NLM
CONSUMER HEALTH RESOURCES

Lydia N Collins, MLIS
NN/LM MAR
Consumer Health Coordinator
AGENDA

- NLM Consumer Health Resources
- NN/LM MAR Your Regional Medical Library
- NLM Materials for Public Libraries
- Discussion/Questions
NLM CONSUMER HEALTH RESOURCES

- MedlinePlus
- NIHSeniorHealth
- Pill Box
- Drug Information Portal
- Genetics Home Reference
- ClinicalTrials.gov
- ToxTown
- ToxMystery

To see more Consumer Health Resources visit:

http://nnlm.gov/mar/consumer/

http://guides.nnlm.gov/mar_consumer/
THE NEED FOR RELIABLE CONSUMER HEALTH RESOURCES

- Over half of US adults have looked online for health information in the past year.

- 35% of US adults have used the Internet to self-diagnosis, but only half of them talked to a clinician about what they found online.

- 54% of those 65+ are online—and over half of them have looked up health information online in the past year.

Source: Pew Internet and American Life Project (2013)
http://www.pewinternet.org/
MEDLINEPLUS IN A NUTSHELL

• Over 900 health topics in English and Spanish
• Drug and herbal supplement information
• Videos and animations
• Surgery videos
• Health Check tools
• Easy-to-read Materials
• Multiple Languages
• Medical Dictionary & Encyclopedia
• Health News
TOPICS

- Health Insurance (ACA)
- Prescription Drug Abuse
- Elder Abuse
- Tick Bites
- Gay, Lesbian, Bisexual and Transgender Health
- Self-Harm
- Coping with Chronic Illness
- Osteoporosis
- Food Allergy
- Cardiac Rehabilitation
- Caregivers
- Obesity
Health insurance helps protect you from high medical care costs. It is a contract between you and your insurance company. You buy a plan or policy, and the company agrees to pay part of your expenses when you need medical care.

Many people in the United States get a health insurance policy through their employers. In most cases, the employer helps pay for that insurance. Insurance through employers is often with a managed care plan. These plans contract with health care providers and medical facilities to provide care for members at reduced costs. You can also purchase health insurance on your own.

People who meet certain requirements can qualify for government health insurance, such as Medicare and Medicaid. The Affordable Care Act will expand health insurance coverage for many people in the U.S. Starting in October 2013, you will be able to sign up for coverage that begins in January 2014.
### Start Here

- **Health Insurance: Understanding What It Covers** (American Academy of Family Physicians)
  Also available in [Spanish](#)
- **Why Should I Have Health Coverage?** (Centers for Medicare & Medicaid Services)
  Also available in [Spanish](#)

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Overviews
• Get Your Options and Info (Affordable Care Act - Tool for Personalized Info) (Centers for Medicare & Medicaid Services)
  Also available in Spanish
• Health Insurance Basics (Affordable Care Act) (Centers for Medicare & Medicaid Services)
  Also available in Spanish
• New! New Healthcare Law and You (Institute of Medicine) - PDF

Latest News
• Health Centers to Help Uninsured Americans Gain Affordable Health Coverage (07/10/2013, Department of Health and Human Services)
• U.S. Unveils Tools to Help Consumers Choose Health Insurance (06/24/2013, HealthDay)
• Fewer Young Americans Lack Health Care Coverage (06/18/2013, HealthDay)
• Recession Forced Cutbacks in Care for Special Needs Kids (06/05/2013, HealthDay)
• More News on Health Insurance

Specific Conditions
• Answering Your Questions About Health Coverage (Affordable Care Act) (Centers for Medicare & Medicaid Services)
• Chat with Someone Who Can Help (Affordable Care Act) (Centers for Medicare & Medicaid Services)
  Also available in Spanish
• Consumer Operated and Oriented Plans (CO-OPs) (Affordable Care Act) (Centers for Medicare & Medicaid Services)
• Costs and How to Pay (Long-Term Care) (Administration on Aging)
• Health Coverage for You and Your Family (Affordable Care Act) (Centers for Medicare & Medicaid Services)
  Also available in Spanish
• Health Insurance Marketplace (Affordable Care Act) (Centers for Medicare & Medicaid Services)
  Also available in Spanish
• Other Health Insurance Programs (Affordable Care Act) (Centers for Medicare & Medicaid Services)
  Also available in Spanish
Drugs, Supplements, and Herbal Information

Drugs
Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

Browse by generic or brand name

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 0-9

For FDA approved labels included in drug packages, see DailyMed.

