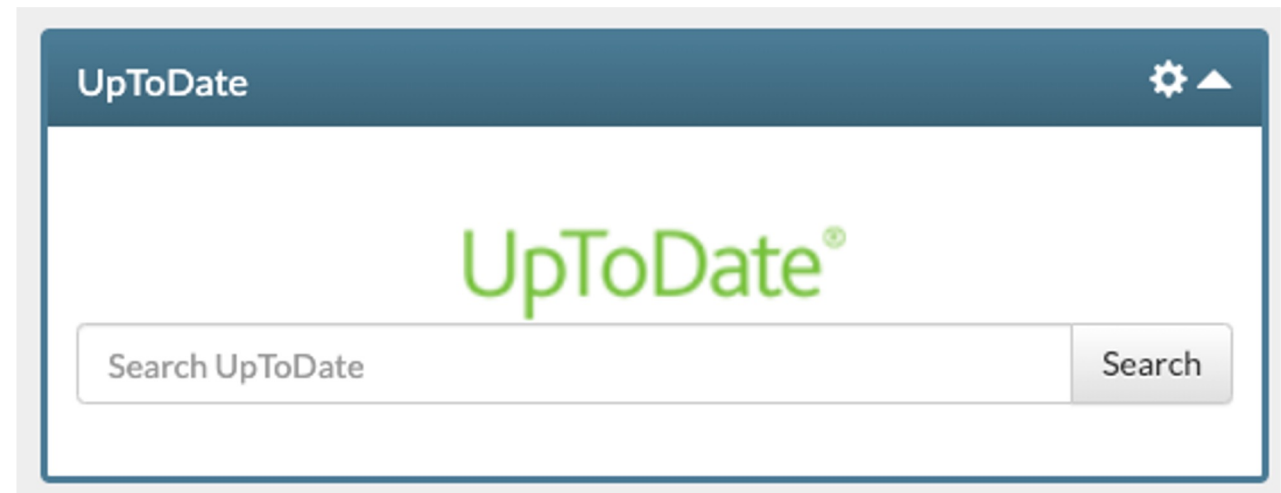


UpToDate

A quick word about UpToDate (point-of-care software). It has its own panel but will only show **if** you are in the PA, DMSc, or one of the Nursing programs.

The first time you login, it will prompt you to register. You **don't** have to register to search, **BUT**, if you want to use this on a mobile device, **yes**, you have to register. You will set up a username and password which will work on your mobile device for 90 days. You will get an email prompting you to renew, which is done by logging in through LibLynx.

Can you access UpToDate after graduation? **No**. Our contract with UpToDate is very specific and will not allow you to have access as alumni. Sorry.





More Videos/PowerPoints

For more information about how to run a search in our databases, we have created more in-depth videos/PowerPoints on formulating a research strategy, searching using PubMed and EBSCO, and finding Full-Text. They are included in this module and are also posted in LibLynx under Library Services>Additional LRC Resources>LRC Training

Additional LRC Resources

[LRC Main Website](#)

[Online Bookstore](#)

[Copyright & Plagiarism](#)

[Evidence-Based Practice](#)

[LRC Training](#)



[RMUoHP Faculty and Alumni Publications](#)

[Faculty Resources](#)

[Study Skills & Time Management](#)

[Testing Center](#)

[RMU Branded Templates \(PowerPoints and Poster\)](#)



Review

In this PowerPoint, we covered:

- How to navigate LibLynx (you should be able to customize your panels and find the resources you need)
- How to use a Discovery Service (you should be able to choose a database/Discovery Service (such as EBSCO) and execute a basic search)
- How to find Full-Text (Look for the PDF or request through Interlibrary Loan, and if you haven't downloaded LibKey Nomad, do it **NOW**. You will thank me later)
- Quick Intro to Citation Managers (Endnote)
- How to Contact your Librarians (In person, email, chat, Book a Librarian, or call.)

Please review this PowerPoint if any of these items are missing from your memory bank.

Librarian Contact information

Karen
Newmeyer

karen.newmeyer@rm.edu
385-375-8361

Monica
Benavides

monica.benavides@rm.edu
385-375-8772

Caitlyn Towne
Anderson

caitlyn.towneanderson@rm.edu
articlerequests@rm.edu

Elizabeth
Doman

library@rm.edu





Up Next:

You can do either the video or the PowerPoint:

- Formulating a Research Question (PP)
- Part 1 Choose Your Search Engine (Video)
- Part 1B Developing a Research Strategy: PubMed (Video)
- Part 2 The Tinker Toy Method of Research (Video)
- Finding Full-Text (PP)
- Part 3 Finding Full-Text (Video)
- PubMed and Setting up your MyNCBI Account (PP)
- Module 3: Databases—Research Tools (Optional)