


Cool Tools for Health Information

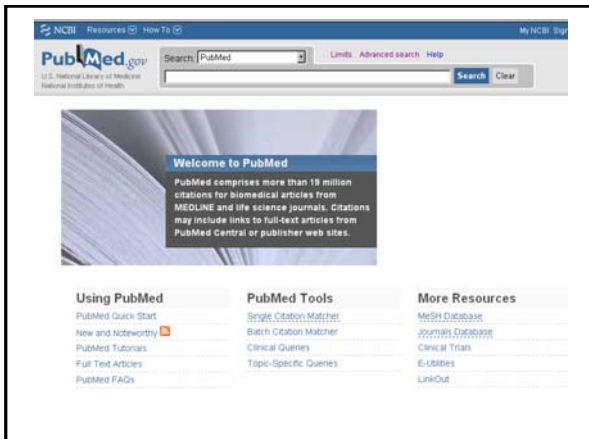
Niki Baumann, BS, MLIS
 Brooke Ballantyne Scott, BA, MLIS
 Linda Howard, BA, MLS

Fraser Health Librarians




Cool Tools

PubMed Patient Education Handouts

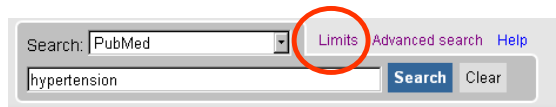
The screenshot shows the PubMed homepage with a search bar at the top containing 'PubMed'. Below the search bar is a 'Welcome to PubMed' message. The page is divided into three columns: 'Using PubMed' (with links like PubMed Quick Start, New and Noteworthy, PubMed Tutorials, Full Text Articles, PubMed FAQs), 'PubMed Tools' (with links like Single Citation Matcher, Batch Citation Matcher, Clinical Queries, Topic-Specific Queries), and 'More Resources' (with links like Medline Database, Journal Database, Clinical Trials, E-Utilities, LinkOut).

General search

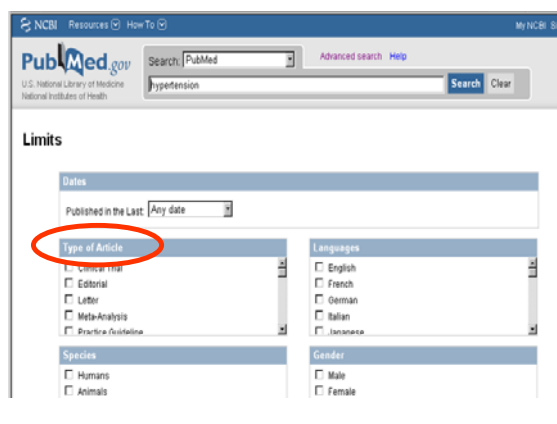


The screenshot shows the PubMed search bar with 'PubMed' in the search field. To the right of the search field are links for 'Limits', 'Advanced search', and 'Help'. Below the search field is a 'Search' button and a 'Clear' button.