Related Topics

- AIDS Medicines
- Antibiotics
- Antidepressants
- Blood Pressure Medicines
- Blood Thinners
- Cancer Alternative Therapies
- Cancer Chemotherapy
- Cold and Cough Medicines
- Complementary and Alternative Medicine
- Diabetes Medicines
- Dietary Supplements

Herbs and Supplements
Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

All herbs and supplements
Acetaminophen
(a set a mee’ noe fen)

Why is this medication prescribed?
How should this medicine be used?
Other uses for this medicine
What special precautions should I follow?
What special dietary instructions should I follow?
What should I do if I forget a dose?
What side effects can this medication cause?

What should I know about storage and disposal of this medication?
In case of emergency/overdose
What other information should I know?
Brand names
Brand names of combination products
Other names

Notice:

Infants’ Acetaminophen Product Changes

Children’s acetaminophen has been available as concentrated infant drops (containing 80 mg of acetaminophen per 0.8 mL of drops or 80 mg of acetaminophen per 1 mL of drops) and as a less concentrated liquid (containing 160 mg acetaminophen per 5 mL of liquid) for older children. The Food and Drug Administration (FDA) received reports of children who were given too much acetaminophen when their caregivers mistakenly used a more...
Echinacea

What is it?
Echinacea is an herb. Several species of the echinacea plant are used to make medicine from its leaves, flower, and root.

Echinacea is widely used to fight infections, especially the common cold and other upper respiratory infections. Some people take echinacea at the first sign of a cold, hoping they will be able to keep the cold from developing. Other people take echinacea after cold symptoms have started, hoping they can make symptoms less severe. The people who use echinacea to treat symptoms have the right idea. Research to date shows that echinacea probably modestly reduces cold symptoms, but it’s not clear whether it helps prevent colds from developing.

Echinacea is also used against many other infections including the flu, urinary tract infections, vaginal yeast infections, genital herpes, bloodstream infections (sepsis), gum disease, tonsillitis, streptococcus infections, syphilis, typhoid, malaria, and diphtheria.
MEDLINEPLUS: VIDEOS AND COOL TOOLS
HTTP://WWW.NLM.NIH.GOV/MEDLINEPLUS/VIDEOSANDCOOLTOOLS.HTML

Videos & Cool Tools
Learn by watching health videos on topics such as human anatomy, surgical procedures and health news. Test your knowledge with the interactive tutorials and games. Check your health by using the calculators and quizzes.

BPA and Infertility

View latest news

Search all Videos & Tutorials
Managing Stress

Start Interactive Tutorial

This option starts the interactive multimedia tutorial, which includes questions.

Start Self Playing Tutorial

This option plays a self-running presentation.

Text Summary

This option opens a PDF file.

This X-Plain module is published by the Patient Education Institute and licensed by MedlinePlus at the National Library of Medicine under the following terms of use.

The Patient Education Institute subscribes to the principles of the Health on the Net Foundation. You can review the certificate of the Patient Education Institute, request information about licensing this or other health topics, or review the editorial process.
Have a doctor appointment?
Find out how to make the most of your visit on our Talking With Your Doctor page.
NIH Senior Health
Built with You in Mind

Health and wellness information for older adults from the National Institutes of Health.

Health Topics by First Letter
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

Categories
- Bones and Joints
- Cancer
- Diseases and Conditions
- Healthy Aging
- Heart and Lungs
- Memory and Mental Health
- Treatments and Therapies
- Vision and Hearing
- All Topics A-Z

Exercise Stories
People of all ages and physical conditions benefit from exercise and physical activity. These exercise stories feature older adults and the diverse activities they enjoy.

Health Videos
Many of our health topics feature short videos that complement the information in the topic. The health videos offer up-to-date medical information, tips for healthy living, and inspiring stories of older adults who are coping with diseases.
NIH SENIOR HEALTH: HEALTH TOPICS

Health and wellness information for older adults from the National Institutes of Health.

Health Topics by First Letter

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

Categories

- Bones and Joints
- Cancer
- Diseases and Conditions
- Healthy Aging
- Heart and Lungs
- Memory and Mental Health
- Treatments and Therapies
- Vision and Hearing
- All Topics A-Z

Featured Topic

Healthy Eyes

Exercise Stories

People of all ages and physical conditions benefit from exercise and physical activity. These exercise stories feature older adults and the diverse activities they enjoy.

Health Videos

Many of our health topics feature short videos that complement the information in the topic. The health videos offer up-to-date medical information, tips for healthy living, and inspiring stories of older adults who are coping with diseases or conditions of aging.

