

Reading Notes to fill out when reading course and outside reading materials for assignment

Note Taking Sheet: Reading #   5  

NAME \_\_\_\_\_ EN202 \_\_\_\_\_ Section \_\_\_\_\_ Course   01  

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author's Name: Mayo Clinic Staff
2. Author's Credentials Staff
3. Publisher [or title of organization]: Mayo Foundation for Medical Education and Research (MFMER)
4. Heading of Section [title of reading]: **Amputation and diabetes:  
How to protect your feet**
5. Year Written: 2017
6. Pages: N/A
7. Website URL:  
<https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/amputation-and-diabetes/art-20048262>

<b>Main Ideas/Points</b>	<b>Important Quotations</b>	<b>Supporting Details</b>	<b>Relevance to Your Assignment</b>
<p>The good news is that proper diabetes management and careful foot care can help prevent foot ulcers. In fact, better diabetes care is probably why the rates of lower limb amputations have gone down by more than 50 percent in the past 20 years.</p>	<p>More than 80 percent of amputations begin with foot ulcers. A nonhealing ulcer that causes severe damage to tissues and bone may require surgical removal (amputation) of a toe, foot or part of a leg.</p>	<p>The best strategy for preventing complications of diabetes — including foot ulcers — is proper diabetes management with a healthy diet, regular exercise, blood sugar monitoring and adherence to a prescribed medication regimen.</p>	<p>Good supportive data for the variables of education and services, which are being used in my research. Provides an argument for the relevance and how they can help.</p>
<b>Main Ideas/Points</b>	<b>Important Quotations</b>	<b>Supporting Details</b>	<b>Relevance to Your Assignment</b>
<p><b>Inspect your feet daily.</b> Check your feet once a day for blisters, cuts, cracks, sores, redness, tenderness or swelling. If you have trouble reaching your feet, use a hand mirror to see the bottoms</p>	<p><b>Don't go barefoot.</b> To prevent injury to your feet, don't go barefoot, even around the house.</p>	<p><b>Don't remove calluses or other foot lesions yourself.</b> To avoid injury to your skin, don't use a nail file, nail clipper or scissors on calluses, corns, bunions or warts. Don't use chemical wart</p>	<p>Concrete examples for the relevance discusses above.</p>

<p>of your feet. Place the mirror on the floor if it's too difficult to hold, or ask someone to help you.</p>		<p>removers. See your doctor or foot specialist (podiatrist) for removal of any of these lesions.</p>	
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In this article, is it possible that any of the authors might have a bias about the subject matter? No\_\_ provide examples if needed.

Is the article timely or a bit outdated ? No

Was it published in a reputable source? Yes

It is not an academic source.

Other important information :

## Note Taking Sheet: Reading #   6

NAME \_\_\_\_\_ EN202 \_\_\_\_\_ Section \_\_\_\_\_ Course \_\_\_\_\_ 01 \_\_\_\_\_

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author's Name: *by Marcia Carteret, M. Ed.*

2. Author's Credentials *M. Ed.*

3. Publisher [or title of organization]:

**Dimensions of Culture<sup>®</sup>**  
*Cross-Cultural Communications for Healthcare Professionals*

4. Heading of Section [title of reading]: Cultural Aspects of Pain Management

5. Year Written: 2011

6. Pages: N/A

7. Website URL:

<http://www.dimensionsofculture.com/2010/11/cultural-aspects-of-pain-management/>

<b>Main Ideas/Points</b>	<b>Important Quotations</b>	<b>Supporting Details</b>	<b>Relevance to Your Assignment</b>
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<ul style="list-style-type: none"><li>• We are apt to believe that our reaction to pain is “normal” and anything substantially different is “abnormal”. For example, a doctor or nurse raised in a family that encouraged stoicism may not know how to react to a patient who responds to pain with loud verbal complaints and may even discount such “overly expressive” reactions</li></ul>	<ul style="list-style-type: none"><li>• Rigid use of generalizations leads to cultural stereotyping which in turn can lead to serious inaccuracies. Any individual’s experience of pain will manifest itself in emotional and behavioral responses particular to his or her culture, personal history, and unique perceptions.</li></ul>	<ul style="list-style-type: none"><li>• We can make the broad generalization that expressive patients often come from Hispanic, Middle Eastern, and Mediterranean backgrounds, while stoic patients often come from Northern European and Asian backgrounds.</li></ul>	<ul style="list-style-type: none"><li>• Good background information and support for differing pain reactions and behaviours</li></ul>
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In this article, is it possible that any of the authors might have a bias about the subject matter? Yes\_\_\_ provide examples if needed. Possibly, because of the author's cultural background

Is the article timely or a bit outdated ? Yes

Was it published in a reputable source? Yes

It is not an academic source.

Other important information :