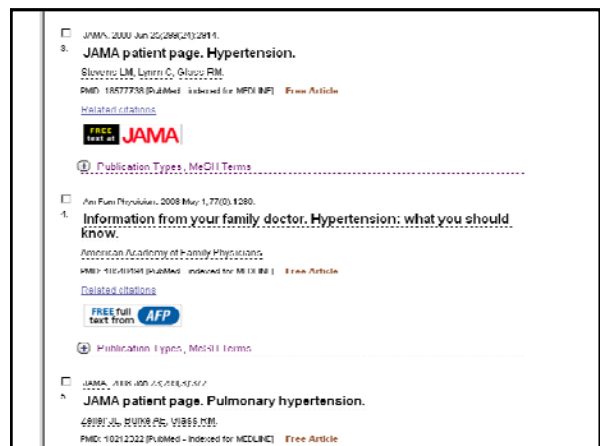
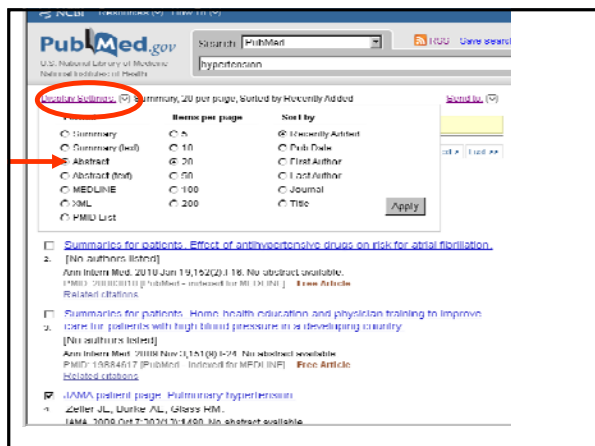
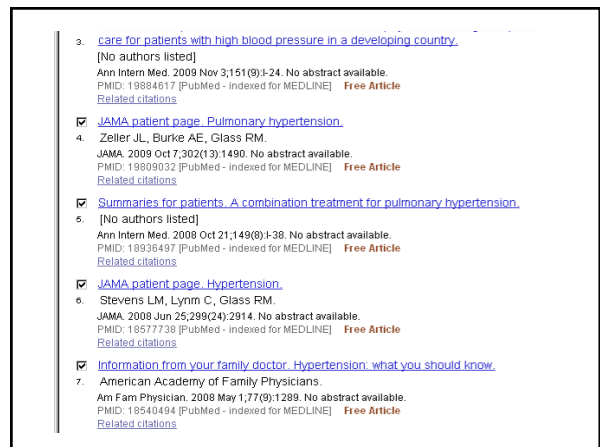
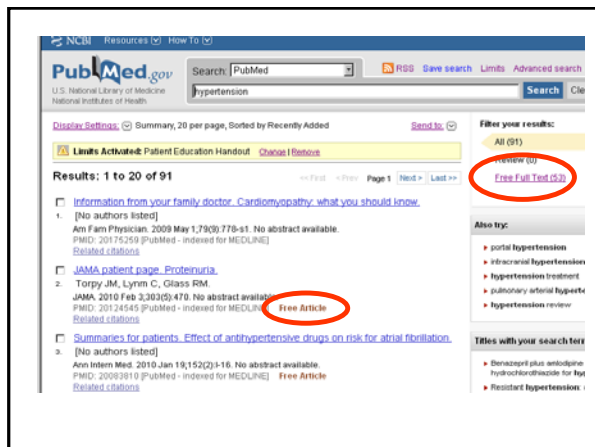
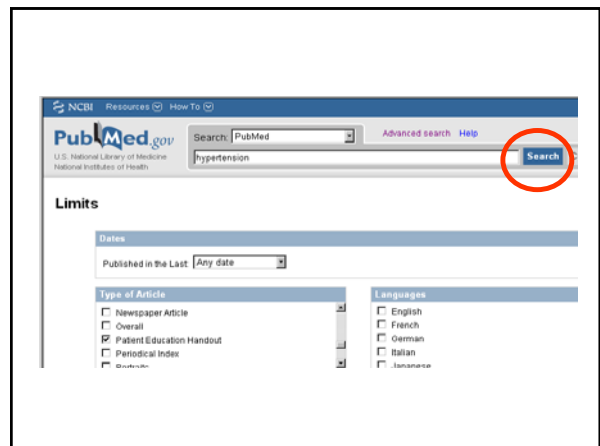
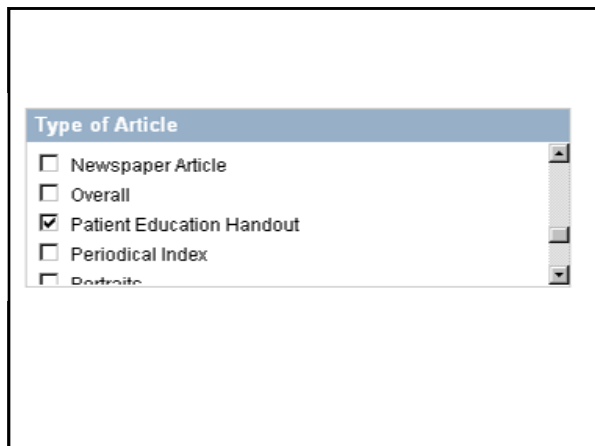
General search

