Cool Tools for Health Information

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Cool Tools
PubMed Patient Education Handouts

General search

Search PubMed
Hypertension
Search Clear

Limits
Type of Article
Specimen

Search PubMed
Hypertension
Search Clear
**Cool Tools**

**Daily Med**

**About DailyMed**
DailyMed provides high-quality information about marketed drugs.

**Information for Patients**

**COUMADIN (warfarin sodiu)**

**Bristol-Myers Squibb Pharmaceuticals, Inc.**

<table>
<thead>
<tr>
<th>Category</th>
<th>I.V. Schedule</th>
<th>Marketing Status</th>
<th>Date Expired</th>
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<tbody>
<tr>
<td><strong>Drug Label Sections</strong></td>
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<tr>
<td>Description</td>
<td>Clinical Pharmacology</td>
<td>Dosage &amp; Administration</td>
<td>Adverse Reactions</td>
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**WARNING: BLEEDING RISK**

Warfarin sodium can cause major or fatal bleeding. Bleeding is more likely to occur during the starting period and with a higher dose (resulting in a higher INR). Risk factors for bleeding include: high intensity of anticoagulation (INR 3.4-4.0), age over 65, history of gastrointestinal bleeding, hypertension, coronary artery disease, scessive heart disease, anemia, malignancy, thyroid, renal insufficiency, concomitant drugs (see PRECAUTIONS), and long duration of warfarin therapy. Regular monitoring of INR should be performed on all treated patients. If COUMADIN is discontinued, patients should be cautioned that the anticoagulant effects of COUMADIN may persist for about 2-3 days. Patients should be informed that all warfarin products, HEP, products represent the same medication, and should not be taken concurrently, an overdose may result. A Medication Guide should be available to patients when their presciptions for warfarin sodium are filled.
Cool Tools

HealthLinkBC

- Gov't of British Columbia website
- Parallel phone line: 8 – 1 – 1
- Cool tools:
  - Medication info
  - Symptom checker
  - Service/Resource finder

Medication info
HealthLinkBC

Symptom checker

HealthLinkBC

Service/Resource Finder
Other cool tools
- Medical Tests overview
- Dietitian services
WebMD

- US-based website (non-Gov’nt)
- Content created by physicians, journalists, community moderators
- Cool Tools:
  - Pill identifier
  - Symptom checker
Cool Tools

BC Cancer Agency

- Provincial Health Services Authority website
- Cool tools:
  - Recommended websites
  - Complementary and Alternative Therapies
Cool Tools

Twitter
**Twitter**

- What is Twitter?
- Twitter is a social networking and microblogging tool that allows sharing of brief snippets of information.
- Twitter allows a maximum of 140 characters or 15 words.

**Twitter Why use it?**

- Build your network
- Stay up to date
- Follow people you are interested in.

**Twitter how do I use it?**

- Set up a free account at [www.twitter.com](http://www.twitter.com)
- Follow some colleagues or news services that interest you.
- Tweet updates to share interesting tidbits from reading or conferences or ideas.

**Twitter Who uses it in health care?**

- Hospitals use it to communicate with patients and community members
- Medical students use it to keep current
- Health associations use it for health promotion
- New health research published is announced.

**Twitter Real time research**

- Use the search function on Twitter to see what is being posted on a topic.
- Find more people and organizations to follow to increase your network.

**Cool Tools**

Lab Tests Online
Lab Tests Online

Lab Tests Online is a public service developed by clinical laboratory professionals to help us better understand the many lab tests that are part of routine health care diagnosis.

- Detailed test descriptions
  - Eg. Cholesterol test. What does it measure, how often should I have it and what is a normal range?

- Descriptions of diseases or conditions cross referenced by relevant tests.
  - Eg. Use of cholesterol tests for predicting heart disease

- News summaries tracking advances in testing
  - In depth articles on topics such as the meaning of reference ranges.
  - Glossary of terms used in the lab.

