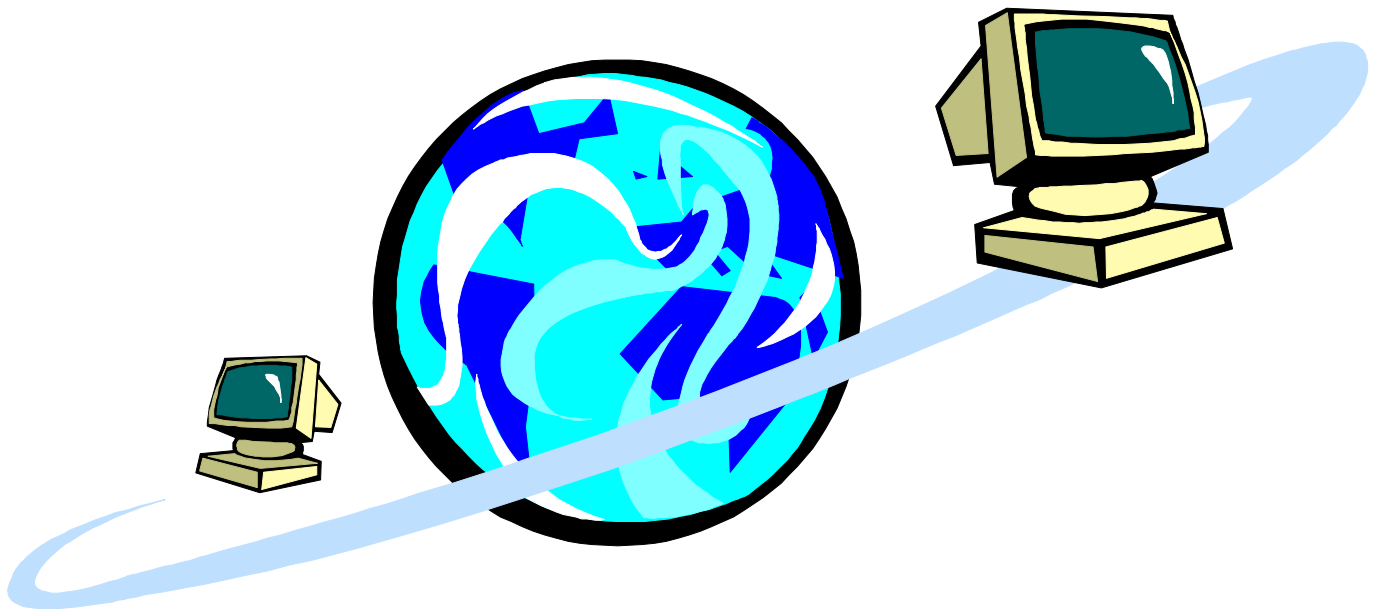




American College of Nurse Practitioners

Using The Internet Simple Steps To Success

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The Internet On-Ramp

Entering the Information Superhighway

The Internet was originally set up to facilitate sharing of information among those doing research for the government. In a time when computers were often required to be taken out of service for maintenance, frequently on a daily basis, individuals could not count on the possibility of a specific computer always being available. Thus, the system was designed to continue to work even when portions of the network were not functioning. As a result, there was no central control center. Computers were connected into the net and could send messages to other computers through different paths. This created a reliable network that would continue to function despite problems with specific computers.

Now, think of your house as a computer. Think of your office as a second computer that you want to get to. Think of your car as a message you want to send from computer A (your house) to computer B (your office). On a good day, you hop in the car and swiftly drive on the shortest route from home to work. Messages on the Net do the same thing. On an interesting day, where an accident has closed two major highways, you change your travel route to avoid the closed roads. It takes longer, and is not as efficient, but you still get to work. When there is a problem on the Internet, your message should be rerouted in a similar manner. In the street analogy, each intersection where you can turn is a computer.

To drive to work you have to first start the car. In order to do this on the Net you need an Internet Access Provider (IAP), a service that offers full access to the Internet. Most IAPs are somewhat difficult to locate as they are generally run by computer folks. To determine your best provider alternative, first consider your objectives. Specifically, do you want e-mail only or full access to the Net?

E-mail access can often be obtained through a university or college when you are a student or faculty member. Since access is usually free in educational settings, this can be a great place to start. Many communities also have free public access IAPs. Local libraries, in particular, can be an excellent location for you to take a test drive. You can also take a test drive at one of the many Cyber Cafes popping up across the nation. Major commercial IAPs include America On Line, CompuServe, and Microsoft Network. Before subscribing, carefully check the rates and look at the number of on-line hours that are included in the basic monthly charge. Issues of access and reliability should also be considered.