Free Tips on Healthy Aging

Sign up here for free tips on healthy aging from NIH SeniorHealth.

Training Tools

Are you interested in helping older adults learn to search online health information on their own? Browse the Trainer’s Toolkit for more information.

This site was developed by the National Institute on Aging (NIA) and the National Library of Medicine (NLM) both part of the National Institutes of Health (NIH). Read more about NIH SeniorHealth.

Last reviewed: June 2013
Helping Older Adults Search for Health Information Online:
A Toolkit for Trainers

Modules 2-5 of the Toolkit for Trainers are temporarily unavailable while we update them.

Please sign up to be notified when the revised modules are online.

Welcome to the Toolkit for Trainers, a resource developed by the National Institute on Aging. Use these free, easy-to-use training materials to help older adults find reliable, up-to-date online health information on their own. The training features two websites from the National Institutes of Health -- NIHSeniorHealth.gov and MedlinePlus.gov. Trainers can use the toolkit with beginning and intermediate students of the Web.

Here's how to proceed:

1. Watch the introductory video to find out what the toolkit is all about.
2. Browse the lesson plans and download those that fit your students’ skill levels, time limitations, and interests.
3. Check out the training tools and download tips on setting up a senior-friendly classroom, recruitment flyers, and more.

(Downloading requires free Adobe Reader.)
Pillbox enables rapid identification of unknown solid-dosage medications (tablets/capsules) based on physical characteristics and high-resolution images.

Once a medication is identified, Pillbox provides links to drug information and drug labels.
Carpenter syndrome

What is Carpenter syndrome?

Carpenter syndrome is a condition characterized by the premature fusion of certain skull bones (craniosynostosis), abnormalities of the fingers and toes, and other developmental problems.

Craniosynostosis prevents the skull from growing normally, frequently giving the head a pointed appearance (acrocephaly). In severely affected individuals, the abnormal fusion of the skull bones results in a deformity called a cloverleaf skull. Craniosynostosis can cause differences between the two sides of the head and face (craniofacial asymmetry). Early fusion of the skull bones can affect the development of the brain and lead to increased pressure within the skull (intracranial pressure). Premature fusion of the skull bones can cause several characteristic facial features in people with Carpenter syndrome. Distinctive facial features may include a flat nasal bridge, outside corners of the eyes that point downward (down-slanting palpebral fissures), low-set and abnormally shaped ears, underdeveloped upper and lower jaws, and abnormal eye shape. Some affected individuals also have dental abnormalities including small primary (baby) teeth. Vision problems also frequently occur.

Abnormalities of the fingers and toes include fusion of the skin between two or more fingers or toes (cutaneous syndactyly), unusually short fingers or toes (brachydactyly), or extra fingers or toes (polydactyly). In Carpenter syndrome, cutaneous syndactyly is most common between the third (middle) and fourth (ring) fingers, and polydactyly frequently occurs next to the big or second toe or the fifth (pinky) finger.
WHAT IS CLINICALTRIALS.GOV

- Registry and results database of clinical trials
- 140,000+ trials; 8000+ with results
- Freely available to the general public
- Policy and Regulation –
  - FDAMA – established ClinicalTrials.gov in 2000
  - ICMJE – required trial registration as prerequisite for publication
  - FDAAA – required trial registration and results reporting for most trials (2007)
ENVIRONMENTAL HEALTH PROMOTION


Tox Town
An interactive guide to commonly encountered toxic substances

WHAT CAN YOU SEE IN THE PORT?
TOXMYSTERY

- Designed for elementary aged students
- Search for health hazards with Toxie the Cat
- Available in Spanish

[toxmyystery.nlm.nih.gov]
K-12 Science and Health Education

Working with teachers and scientific experts to provide FREE reliable resources to help introduce, reinforce, and supplement education programs.

- Biology
- Careers
- Environmental Health, Science, Chemistry
- Forensics and Medical Technology
- General Health
- Genetics
- Health Information Tutorials
- HIV/AIDS
- Lesson Plans

NN/LM MAR Website
- Public Libraries
- LibGuides
- Training
- Educational and Printed Materials

MedlinePlus Magazine
Information RX
NLM Exhibition Program

and much more...
Outreach to Public Libraries

Primary NN/LM MAR Contact: Lydia N. Collins / Consumer Health Coordinator / lydia@pitt.edu

Public libraries are places of community where consumers go to seek information. Consumer health has become increasingly popular as consumers want to be informed and make health-related decisions. Whether you work in a small, large, inner-city, suburban or rural library, consumer health is a part of the work you do.