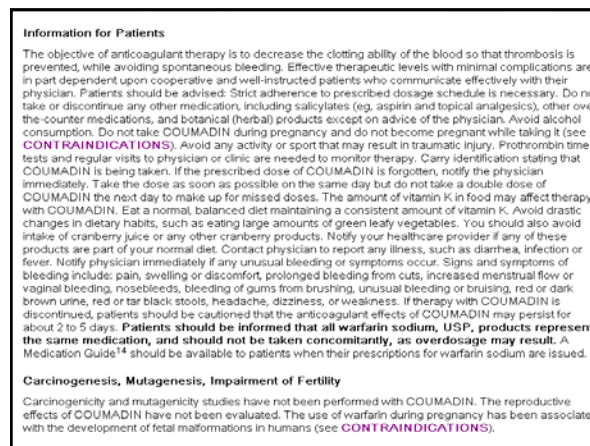
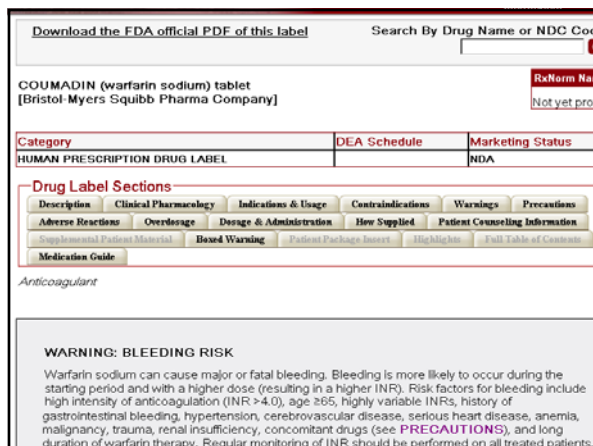
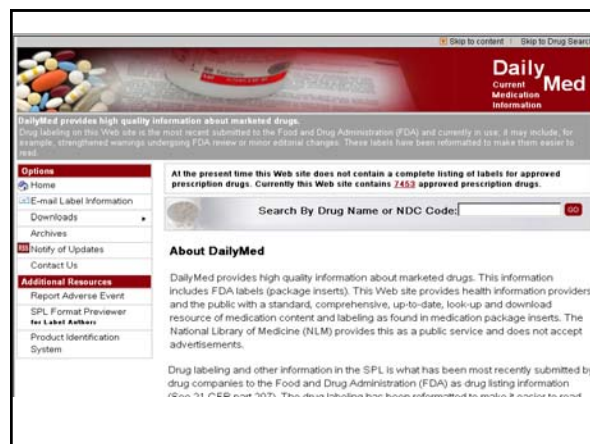


The screenshot shows the PubMed search bar with 'PubMed' in the search field. The 'Limits' link is highlighted with a red circle. Below the search field is a 'Search' button and a 'Clear' button.



The screenshot shows the 'Limits' section of the PubMed search results. It includes sections for 'Dates' (with a 'Published in the Last' dropdown), 'Type of Article' (with checkboxes for Clinical Trial, Editorial, Letter, Meta-Analysis, Practice Guideline), 'Languages' (with checkboxes for English, French, German, Italian, Japanese), 'Species' (with checkboxes for Humans, Animals), and 'Gender' (with checkboxes for Male, Female). The 'Type of Article' section is highlighted with a red circle.





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Download the FDA official PDF of this label

COUMADIN (warfarin sodium) tablet
(Bristol-Myers Squibb Pharma Company)

Category

HUMAN PRESCRIPTION DRUG LABEL

Drug Label Sections

[Description](#)
[Clinical Pharmacology](#)
[Indications & Use](#)
[Adverse Reactions](#)
[Overdose](#)
[Dosage & Administration](#)
[Supplemental Patient Material](#)
[Boxed Warning](#)
[Patient Counseling Information](#)
[Medication Guide](#)

Anticoagulant

All Citations

Adverse Effects

Therapeutic Use

Pharmacology

Clinical Trials

WARNING: COUMADIN (warfarin sodium) tablets may cause major or fatal bleeding, especially if taken with a higher dose (resulting in high intensity of anticoagulation (INR >4.0), age, gastrointestinal bleeding, hypertension, cerebrovascular disease, or other factors).

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[Home](#)
[E-mail Label Information](#)
[Downloads](#)
[SPL History](#)
[Print this Label](#)
[Notify of Updates](#)
[Contact Us](#)