Another option is to use a dedicated IAP. These providers can either be local or offer toll-free dial-up service. IAPs can often be found in the phone directory under Computer Services or Internet Services. Leads on picking an IAP can also come from asking people what IAP they use and visiting "The List" (<http://www.thelist.com/>) a listing of IAPs throughout the United States and Canada. Ask the IAP representative if the connection would be PPP, the preferred type of connection. If it is not then keep looking. If you are unable to find a PPP connection try a SLIP connection instead. IAPs may not provide free software to access the Internet. However, they should be able to recommend programs for use when you use their service to connect to the Internet. Many popular software packages, including those from Netscape™ and Microsoft's Internet Explorer™ provide you with the variety of tools needed to stroll through the Internet.

Driving in Style

Part of computer literacy is understanding the jargon. The terminology is different from what we use in health care, but it is no more difficult. Take, for example, a typical computer description for a PC: A Pentium™ 166 megahertz CPU with a PCI bus and 2 MB of video DRAM. It has a 1.2 GB hard drive and 24 MB of RAM. There is a 33.6 baud internal modem. The monitor is a .21 SVGA. There is a 1.44 MB internal floppy drive and a 12X CD-ROM drive.

This computer is fairly typical. To understand its components, start by examining the central processing unit, or CPU. This is the brain of the computer. In this case, the CPU is a Pentium processor (also called a P5 or 586). CPUs are given numeric designations and the more recent models have a higher number. Thus, a 386 is older, and slower, than a P5.

The 166 megahertz clock speed designation specifies how quickly the CPU can run. The higher the number, the faster the CPU can process information. Higher is usually better. You will see a bigger performance increase with a large jump in clock speed.

A PCI bus with 2 MB of DRAM refers to the video output from the computer. At present, 1 MB of DRAM is the standard. 2 MB provides a faster screen image. A SVGA or Super VGA monitor is the current standard. It's the computer world's equivalent of a nice color TV. The .21 refers to the distance between screen pixels or dots. The smaller the number the nicer the picture. Generally, a .28 or smaller SVGA monitor that has a 15 inch, or larger, screen should work well. Since a monitor will frequently outlast the computer it was originally purchased with, consider getting the best one you can afford. Keeping in mind that prices fall over time and that you can always upgrade the monitor.

A computer has two basic types of memory, long-term storage and short-term processing. The hard disk drive, or hard drive, is for long-term storage. More is typically better with most systems now offering at least 1 gigabyte drives. (A byte is made up of 8 bits. There are 1024 bytes in 1 kilobytes (1 KB). A megabyte (MB) is 1024 KB and a gigabyte is 1024 MB.) The minimum hard drive size for a PC is 700 MB. Additional storage space can be accessed through floppy disk drives, removable hard drives, or by the addition of another hard drive. Most computers come with a floppy disk drive. The disk, itself is 3.5 inches in size and holds 1.44 MB. Additional storage can be obtained by adding a removable hard drive which allows you to store between 100 MB and 1024 MB (1 GB) on each removable hard disk. CD-ROM drives are good for programs and information that you want to access but not store on your computer. These drives are available with a variety of speeds. The speeds are generally noted as multiples of the drive speed of the first commercial drives. For example a 12X drive is twice as fast as a 6X drive. Any drive faster than 4X will generally be sufficient for installing programs and general computer activities. For games and multimedia presentations the faster the drive the better the results.

Short term processing memory is called RAM, or random access memory. When you turn your computer off you lose the information kept in RAM. It must be reloaded when you restart your computer. The programs run in RAM and are stored on the hard drive. More RAM means a faster computer. When considering a new computer, look for one with at least 16 MB of RAM — preferably 32 MB or more. (For those who may consider starting with 8 MB of RAM you should know that there is a big jump in performance from 8 to 16 MB.)

A modem allows the computer to use a phone line to talk with other computers. Whether internal or external, it is rated for speed expressed as the baud rate or bits per second (BPS). The 33.6 refers to the baud rate in KB so the actual number is 33,600. A 33.6 modem should be more than twice as fast as a 14.4 modem. This is not always the case, as not all phone lines can successfully transmit data that quickly. The minimum modem speed you should purchase today is 28,800. If affordable, get a 33,600 baud modem. At present, there continues to be controversy over what standard will be used for modems faster than 33.6. If you consider a faster modem make sure it can be software upgraded to either of the competing standards. Keep in mind that phone lines in your area may not support this speed. Most modems come with built in fax capability. With the correct software in your computer, you can send and receive faxes via your modem.