Cool Tools

Women’s Health Matters

Canadian site providing the latest information and research findings on women’s health.
- Based at the Women’s College Hospital in Ontario.
- Updated several times a week
Women’s Health Matters

- Visit the virtual health centres to learn more about topics such as osteoporosis, heart health and pelvic health.
- Keep up to date by visiting the news section. Sign up for updates.

Women’s Health Matters

- Check out the Health A-Z section for short articles written on women’s health topics by experts.
- Visit Le Club, a virtual meeting place for women to join discussion groups.
- Send questions to women’s health experts at Women’s Hospital.

Women’s Health Matters

- Subscribe to the monthly e-bulletins to get current information on women’s health.

Women’s Health Matters

- Use the toolkit to learn more about search engines.
- Judge the quality of a website
- Understand medical research
- Analyze health information from the media

The End!

- Have questions?
- Contact us at:
  - Niki.Baumann@fraserhealth.ca
  - Brooke.Scott@fraserhealth.ca
  - Linda.Howard@fraserhealth.ca

Health is the greatest wealth.

Keep Learning about it
1. **What should I know about PubMed’s Patient Education Handouts?**
Using the Patient Education Handout limit in PubMed allows you to access authoritative information written specifically for patients. Many handouts are available for free online.

2. **Steps:**
1. Search PubMed for your topic of interest.
   - If possible, search for the disease or disorder
   - Keep your search broad - choose just one search term or phrase
   - Booleans are available: “sleep disorders” OR “sleep hygiene”
2. Click the Limits link above the search field (top right of screen)
3. Find the Type of Article box among the limits.
4. Scroll down and select **Patient Education Handout**
5. Scroll up to the top of the page and click the blue search button
   - Or, scroll down and click the gray Search button if you prefer
6. Look to the right of the search results for the Filter Your Results box
7. Click on **Free full text** unless the number beside it is zero
8. Wait for the page to load with only the free articles
9. Just above the list of results, click the Display Settings link
10. Choose Abstract and click the gray Apply button
11. Wait for the page to load with Abstract display
12. Below each abstract, look for a button that will take you to the full text of the article
Cool Tool Factsheet

1. What should I know about DailyMed?
DailyMed contains the drug information found in medication package inserts, but up-to-date, navigable, and searchable. DailyMed also allows you to link out from the drug information entries to related content in other NLM resources, e.g. MedlinePlus, PubMed, and ClinicalTrials.gov. Lastly, DailyMed has a pill identification system. The database is not a complete listing of all FDA approved drugs - only 7453 drugs are listed as of April 2010. Please note American drug names and availability may differ from Canadian.

2. Features:
- Search field on right-hand side of home page
- Search by brand name (US) or generic name
- Brown tabs let you jump to relevant sections, e.g.:
  - Patient Package Insert or Medication Guide
  - Boxed Warning
  - other info e.g. Contraindications, Dosage, etc...
- Use Edit>Find on page… or similar Find options in browser to search for specific terms within the document
- PDF download is available at the top of the page
- Email, print, and download Options are also available on the left-hand side
- Links to other NLM resources such as MedlinePlus and PubMed are available on the left-hand side under Additional Resources
- Product Identification System may help identify unlabelled pills
  - Can enter colour, shape, size (mm) scoring (yes/no)
  - Best results if able to enter Imprint (any writing on pill, letters or numbers)
  - Enter one or two characters to see list of options
  - Not a complete list of available drugs!
  - Patient should consult doctor before ingesting any unlabelled pills!
1. What should I know about the LNHPD?
This database is provided by Health Canada, and contains brief information about nonprescription drugs and complementary/alternative medicines available in Canada. It also contains information about some everyday use products such as toothpastes and shampoos. Consumers can use this database to discover what products are available to them in Canada, but should not begin taking any drugs or medicines without consulting their doctor.