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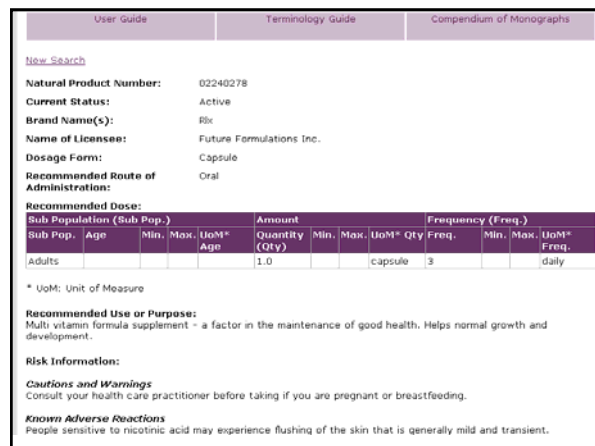
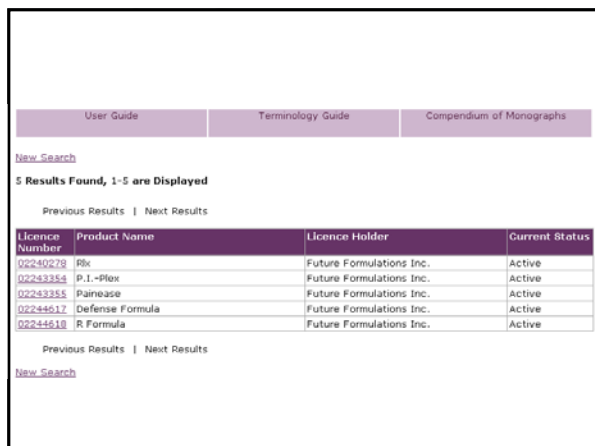
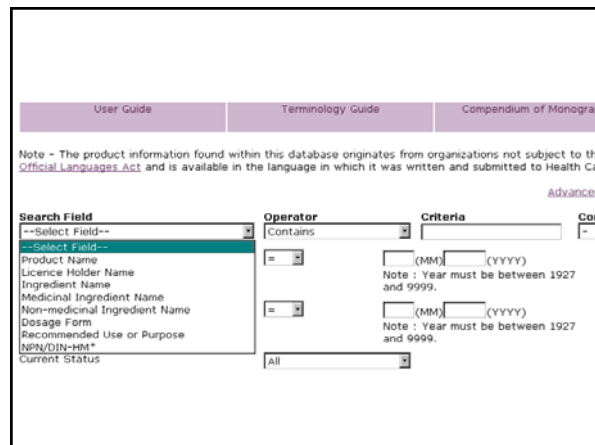
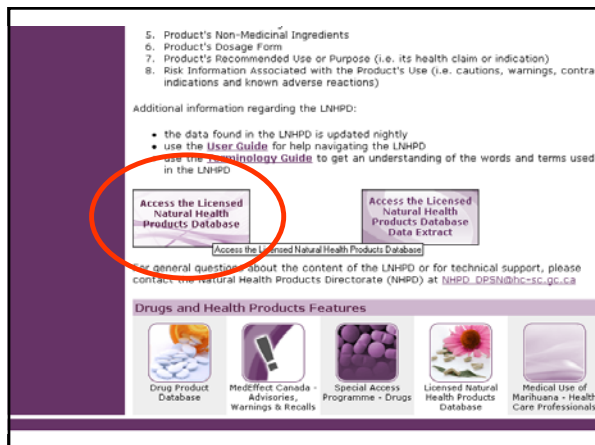
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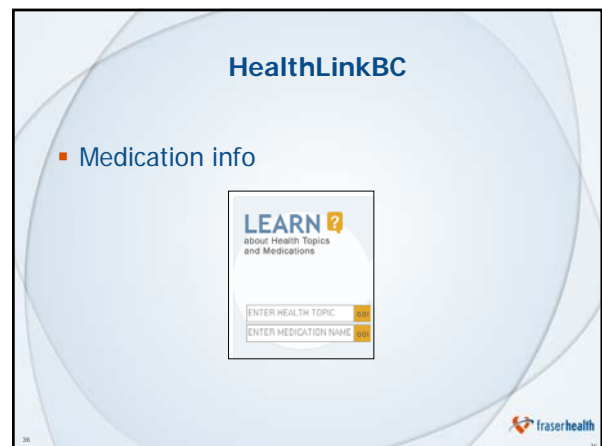


User Guide	Terminology Guide	Compendium of Monographs
<p>Note: The product information found within this database originates from organizations not subject to the Official Languages Act and is available in the language in which it was written and submitted to Health Canada.</p> <p>Advanced Search</p>		
<p>Search Field</p> <p>Recommended Use or Purpose: <input type="text" value="Contains"/></p> <p>Date of Licensing: <input type="text" value="MM/YY"/></p> <p>Revised Date of Licence: <input type="text" value="MM/YY"/></p> <p>Current Status: <input type="text" value="All"/></p>	<p>Operator</p> <p><input type="text" value="Contains"/></p>	<p>Criteria</p> <p><input type="text" value="Dry eyes"/></p> <p>Notes: Your search has between 1000 and 9999.</p> <p>Notes: Year must be between 1927 and 9999.</p>
<p><input type="button" value="Search"/> <input type="button" value="Reset"/></p>		