Rules of the Road

Etiquette on the Internet, or "netiquette" as some refer to it, can cause confusion for new users of the information superhighway. Like entering into any sociocultural group, there are certain expectations and unwritten rules which the group as a whole understands but does not always bother to explain to newcomers. On the Internet, like within, society the majority of the citizens are friendly and helpful. But, there are also a few cranky individuals.

When exploring electronic mailing lists, news groups, or chat rooms in cyberspace, for instance, if you're not sure of what's expected sit back and read some of the messages to get a feel for what the conversation is about. It is often helpful, especially in your first messages, to mention that you are new to cyberspace in general (a newbie) or new to that venue. When you do that, established netters will help you learn the ropes.

Turn Signals

When you are communicating with someone in person, you have many clues that combine together to become the message you receive. On the telephone, you receive multiple verbal clues that help to put the words in context. In cyberspace, these nonverbal clues need to be added by the sender of any message. This is often done through the use of emoticons, or collections of text characters that convey an emotion. Generally, emoticons have to be turned 90 degrees to the side to see what they represent. :-) is the happy or smiley face. ;-) is a wink. :(is a sad face. 8-) is someone who wears glasses who is smiling. There are many more emoticons which help to let the reader know what emotional state of mind the writer is in.

Another way of communicating feelings is through words that are highlighted in some manner. Examples of this shorthand include <grin>, <smile>, <frown>, and <giggle>. A variety of acronyms are worth knowing as well. TIA is thanks in advance. ROFL is rolling on the floor laughing. IMHO is in my humble opinion (though few of the opinions thus rendered are humble <grin>). Emphasis is placed on words THROUGH THE USE OF CAPITAL LETTERS or by placing an *asterisk* around the word. While inserting emoticons and words that communicate feelings is never criticized, the excessive use of capital letters is.

Capital letters are considered the cyberspace equivalent of shouting loudly. Because of this, and the increased difficulty of reading a communication that is written in all capital letters, sparing and judicious use of words composed of all capital letters is preferred.

Bumper Stickers and Licenses

When sending e-mail to an individual or to a group of individuals, you should sign your mail. In cyberspace, when you sign your mail you create a customized signature made up of different characters which is then placed at the bottom of your message. Most e-mail software packages have a way to automatically attach your signature to each piece of mail you send. Think of this signature as a brief picture of who you are. Traditionally, a signature has been four lines or less in length, but currently you can generally go up to eight lines without many complaints.

At the minimum, your signature should include your name and e-mail address. Some e-mail readers (the program software not the person) will remove the top part of a message that contains the sender's address. By placing your address in the signature, anyone who wants to respond to your message can. It is also a good idea to have two hyphens as the first characters in your signature. This is a signal to automated list processing software that no commands follow. It prevents the list from trying to process your name and e-mail address as a command.

In addition to the minimum, many users include brief quotes, others include new proverbs they have written, and their addresses so others can learn about them. Many also put lines above and below the signature to set it off. Here is an example:

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Robert T. Smithing, MSN, FNP                bsmithing@nurse.net
Nurse Practitioner Support Services        253.852.9042
Internet Wizards                          253.813.3033
212 Railroad Av N, Kent WA 98032          F 253.852.7725
http://www.nurse.net/np/                 http://www.wizards.net/
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Sightseeing

A web browser is a program that allows you to look at the fastest growing section of the Internet, the World Wide Web (WWW). To picture the WWW, think of a loose leaf binder full of pages that are changed regularly. Each page generally has a combination of text and graphic images which, together, provide a pleasing picture while conveying information of interest. Now, when you find something on a page that piques your interest, you may also find a different colored area of text. This is a hypertext link. Unless you are a computer aficionado, there is no reason you need to remember this term. Instead, think of it as a marker for a footnote, like the "3" at the end of this sentence.³ Footnotes, listed at the bottom of the page, or at the end of the chapter, refer you to an article in another journal. Similarly, on the Web, clicking on the different color text of the hypertext link will immediately be move you from your current location to the new information site. Once there, you can explore that page and continue your walk through cyberspace.