2. Steps:
   1. Select a search field
      - Select Product name if you wish to search by common name e.g. primrose oil, centrum select
      - Select Ingredient name if you wish to find out which products contain an ingredient e.g. vitamin d, ginger
      - Select Recommended use or purpose if you wish to search by disease or symptom e.g. common cold, dry eyes
   2. Enter your search term into the Criteria field
   3. To use Boolean operators, click the Advanced Search link on the right-hand side of the page
      - Use OR to search for ingredients with more than one name e.g. criteria: vitamin d OR criteria: calciferol
      - Do not type boolean operators into the criteria field - this will always give you no results
   4. If you try a phrase search in the Criteria field and get no results, try just one word from the phrase. For instance, the search Flintstones vitamins produced no results, but the search Flintstones produced many relevant results.
1. What should I know about the HealthLinkBC Website?
HealthLink BC is the gateway to access non-emergency health information and services in British Columbia. It’s a phone number and it’s a website; it’s a collection of print and telephone resources that put services and health know-how into the hands and homes of BC residents. Some of British Columbia’s most trusted and recognized health information services are consolidated in HealthLink BC. The website represents a compilation of and expansion on the BC HealthGuide, BC HealthFiles, BC NurseLine and Pharmacist service, and Dial-a-Dietitian.

2. Features:
- **Medication library** (by MediResource™)
- **Symptom checker** (by Healthwise™)
- **Directory of Services and Resources**: in British Columbia
- **Interactive tools**: health and fitness tools, lifestyle checkup tools, and pregnancy tools.
- **Action sets**: topics designed to help you or someone you care for take an active role in managing a health condition. Powered by Healthwise™
- **Decision points**: topics to help you understand the key information and important issues related to your health decision. Powered by Healthwise™
- **Dietitian services**: starting and staying healthy, nutrition and your medical condition, healthy eating & healthy food supply, food, food safety & food security.
- **Translated resources**: French, Chinese, Punjabi and Farsi (more languages available by phone at 8 - 1 - 1)
- Medical tests overview: available from the search topic drop-down menu.
1. What should I know about the WebMD Website?
WebMD provides health information, tools for managing your health, and support to those who seek information. The WebMD content staff blends expertise in journalism, content creation, community services, expert commentary, and medical review.

2. Features:
- **Health AtoZ**: Browse through our health search terms by viewing the top 300 or the entire health a-z. Also available: medical tests and tools, slideshows.
- **Drugs and Supplements**: Search by name or medical condition for prescription drugs or over the counter medications. Also available: pill identifier, drug news, vitamins and lifestyle guide, first aid & emergencies.
- **Healthy Living**: Improve your personal health and well-being with WebMD Wellness A-Z guides. Healthy living information geared toward: women, men, pets, oral, emotional, green, 50+...
- **Eating and Diet**: food and cooking, measurement tools (food-o-meter, fit-o-meter, food and fitness planner, portion size planner, personal diet evaluator, BMI), fitness and exercise.
- **Parenting and Pregnancy**: children’s health and vaccines.
- **Mental Health**: find a therapist, depression symptom checker, signs of teen drug abuse, could your child have ADHD, 7 strategies for staying sober...
1. What should I know about the BC Cancer Agency Website?
The BC Cancer Agency provides a comprehensive cancer control program for the people of B.C., including prevention, screening and early detection programs, research & education, and care and treatment. The BC Cancer Agency’s Library and Cancer Information Centres provide materials and services to people in British Columbia and the Yukon primarily from its central location in Vancouver. The BCCA also has Libraries & Info Centres in its regional cancer centres in Victoria, Surrey, & Kelowna. There is also a joint BCCA/ Fraser Health library at Abbotsford Regional Hospital and Cancer Centre. Full library services are available at each centre.