User Guide	Terminology Guide	Compendium of Monographs
<p>New Search</p> <p>3 Results Found, 1-3 are Displayed</p> <p>Previous Results Next Results</p>		
Licence Number	Product Name	Licence Holder
00002204	Dry Eye Relief	Similan T&M AG
00007323	Vision Advance Extended Relief	Johnson & Johnson Inc.
00015430	Tera Tears Nutrition	Advanced Vision Research
<p>Previous Results Next Results</p> <p>New Search</p>		
<p>Date Modified 2009-05-08 Top of page Important Notices</p>		



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



HealthLinkBC

Medication Library

Powered by
MediResource

Enter drug name
 Go >


Search 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

Brand Name
Prozac

Common Name
Fluoxetine


How does this medication work? What will it do for me?


Fluoxetine belongs to a class of medications called selective serotonin reuptake inhibitors (SSRIs). It is used for the treatment of depression and helps to elevate mood. Selective serotonin reuptake inhibitors work by increasing the amount of a neurotransmitter, called serotonin, that is available in certain parts of the brain. Although you may start feeling better within a few weeks of treatment, the full effects of the medication may not be evident until several weeks of treatment have passed. Fluoxetine is also used to reduce or eliminate the symptoms of obsessive-compulsive disorder (OCD) as well as to treat the eating disorder, bulimia nervosa.



HealthLinkBC

- Symptom checker





HealthLinkBC

INTERACTIVE HEALTH
Symptom checker

Man Turn to Back Woman

Head

Eyes

Ears

Nose & Mouth

Neck & Throat

Arm, Shoulder & Hand

Chest & Breast

Abdomen

Pubic Area & Groin

Leg, Hip, Knee & Foot

Back & Spine


Skin


Other Topics

First Aid

Physical Problems

Mental Problems





HealthLinkBC

INTERACTIVE HEALTH
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HealthLinkBC

Leg Injuries
Check Your Symptoms

Check your symptoms | Leg Injuries

How old are you?

☐ Less than 5 years

☒ 5 years or older

Are you male or female?

☐ Male


☐ Female

< Previous
Next >



HealthLinkBC

- Service/Resource Finder





HealthLinkBC

FIND Services and Resources
Search for health services and resources for healthy living in your local area.

What?

Where? (OPTIONAL CITY, COMMUNITY OR LANGUAGE)

ADVANCED SEARCH

[We've improved our search features. Click here to learn more.](#)

[Start over](#) | [Go back](#) | [E-mail results](#) | [Print](#) | [Provide feedback](#) | [Submit correction](#) | [Help](#)

1-20 of 42 Results Next >

Type	Details
	Community Oncology Clinic at Peeltick Regional Hospital Provided by: BC Cancer Agency 550 Canal Avenue, Peeltick, BC, V2A 3G6 (250) 410-9032 Show location Multidisciplinary clinic providing cancer care services from initial diagnosis to palliation or survivorship.
	Developmental Disability Mental Health Services at Telephone Access Provided by: Interior Health Authority Telephone Access, BC (250) 840-7531 Show location Provides mental health services for individuals aged 14 years or older who have developmental disabilities.

HealthLinkBC

- Other cool tools
 - Medical Tests overview
 - Dietitian services

HealthLinkBC

LEARN
about health topics

CHECK
your symptoms

FIND
services and resources

Learn about Health Topics
Searching in Medical Test

Abdominal Ultrasound

Test Overview

An abdominal ultrasound uses reflected sound waves to produce a picture of the organs and other structures in the upper abdomen. Sometimes a specialized ultrasound is ordered for a detailed evaluation of a specific organ, such as a kidney ultrasound. An abdominal ultrasound can evaluate the:

- Abdominal aorta**, which is the large blood vessel (artery) that carries blood from the heart to the lower part of the body and the legs.
- Liver**, which is a large, dome-shaped organ that lies under the rib cage on the right side of the abdomen. The liver produces bile (a substance that helps digest fat), stores sugars, and breaks down many of the body's waste products.
- Gallbladder**, which is a sac-like organ beneath the liver. The gallbladder stores bile. When food is eaten, the gallbladder contracts, sending bile into the intestines to help in digesting food and absorbing fat-soluble vitamins.

Topic Contents

Test Overview

[Why It Is Done](#)

[How To Prepare](#)

[How It Is Done](#)

[How It Feels](#)

[Risks](#)

[Results](#)

[What Affects the Test](#)

[What To Think About](#)

[References](#)

[Credits](#)

HealthLinkBC

Anatomy of the aorta

The aorta stems from the heart, arches upward, and then extends down behind the heart and through the chest (thorax) and the abdomen area. The aorta then branches out and becomes the iliac arteries, which provide blood to the pelvis and legs.