The current Web browsers are all graphical. Depending on many factors, including the speed of your modem's connection and the traffic on the Internet, it may take a long time to download images from the Internet to your local computer where you view them. Graphical Web browsing is best done with a modem that is 28.8 or faster. If your downloads are taking too long, select a text-only mode for your browser, you will still get the information from the web page but much faster. You will be able to select any image for individual downloading in text-only mode.

WWW pages are really files of text that tell your Web browser what to display on your screen. These files are referred to as HTML files. The HTML stands for HyperText Markup Language. There are a variety of dialects of this language. The most basic is HTML 1, while HTML 4 is the latest (and some say greatest) dialect.

Although, not all browsers will accurately show what a page written in HTML 4 should look like, it is usually not a big problem. Different Web browsers will show you slightly different versions of a Web page. Your browser, however, should allow you to customize what the pages look like on your monitor by specifying text size, color, and other default parameters.

At this time, the best overall Web browser is still Netscape. Internet Explorer version 3.0 is also a good choice. There are slight differences between them so choose the one that you like the best. At this time version 4 of Netscape Navigator and Microsoft Internet Explorer are available. It remains to be seen how much of an improvement they are.

Grateful Med

Adapted from the Grateful Med Web site

National Library of Medicine

The National Library of Medicine (NLM) has a great variety of resources available on the World Wide Web. One of these is a computer-based, searchable collection of databases known as MEDLARS (MEDical Literature Analysis and Retrieval System). According to their web site, "A person may search the computer files either to produce a list of publications (bibliographic citations) or to retrieve factual information on a specific question."

A wide selection of databases exist to assist nurse practitioners in their practices. For example, AIDS DRUGS contains information on substances being tested in AIDS-related clinical trials, while AIDS LINE (AIDS information on LINE) includes citations to literature covering research, clinical aspects, and health policy issues. In addition, AIDS TRIALS (AIDS clinical TRIALS) references clinical trials of substances being tested for use against AIDS, HIV infection, and AIDS-related opportunistic diseases. DIRLINE (Directory of Information Resources on LINE) is a directory of resources providing information services that focus primarily on health and biomedical information; HEALTH (HEALTH planning & administration) addresses the non-clinical aspects of health care delivery. HISTLINE (HISTORY of medicine on LINE) contains data on the history of medicine and related sciences, and HSTAR (Health Service/Technology Assessment Research) presents information on health services research, from health technology assessment, to the development and use of clinical practice guidelines. PDQ (Physician Data Query) is a menu-driven database providing detailed descriptions of all major tumor types and their prognosis, the most recent cancer treatments, ongoing investigational and standard protocols, and directories of physicians and organizations involved in state-of-the-art cancer care. POPLINE (POPulation information on LINE), on the other hand, contains information on human fertility, contraceptive methods, AIDS, community-based services, program evaluation, demography, censuses, and vital statistics. A source for related health, law, and policy issues, this database also includes coverage of population issues in Third World countries. Finally, TOXLINE (TOXicology information on LINE) contains information on toxicological, pharmacological, biochemical and physiological effects of drugs and other chemicals. Many additional databases are available for on-line usage and may be of interest to clinicians. Please refer to NLM's web site for more information (<http://www.nlm.nih.gov/>).

MEDLINE (MEDlars onLINE) and Grateful Med

Of the available databases, MEDLINE is probably the most well known and easiest to access. MEDLINE contains bibliographic citations which cover publications from 1966 to the present. The most recent references are found in MEDLINE itself with older material available in the MEDLINE backfiles (MED89, MED85, MED80, MED75, and MED66). It is updated weekly, January through October, and monthly in November and December. About 31,000 new citations are added each month. These new citations are also searchable in a separate file called SDILINE (Selective Dissemination of Information on LINE). Considered NLM's "premier bibliographic database covering the fields of medicine, nursing, dentistry, veterinary medicine, and the preclinical sciences,". MEDLINE contains articles from more than 3,700 international biomedical journals. Journal articles are indexed for MEDLINE, and their citations are searchable using NLM's controlled vocabulary, MeSH (Medical Subject Headings). According to the NLM's web site, "MEDLINE contains all citations published in *Index Medicus* and corresponds, in part, to the *International Nursing Index* and the *Index to Dental Literature*. Citations include the English abstract when published with the article (approximately 74% of the current file)." The easiest way to access MEDLINE is via Internet Grateful Med at <http://igm.nlm.nih.gov> which provides a World Wide Web based interface.