2. Features:
- **Complementary and Alternative Cancer Therapies**: comprehensive overviews
- **Recommended Websites**: selected and evaluated by BC Cancer librarians
- **Types of Cancer**: signs, symptoms, causes, prevention, diagnosis, screening, treatment etc.
- **Cancer Treatment**: Including surgery, cancer drugs and radiation therapy
- **Info for New Patients**
- **Coping with Cancer**: Emotional, practical, nutritional and palliative support; and managing symptoms and side effects
- **Frequently Asked Questions**
- **Cancer Cluster Investigations** (defined by a group of people who share something in common, like their work or where they live.)
- **Prevention**
- **Screening Programs**
1. What is Twitter?
Twitter is a social networking tool and micro blogging service that enables the sharing of brief snippets of information to a maximum of 140 characters (about 15 words). People using Twitter can update each other via a type of status update. Twitter’s main purpose is to increase the speed and flow of information among social groups in real time.

2. Why should I consider using Twitter?
Twitter can potentially be an excellent and simple way to build your network with others by selecting who you “follow”. It can also be a quick way to stay up to date on “breaking news” events in health care by following groups or individuals who focus on health care information.

3. How do I use Twitter?
First set up a free Twitter account and profile at www.Twitter.com. Next follow some friends and or news services on Twitter that interest you. Have you got some great ideas for research or improved health care practice? Why not share them on Twitter and see what response you get. Are you attending a conference or workshop? Why not share interesting tidbits on Twitter.

4. Who uses Twitter in health care?
A number of US hospitals are using Twitter to communicate with patients and community members. Twitter is also being used by medical students and medical faculty to provide updates. The American Public Health Association ( twitter.com/publichealth) is using Twitter to make timely announcements about health campaigns such as flu shots and blood donations.
1. **What is Lab Tests Online?**  
*Lab Tests Online* is a public website developed by clinical laboratory professionals to help us better understand the many clinical lab tests that are part of routine health care, diagnosis and treatment. Did you know that about 80 per cent of health care treatment is determined or confirmed by lab tests?

2. **Why should I consider using Lab Tests Online?**  
Lab Tests Online provides free authoritative information on the myriad of lab tests that many Canadians have throughout their life. With this tool, you can look up more user friendly information on tests that you or your family members might need to have and ask key questions when you visit your family doctor. You can also find out what lab tests are used for detection of various diseases and conditions.

3. **How do I use Lab Tests Online?**  
You can go to the web site [www.labtestsonline.org](http://www.labtestsonline.org) and do a search by lab test name or by disease or condition. You can also search by the abbreviated version of the lab test. You can also go to the news summaries to track advances in lab testing.

4. **Who uses Lab Tests Online?**  
Health professionals, librarians, library technicians and members of the public use Lab Tests Online. Tell all your library users about this very cool tool.
Cool Tool Factsheet
Women’s Health Matters Website
www.womenshealthmatters.ca

1. What should I know about the Women’s Health Matters Website?
At womenshealthmatters.ca, consumers will find the latest information, news and research findings on women's health, diseases and lifestyle trends. The site, which is updated several times a week, is backed by women’s health experts at Women's College Hospital.

2. Features:
   • Visit the virtual Health Centres to learn more about topics such as cancer, cardiovascular health, pelvic health, environmental health and osteoporosis.
   • Keep up with the latest developments in women’s health by visiting the News section.
   • Check out the Health A-Z section where you will find short articles written on a wide variety of women’s health topics and detailed descriptions of books and periodicals, audiovisual and multimedia materials and websites.
   • Visit Le Club, a virtual meeting place for women to join discussion groups, share their stories and experiences with other women, and send questions to women's health experts at Women's College Hospital.
   • Subscribe to the monthly e-bulletins.

3. Toolkit
   • Learn more about search engines and other search tools and strategies
   • Judge the quality of a website
   • Improve your skills in finding and assessing reliable health information
   • Understand medical research
   • Analyze health information from the media
   • Communicate more effectively with health professionals