Last Updated: April 28, 2008
Medical Review: E. Gregory Thompson, MD - Internal Medicine & Anne C. Poirier, MD - Internal Medicine & David A. Nisley, MD - Vascular Surgery

HealthLinkBC

Dietitian Services at HealthLinkBC

[Print this page](#)

[Starting & Staying Healthy](#)

[Nutrition & Your Medical Condition](#)

[Healthy Eating is Healthy Food Supply](#)

[Food, Food Safety & Food Security](#)

Cool Tools

WebMD

WebMD

- US-based website (non-Gov't)
- Content created by physicians, journalists, community moderators
- Cool Tools:
 - Pill identifier
 - Symptom checker



WebMD



WebMD

- Pill identifier

Pill Identification Tool

The names and uses of drugs mentioned on this site are subject to change from time to time. By continuing to use the drug information, you agree to accept the terms of use.

Having trouble identifying your pills or medications? Identify your prescription drugs and over the counter medicines using the Pill Identification Tool.

Instructions for the Pill Identifier:

Enter the shape, color or imprint of your prescription drug or medication. Review the images of pills to identify your drug or medication.

1. Enter the letters or numbers imprinted on the pill or tablet.

2. Select the shape of your pill, tablet or capsule.

3. Select the color of your pill, tablet or capsule.

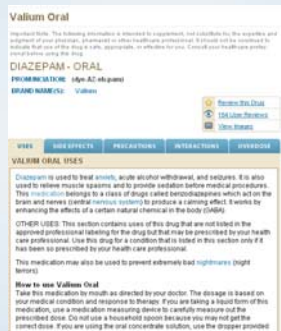
4. Click on the pill image to view more information.



WebMD



WebMD



WebMD



[illegible]

WebMD

- Other cool tools:
 - Medical tests/tools
 - Slideshows



57

WebMD

Medical Tests & Tools A-Z

Use our quizzes, calculators, self-assessments, and guides to manage your health. Look under your health issue to find tools for you.

MEDICAL TESTS **TOOLS & C**

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

Abdominal MRI

Abdominal Tap

Abdominal Ultrasound

Abdominal X-ray

ABO Blood Typing

Acute: Puffy Test

ACTH (adrenocorticotropic hormone) Test

ACTH Suppression Test

Activated Partial Thromboplastin Time

Adiponectin: Blood

AFP (alpha-fetoprotein) Test

AIDS Test

Air Contrast Study

Amine Anticardiolipin (ACL)

Albumin Test, Blood

Alcohol, Breath Test

Alcoholism in Blood

Alcoholism in Urine

Alkaline Phosphatase

Allergy Tests

Alpha-Amylase Test

fraserhealth

WebMD

Digestive Disorders Health Center


Abdominal Ultrasound

Font Size
A A A

An abdominal **ultrasound** uses reflected sound waves to produce a picture of the organs and their structures in the upper abdomen. Sometimes a specialized **ultrasound** is ordered for a detailed evaluation of a specific organ, such as a kidney **ultrasound**. An abdominal **ultrasound** can evaluate the:

- **Abdominal aorta**, which is the large blood vessel (artery) that passes down the back of the chest and abdomen. The aorta supplies blood to the lower part of the body and the legs.
- **Liver**, which is a large dome-shaped organ that lies under the rib cage on the right side of the abdomen. The liver produces bile (a substance that helps digest fat), stores sugars, and breaks down many of the body's waste products.
- **Gallbladder**, which is a saclike organ beneath the liver. The **gallbladder** stores bile. When food is eaten, the **gallbladder** contracts, sending bile into the **intestines** to help in digesting food and absorbing fat-soluble vitamins.
- **Spleen**, which is the soft, round organ that helps fight infection and filters old red blood cells. The **spleen** is located to the left of the **stomach**, just behind the lower left ribs.
- **Pancreas**, which is the gland located in the upper abdomen that produces **enzymes** that help digest food. The digestive enzymes are then released into the **intestines**. The **pancreas** also releases **insulin** into the bloodstream. **Insulin** helps the body use sugars for energy.
- **Kidneys**, which are the pair of bean-shaped organs located behind the upper abdominal cavity. The kidneys remove wastes from the blood and produce urine.

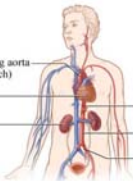
A **ultrasonic ultrasound** evaluates the structures and organs in the lower abdominal area (pelvis).