The first, and current version of Internet Grateful Med is 2.0. Released April 16, 1996, it has the ability to download complete sets of selected citations with one operation and to download the citations in tagged MEDLARS format for input into reference manager programs. Recently, charges for running a search via Grateful Med have been dropped. There is also no longer a requirement for a user ID.

Grateful Med Search Functions

The NLM offers this primer on using Grateful Med:

Current Functions

- ☐ Helps user create, submit and refine a search in MEDLINE
- ☐ Searches as keyword, text word in title, author name
- ☐ Can limit search by language, publication type, study group, age group, year (1966 to present)
- ☐ Offers direct links to full text of Clinical Practice Guidelines supported by the Agency for Health Care Policy and Research
- ☐ Offers direct links to nearly 60,000 online images from NLM's History of Medicine Division

Assisted Functions

- ☐ "Just do it" functions -- happen automatically in the background
- ☐ User-invoked functions -- system asks user to disambiguate, choose among options

"Just Do It" Functions

- ☐ Checks user terms against MeSH (Medical Subject Headings) controlled vocabulary; searches them as MeSH headings and as text words when appropriate
- ☐ "Explodes" parent terms to include more specific child terms in search (example: user enters "Filovirus"; system searches on "Filovirus" and ORs in its more specific child terms, "Ebola virus" and "Marburg virus")
- ☐ Provides nearly 500 mappings for Entry Combinations (invalid MH/SH to valid MH) (example: "Megacolon/congenital" maps to "Hirschsprung Disease")
- ☐ Conducts nearly 5,000 mappings for Associated Expressions (example: "Plasma Separators" maps to "Plasma AND Cell Separation/Instrumentation")
- ☐ Checks for 192 stop words NLM's Elhill retrieval system will ignore
- ☐ Performs hundreds of mappings for relatively unambiguous Synonyms of Qualifiers (example: "adverse reaction," "side effects," or "undesirable effects" all map to "adverse effects")

User-Invoked Functions

- ☐ Subheading qualifiers provide the opportunity to restrict to a "central concept" and add guidance in focusing search
- ☐ "Analyze Search" function offers opportunity to add related terms (many thousands of Forward See Related, Backward See Related cross references available)
- ☐ "Analyze Search" also provides mappings to clarify ambiguous Synonyms of Qualifiers (example: user who entered "Management" might mean "Organization & Administration" or "Therapy")
- ☐ "Analyze Search" further performs mappings for 78 occupational specialty headings (example: "Dermatology" maps to "Skin Diseases")
- ☐ "Analyze Search" conducts mappings for 63 "Consider Also" terms (example: user who entered "Kidney" is offered Consider Also terms beginning with GLOMERUL-, NEPHR-, PYEL-, or RENAL) to enhance a search

Unified Medical Language System (UMLS) Metathesaurus

- ☐ Internet Grateful Med browser uses rich diversity and explicit links, relationships in 950+ MB of Metathesaurus files to help users find good search terms
- ☐ 1996 version contains 589,000 names for 253,000 concepts in 30 biomedical vocabularies, thesauri, and classifications
- ☐ International by design: Meta-96 contains French, German, Spanish, and Portuguese translations of MeSH
- ☐ Browser presents ranked concept hit list, concept definitions, MeSH notes
- ☐ Graphical, navigable display of tree hierarchies is available
- ☐ Offers 8.7 million pairs of co-terms (co-occurring concepts) in alphabetical or in descending frequency order

Internet Resources for NURSES in Cyberspace

Search Sites

Grateful Med

A World Wide Web Interface into the National Library of Medicine's computer-based, searchable collection of databases known as MEDLARS.

<http://igm.nlm.nih.gov/>

MetaCrawler

MetaCrawler is a World Wide Web search service developed in 1994 at the University of Washington by Erik Selberg, Oren Etzioni and Greg Lauckhart. MetaCrawler differs from other search services in that it does not maintain any local database. Rather, it relies on the databases of various Web-based sources.

MetaCrawler sends your queries to several Web search engines, including Lycos, Infoseek, WebCrawler, Excite, AltaVista, and Yahoo. MetaCrawler queries the other search engines, organizes the results into a uniform format, ranks them by relevance, and returns them to the user. Of course, this means that MetaCrawler is slightly slower than other engines, but is more likely to obtain accurate results for your query. **<http://www.metacrawler.com/>**.