Services Available to Libraries

NLM provides resources to help enrich your programs. Join our free membership network to take advantage of all that we have to offer.

Members are eligible to take advantage of services that include:

- Free webinars and presentations
- In-person and online training on NLM Resources at in-services, with classes customized to meet the needs of your organization
- Professional development
- Health outreach programs in your K-12 community
- Exhibiting at conferences and health fairs on free health information
- Free educational materials for order and download on National Library of Medicine (NLM) resources
- Funding opportunities for consumer health outreach and for traveling exhibits
  - Recent Awards
- Grant and proposal writing information
Welcome to NN/LM MAR Information for Public Libraries

The National Library of Medicine (NLM) provides freely available resources on a variety of topics for use by Public Libraries to use in their communities. Locate resources by subject using the information compiled by the Consumer Health Coordinator at the National Network of Libraries of Medicine, Middle Atlantic Region (NN/LM MAR).

Highlighted Resources by Population/Topic:

- Adult/General/Senior Health
- Health Resources for Teens
- NLM’s K-12 Resources
- Consumer Health
- Finding Health & Wellness @ the Library: A Consumer Health Toolkit for Library Staff 2nd edition
- Affordable Care Act Information

If you have any questions or would like training on the resources listed, please contact NN/LM MAR via e-mail, nnlmmar@pitt.edu or via telephone (800) 338-7657.
Training & Education

Primary NN/LM MAR Contact: Renae Barger / Executive Director / r barger@pitt.edu

NN/LM MAR provides training on National Library of Medicine (NLM) resources and other topics

Upcoming MAR Classes

Free Monthly Online Webinars

Boost Box (monthly)

- What: Boost your knowledge of NLM products or other health information topics
- When: Join us the 2nd Tuesday of each month / Noon - 1 pm ET
- Where: https://webmeeting.nih.gov/boost2/
- Schedule and Archives

Lunch with the RML (monthly)

- What: Share experiences and ideas with MAR staff and Network members
- When: Join us the last Thursday of each month / Noon - 1 pm ET
- Where: https://webmeeting.nih.gov/lunch2/
- Schedule and Archives

TechTime (quarterly)

- What: Learn about technology issues and trends impacting your organization
- Details: Learn about our plans for these sessions
- When: Join us quarterly / 11 am - Noon ET
- Where: https://webmeeting.nih.gov/techtime/
- Schedule (forthcoming) and Archives

Training and Outreach

- View upcoming classes offered through MAR and the National Training Center (NTC)
- View MAR activities such as site visits, classes, and exhibits
- View MAR class descriptions (LibGuide) for classes to be offered through April 2014

Request Training

HTTP://NNLM.GOV/MAR/TRAINING/
Educational and Printed Materials

- If you are an NNLM network member in the Middle Atlantic Region (DE, NJ, NY, or PA), use this online form to order brochures.
- If you are located in another part of the United States, contact your Regional Office.
- Become a member of the Middle Atlantic Region (MAR)—it’s free!
- Maximum order quantity per item: 50. Availability of items is subject to supplies on hand.

Printable Materials

- NNLM-produced Handouts: [http://nnlm.gov/grm/training/handouts.html](http://nnlm.gov/grm/training/handouts.html)

Materials You Can Request from NLM

- Information Rx: [http://informationrx.org/](http://informationrx.org/)

This is a free and easy way to refer people to trustworthy consumer health websites produced by the National Library of Medicine to two NLM websites with easy-to-understand health information: MedlinePlus.gov and Genetics Home Reference. The NLM creates conversations between healthcare providers and patients, and to encourage the use of evidence-based health information on the


[http://NNLM.GOV/MAR/TRAINING/MATERIALS.HTML](http://NNLM.GOV/MAR/TRAINING/MATERIALS.HTML)
- Refer people to MedlinePlus and Genetics Home Reference
- Order special prescription pads and other materials
- Help people:
  - better understand health information
  - enhance conversations between healthcare providers and patients
  - encourage the use of evidence-based health information on the Internet
DISCUSSION

• How do you see NLM Consumer Health Resources being used in public libraries?

• What type of training do you envision being needed for public library staff in your area?

Open Discussion…
QUESTIONS?
THANK YOU!

Lydia N Collins, MLIS
National Network of Libraries of Medicine,
Middle Atlantic Region

http://nnlm.gov/mar/
ydia@pitt.edu