WebMD

Anatomy of the aorta

Font size
A A A




The aorta stems from the heart, arches upward, and then extends down behind the heart and through the chest (thorax) and the abdominal areas. The aorta then branches out and becomes the iliac arteries, which provide blood to the pelvis and legs.

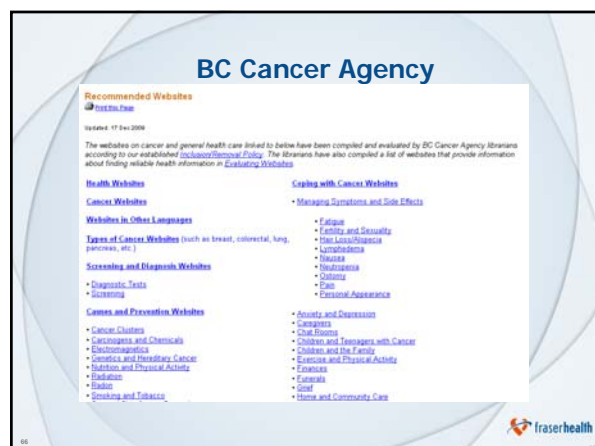
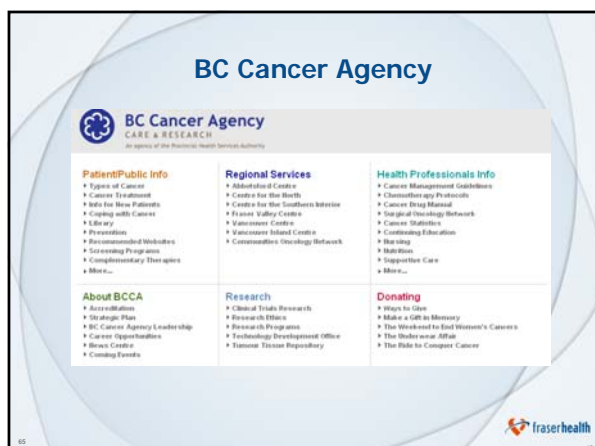
Primary Medical Reviewer
Specialist Medical Reviewer
Last Updated

E. Gregory Thompson, MD - Internal Medicine

David A. Szalai, MD - Vascular Surgery


March 7, 2008





BC Cancer Agency

Carcinogens and Chemicals Websites

 [link icon](#)

Updated: 9 Oct 2009

Below are links to external websites which have been compiled and evaluated by BC Cancer Agency librarians according to our established [Inclusion/Exclusion Policy](#). For information about cancer prevention from the BC Cancer Agency website see [Prevention](#).

For information in other languages see [Websites in Other Languages](#)

For Patients/Patients:

Good places to start

- [Cancer and the Environment, Canadian Cancer Society - CCS](#)
- [Safe Canada](#)
- [Environmental Carcinogens, American Cancer Society - ACS](#)
- [Household Products Database, National Library of Medicine - NLM \(US\)](#)
- [Tox Ties, National Library of Medicine - NLM \(US\)](#)

More carcinogens and chemicals websites

- [Toxic Free Canada](#)


Books and reports

- [The Environment, Cancer and You](#)

For Researchers/Scientists

Databases

- [ToxNet, National Library of Medicine - NLM \(US\)](#)



67

BC Cancer Agency

Nutrition and Physical Activity Websites
[Visit these Sites](#)

Updated: 11 March 2010

Below are links to external websites which have been compiled and evaluated by BC Cancer Agency librarians according to our established [Subject/Research Policy](#). For information about cancer prevention from the BC Cancer Agency website see [Prevention](#).

For information in other languages see [Websites in Other Languages](#)


For Patients/Public:

Good places to start

- [The Active, Canadian Cancer Society - CCS](#)
- [Eat Well, Canadian Cancer Society - CCS](#)
- [Fitness, Balance, Weight, and Health: Physical Activity, Diet, National Cancer Institute - NCI \(U.S.\)](#)
- [Exercise and Physical Fitness, Medline@BC](#)
- [Food and Fitness, American Cancer Society - ACS](#)
- [Nutrition, Medline@BC](#)
- [Physical Activity, Cancer@BC](#)
- [Physical Activity Link - Free phone line and online resource to active, healthy living provided by CSEP Health and Fitness Program of BC and the Public Health Agency of Canada.](#)