Software & Information

Acrobat Reader Software

Many files available from the Internet are in the Adobe portable document format (.pdf) and require the use of the Adobe Acrobat Reader™. Provided free of charge, this software is available for use on computers running DOS, Macintosh™, Unix®, or Windows™ operating systems and may be downloaded from Adobe's web site at **<http://www.adobe.com/>**.

Eudora E-mail Program

The Eudora mail handling program is available for Macintosh™ and Windows™ operating systems. The light version is provided free of charge to anyone who downloads it. If additional capabilities are needed it can later be upgraded to Eudora Pro. **<http://www.eudora.com/eudoralight/>**

Microsoft Internet Explorer Web Browsers

<http://www.microsoft.com/ie/>

Netscape Web Browsers

<http://www.netscape.com>

Roadmap

Patrick Douglas Crispen's *Roadmap96* is a free, 27 lesson training workshop designed to teach how to travel around the rapidly expanding Internet without getting lost. **<http://www.webreference.com/roadmap/>**

The List

Internet.com's "The List" is a collection of Internet Service Providers from the United States and Canada. It helps you to find an Internet Service Provider in your area. <http://www.thelist.com>

Clinical Web Sites

Centers for Disease Control

The CDC web site contains a wealth of information for practicing clinicians. Visit it at **<http://www.cdc.gov/>**

Morbidity and Mortality Weekly Report CDC Publications

The *Morbidity and Mortality Weekly Report (MMWR)*, published weekly, is the CDC's leading publication. It contains timely reports on public health topics, such as infectious diseases, immunizations, and environmental health. The *MMWR* is available at <http://www.cdc.gov/epo/mmwr/mmwr.html>

Visible Human Project

http://www.nlm.nih.gov/research/visible/visible_human.html

National Institutes of Health

<http://www.nih.gov/>

Occupational Safety and Health Administration

<http://www.osha.gov/>

Guide to Clinical Preventive Services: Second Edition (1996)

<http://text.nlm.nih.gov/fters/dbaccess/cps>

Non-Clinical Web Sites

American College of Nurse Practitioners

ACNP was the first national nurse practitioner group to publish their home page. You can find them at <http://www.nurse.org/acnp/>. ACNP fact sheets, current information on Medicare, and other information is available.

Government Printing Office

This web site contains an extensive collection of links to publications by the US Government and legislative information. <http://www.access.gpo.gov>

Nurse.Org

Nurse.Org specializes in providing a centralized site for nursing organizations on the Internet.

<http://www.nurse.org/>

Medicare Reimbursement Information

Sponsored by the ACNP information on Medicare reimbursement is available at

<http://www.nurse.org/acnp/medicare>

Nurse Practitioner Central

The place to go to find information of interest to nurse practitioners, this site provides everything from clinical jump points to information on available jobs. It also has a shopping section. Established in 1994 this is the largest world wide web site for nurse practitioners. <http://www.nurse.net/np/>

Nurse Practitioner Web

Times are changing. When Tim Cox was a master's student in the University of New Hampshire, Family Nurse Practitioner Program he put together a World Wide Web Page as part of his degree requirements. It can be found at <http://www.cyberportal.net/npweb/index.html>

TravCorps

TravCorps is The Official Placement Service of The American College of Nurse Practitioners and Corporate Sponsors of The American Academy of Physician Assistants. Visit their web site for job related information at http://www.travcorps.com/opportunities/10_oppadvanced.html

Mailing Lists

APNAList

APNAList is the electronic discussion groups sponsored by the American Psychiatric Nurses Association.

Subscription requests can be sent via e-mail to majordomo@nurse.net with the single line message:
subscribe APNAlist

ARNPCare

ARNP Care is the newsletter for advanced registered nurse practitioners in Washington state. Subscription requests can be sent via e-mail to majordomo@nurse.net with the single line message:

subscribe ARNPCare

A web site is also available at <http://www.nurse.org/wa/arnpcare/>

Job Listings

Nurse practitioners, nurse midwives and students who are looking for a position can subscribe to an e-mail listing of available jobs. You receive e-mail announcements of newly available positions as they open up. Faculty who want to share this information with their students can request the digest version of the list only. Subscription requests can be sent via e-mail to majordomo@nurse.net with the message subscribe np-jobs as the body of the e-mail for the digest version the message is subscribe np-jobs-digest. For those without access to e-mail subscriptions are also available via USPS mail. Call 800.467.7701 for details. A web site that lists available jobs by specialty starts at <http://www.nurse.net/np/jobs/>

Mailing List Locator

Liszt, is a directory of 71,618 Internet mailing lists. These are contained in a searchable database.
<http://www.liszt.com/>

Mcare

Mcare is an announcement list for information related to Medicare reimbursement for nurse practitioners. It is jointly sponsored by the American College of Nurse Practitioners and Nurse Practitioner Support Services. Margie Koehler is the list administrator. Subscription requests can be sent via e-mail to majordomo@nurse.net with the single line message:

subscribe Mcare

A web site is also available at <http://www.nurse.org/acnp/medicare/>

NPinfo

NPinfo is a general discussion group for nurse practitioners, nurse midwives, CRNAs, as well as their respective students. It was the first electronic mailing list established for nurse practitioners and contains over 1,000 participants. It is a very active list sponsored by Nurse Practitioner Support Services. Bob Smithing is the list administrator. Subscription requests can be sent via e-mail to majordomo@nurse.net with the single line message:

subscribe NPinfo

NP-Clinical

NP-Clinical is discussion group for nurse practitioners and students focused on clinical issues. Non-clinical postings should go to NPinfo. It is an active list sponsored by Nurse Practitioner Support Services. Bob Smithing is the list administrator. Subscription requests can be sent via e-mail to majordomo@nurse.net with the single line message:

subscribe NP-Clinical

NP-Students

NP-Students is discussion and mentoring list for nurse practitioner students, newly graduated nurse practitioners, and experienced nurse practitioners willing to mentor them. It is a quiet list sponsored by Nurse Practitioner Support Services. Bob Smithing is the list administrator. Subscription requests can be sent via e-mail to majordomo@nurse.net with the single line message:

subscribe NP-Students

Nursenet

Nursenet is a discussion group for general nursing issues. The list owner is Judy Norris, RN, MScN. Subscription requests can be sent via e-mail to listserv@listserv.utoronto.ca with the single line message:
sub nursenet your_first_name your_last_name

Nursing Mailing List Subscriptions

Nurses Call, a WWW site run by Lee Mahn, RN a nurse who is also a computer engineer, has a page to help

you subscribe and unsubscribe to a selection of nursing related mailing lists. <http://www.nurses-call.org/mailling.lists/>

Print Resources

Nursing Informatics: Where Caring and Technology Meet, 2nd edition

Edited by Ball, Hannah, Newbold & Douglas. New York: Springer-Verlag. 1995.

Cruising the 'Information Superhighway'

DuBois, Karen & Rizzolo, Mary Anne. *AJN*, December, 1994. pp 58-60.

The Internet for Nurses and Allied Health Professionals

Edwards, Margaret J.A. New York: Springer-Verlag. 1995 ISBN 0-387-94554-7.

The Promise of Internet-Based Training

Glener, Doug. *Training & Development*, September 1996. pp 57-58.

Where Wizards Stay Up Late The Origins Of The Internet

Hafner, Katie & Lyon, Matthew. Simon & Schuster. 1996

The Information Superhighway

King, Kristin & Fredette, Dennis. *NetWare Connection*, March/April 1995. pp 8, 10,14, 18, 20 & 22.

Internet Talk: A Glossary of Electronic Terms

Archie

These servers were designed to improve the standard FTP search. As places where information from anonymous FTP sites is gathered, Archie servers help you to find files of interest more quickly. Names of all the available files are found in one location. While information maybe similar on all of the Archie servers redundancy can be a benefit; If one server is difficult to connect to you can try another.

Browser

A program used to view pages on the World Wide Web.

Electronic Mailing List

An e-mail service which you can join for discussions and sharing of information about an identified subject of interest. Some lists are set up so that messages go out to the entire list and others are set up to mail only to the individual sending the message.

FTP

Standing for "File Transfer Protocol," FTP is used to transfer a file from your local computer to a computer on the Internet or to download a file from an Internet computer to your computer. In order to access the Internet computer and upload or download files, you must have a user ID that will work on the Internet computer you want to access. To share information, many computer sites have been set up to allow anyone on the Internet access to their files. These sites, known as Anonymous FTP Hosts, allow you to log in with a user ID of "anonymous" (or occasionally "guest") while using your e-mail address as the password. You then can access any of the files that have been designated by that site as public. You will not see any of the non-public files. FTP is most useful when you know the file you are looking for and the location of the computer on which it is stored. (This is also the "behind-the-scenes" technique used when a web browser downloads a file you have selected.