More nutrition and physical activity websites


- [American Institute for Cancer Research](#) - Includes "New American Plate," a new approach to eating. Recipe, cancer diet and health guidelines for cancer prevention, advice for new cancer diagnoses.
- [Canadian Cancer Society/Institut canadien du cancer](#) - Free nutrition information for lay residents of British Columbia.
- [Outcomes of Canada](#)
- [Nutrition and Health Eating, Health Canada](#)
- [Nutritionlink](#) - Provides comprehensive information about nutrition & food safety, analyses health claims of nutrition-related products.
- [Office of Dietary Supplements, National Institutes of Health - NIH \(U.S.\)](#) - Includes: Nutrient Recommendation

 **fraserhealth**

[illegible]

BC Cancer Agency

Mushroom Therapies

 [part 1: bio](#)

The role of your cancer health professional is to create an environment of openness and trust, and to help in making informed decisions about alternative/complementary therapies. Collaboration will improve the safe integration of all therapies during your experience with cancer. The "Summary" and "Professional Evaluation/ Critique" sections of this Unconventional Therapies manual are cited directly from the medical literature, and are intended to help in the objective evaluation of alternative/ complementary therapies.

Summary

A literature search done in Medline and CancerLit (1966-1999) did not retrieve any articles giving evidence that these mushroom therapies are effective as a treatment for cancer in humans. There have been no reports of controlled clinical studies testing the effects of these mushrooms as primary therapies as opposed to adjunct therapies. Preliminary results that show efficacy for some of the treatments *in vitro* [in an artificial environment] and in mouse models indicate that further research is necessary.

Description/ Source/ Components


"Shiitake [*Lentinula edodes*] is the number one agricultural export of Japan, world production of this mushroom is second only to the common table mushroom [*Agaricus bisporus*]." (Jones Feb 1990)

"When the powdered mushroom [*shikata*] was broken down into various fractions, the C- (or lipid fraction) and the D-fraction, consisting of soluble polysaccharides including lentinan, were the most active fractions tested orally." (Jones Feb 1990)

Krestin (PDQ) is a protein-bound polysaccharide preparation from *Coliclus versicolor* (Eliava)

PGIC "consists predominantly of glucan and approximately 20% tightly bound protein." (Spencer)

"Results or genodoma mushrooms are usually taken in different formulas. For example, these is Aitra B which also contains astragalus, ginseng and licorice. Another formula is Power Mushrooms which also contains shiitake and polyporus." (Ottawa)



70



Cool Tools

Twitter



fraserhealth

Better health.
Best in health care.

Twitter Networking & Real time Information

WHAT IS TWITTER?
MICRONOLOGICAL

WHEE! YOU DEFINE BOREDOMLESSNESS WITH MORE BOREDOMLESSNESS?
SHORT, ELEGANT, BITTER, AS OPPOSED TO OCCASIONAL LENGTHY POSTS

IS THAT MORE WORK OR LESS?
IS THAT MORE WORK OR LESS?

IT'S MORE IMMEDIATE

©2009 Bill Barnes and Gene Andrews

www.madabout.com

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.



73

Twitter Why use it?

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



74

Twitter how do I use it?

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



75

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.



76

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.



77

Cool Tools

Lab Tests Online



Better health.
Real to health care.

Lab tests Online

www.labtestsonline.org

- 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.



79

Lab Tests Online

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



80

Lab Tests Online

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



81

Lab Tests Online

- 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.



82

Cool Tools

Women's Health Matters



Women's Health Matters

www.womenshealthmatters.ca

- 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



84

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.



85

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



86

Women's Health Matters

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



87

Women's Health Matters the Toolkit

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



88

The End!

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



89

**Health is the greatest
wealth.**

Keep Learning about it



Better health.
Best in health care.

Cool Tool Factsheet

PubMed Patient Education Handouts www.pubmed.gov

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
DailyMed dailymed.nlm.nih.gov

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!



Cool Tool Factsheet

Licensed Natural Health Products Database

<http://www.hc-sc.gc.ca/dhp-mps/prodnatur/applications/licen-prod/lnhpd-bdpsnh-eng.php>

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
 - a. Use OR to search for ingredients with more than one name e.g. criteria: *vitamin d* OR criteria: *calciferol*
 - b. 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.



Cool Tool Factsheet
HealthLinkBC www.healthlinkbc.ca

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.



Cool Tool Factsheet
WebMD www.webmd.com

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...



Cool Tool Factsheet
BC Cancer Agency Website www.bccancer.bc.ca

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](#)



Cool Tool Factsheet
Twitter www.twitter.com

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.



Cool Tool Factsheet

Lab Tests Online www.labtestsonline.org

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 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