Gopher

For some reason, the term "Gopher" brings to mind a small rodent who runs through many hidden tunnels and stops at the computers in her GopherSpace while she goes for the information you want. GopherSpace is the sophisticated computer term that represents the sum of all the Gopher menu items in all the Gopher sites in the world. Just think of it as all the files that you can find via Gopher. To create a Gopher site, a computer wizard reviews all the files that will be included and places them in an order which will make sense (at least to that individual). Then, a descriptive title is created so a searcher will have some idea what the file contains.

With apologies to the University of Minnesota, the creators of the Gopher program, Gopher searches require a great deal of time and effort on the part of the user. They can, however, result in serendipitous findings of interesting information. For example, you might be suprised to find out that the University of Minnesota mascot is a gopher.

Jughead

At times, you can be overwhelmed by information. This can happen when you search a Veronica server and find multiple files. You may be interested only in what is available from a specific Gopher server. Jughead is a tool you can use that will search a single specific Gopher site, looking for the information that you want.

Listserv see Electronic Mailing List

Majordomo see Electronic Mailing List

Veronica

As you may recall, Gopher sites are also a collection of files available via anonymous FTP download. Gopher servers include more information than just the file name. There is some descriptive information as well. Veronica servers gather together information from the available Gopher sites and assemble it in one location. This makes your searching easier than if you had to review the contents of each individual Gopher site on the Internet.

Uniform Resource Locator (URL)

The unique address used to identify the location of any Internet site or service. It can **not** contain spaces. It is made up of the service://hostname:port/directory-path & file-name.

Margaret Edwards, author of *The Internet*, states that the World Wide Web does not have links set up to all of the available files on the Internet. Gopher, Archie, Veronica, and Jughead continue to have a role in finding these files. For all practical purposes, the graphical interface used on the World Wide Web is an easier place to begin your searching. If you are not successful, then expand your search with these tools.

Emoticons, Acronyms and Jargon

Acronym What It Means

AFAICT	As far as I can tell
AFAIK	As far as I know
AFK	Away from keyboard
AIUI	As I understand it
B4	Before
BAK	Back at keyboard
BBL	Be back later
BCNU	Be seeing you
BRB	Be right back
BSF	But seriously folks
BTDT	Been there, done that
BTW	By the way
CUL	See you later
DYJHIW	Don't you just hate it when ...
EOF	End of file
F2F	Face to face
FAQ	Frequently asked question
FOC	Free of charge
FUBAR	Fouled up beyond all recognition
FWIW	For what it's worth
FYI	For your information
<g> <G>	Small or large grins
GIGO	Garbage in, garbage out
HTH	Hope that helps
IME	In my experience
IMHO	In my humble opinion
IMNSHO	In my not so humble opinion
ISP	Internet service provider
ISTM	It seems to me
ISTR	I seem to recall
IYSWIM	If you see what I mean
JAM	Just a minute
KISS	Keep it simple, stupid (or silly)
L8R	Later

Acronym What It Means

LOL	Laughing out loud
NRN	No reply necessary
OEM	Original equipment manufacturer
OTOH	On the other hand
ROTFL	Rolling on the floor laughing
RSN	Real soon now
RTFAQ	Read the FAQ
RTFM	Read the freakin' manual (or message)
RTM	Read the manual (or message)
SNAFU	Situation normal, all fouled up
TIA	Thanks in advance
TTFN	Ta ta for now
TTYL	Talk to you later
WYSIWYG	What you see is what you get
YMMV	Your mileage may vary
:-) :)	Smiling, happy faces; showing happiness, or for comments not intended to be taken seriously.
::> :>	
:(:(:-< <	Sad, disappointed faces.
;-) ;)	Winking happy faces; for comments said tongue-in-cheek.
;:> ;>	
:-p	Faces with tongues stuck out at you.
:-P	
8-) 8)	Smiling faces from someone who wears glasses or sunglasses, or has a wide-eyed look.
B-) B)	
>:-)	A devil with a grin; for those devilish remarks.
O:-)	An angel with a halo; for those innocent remarks.
<:-)	Wearing a dunce's cap; for those seemingly dumb questions.
M(_)m	Deep bow used for apologizing or expressing thanks (viewed from the front).
<s> <S>	Little smile or big smile
<sigh>	Sigh