

Carolyn Martin, MLS, AHIP

Consumer Health Outreach Coordinator

National Network of Libraries of Medicine/Pacific Northwest Region

University of Washington Health Sciences Library, Box 357155

Seattle, WA 98195

206-221-3449 / martinc4@uw.edu

<http://nnlm.gov/pnr/>

**Resource List for Empowering the Patient**

**NN/LM PNR**

<http://nnlm.gov/pnr/>

Membership

<http://nnlm.gov/pnr/services/network_memberform.html>

Funding

<http://nnlm.gov/pnr/funding/>

Medlineplus magazine

<http://www.nlm.nih.gov/medlineplus/magazine/index.html>

<http://www.fnlm.org/program_medlineplus.php>

**For information about Americans using the Internet for health information:**

Pew Research Center, Internet & American Life Project, “Health Online 2013”, January 15, 2013

<http://www.pewinternet.org/2013/01/15/health-online-2013/>

**Consumer Health Toolkit:**

Finding Health and Wellness @ the Library: A Consumer Health Toolkit for Library Staff, 2nd Edition

[www.library.ca.gov/lds/docs/HealthToolkit.pdf](http://www.library.ca.gov/lds/docs/HealthToolkit.pdf)

**Books on Consumer Health Information and Services**

The Medical Library Association Guide to Providing Consumer and Patient Health Information (Medical Library Association Books Series) by Michele Spatz ISBN-13: 978-1442225701 - May 1, 2014

Answering Consumer Health Questions: The Medical Library Association Guide for Reference Librarians (Medical Library Association Guides) by Michele Spatz ISBN-13: 978-1555706326 – August 31, 2008

**Collection Development:**

Consumer and Patient Health Information Section of MLA (CAPHIS)

Some links maybe a bit dated

<http://caphis.mlanet.org/chis/collection.html>

Library Journal

http://lj.libraryjournal.com/#\_

**Health Literacy:**

Weiss BD. Health Literacy and Patient Safety: Help Patients Understand: A Manual for Clinicians. 2nd ed. American Medical Association / American

Medical Association Foundation, 2007. p. 13

<http://med.fsu.edu/userFiles/file/ahec_health_clinicians_manual.pdf>

MedlinePlus web page on health literacy

<http://www.nlm.nih.gov/medlineplus/healthliteracy.html>

Information provided by the NN/LM on health literacy for the professional

<http://nnlm.gov/outreach/consumer/hlthlit.html>

Health literacy information from National Institutes of Health

<http://www.nih.gov/clearcommunication/healthliteracy.htm>

**Multi-lingual:**

MedlinePlus page of health information in multiple languages

<http://www.nlm.nih.gov/medlineplus/languages/languages.html>

Categorized by language including sign language on NN/LM website

<http://nnlm.gov/outreach/consumer/multi.html>

Health information in multiple languages as well as cultural information

<https://ethnomed.org>

Asian languages

<http://spiral.tufts.edu/>

Healthy Roads Media offer consumer health information in multiple languages and various formats

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

Health Information Translations

https://www.healthinfotranslations.org/

**Communicating with clinicians:**

Agency for Health Research and Quality (AHRQ) offers links to questions to ask before, during and after an appointment

<http://www.ahrq.gov/patients-consumers/patient-involvement/ask-your-doctor/index.html>

More quick tips from AHRQ
<http://www.ahrq.gov/patients-consumers/diagnosis-treatment/diagnosis/doctalk/index.html>

An online assistant question builder for those who may have trouble coming up with relevant questions about their health

<http://www.ahrq.gov/apps/qb/>

The American Cancer Society provides tips to make it easier to talk with your clinicians

<http://www.cancer.org/treatment/understandingyourdiagnosis/talkingaboutcancer/talkingwithyourdoctor/talking-with-your-doctor-toc>

Ask Me 3 provides a brochure to take on clinical visits whether with a doctor, nurse, or therapist

<https://www.ihs.gov/healthcommunications/documents/AskMe_8-pg_NatAmer.pdf>

Senior Health

<http://nihseniorhealth.gov/talkingwithyourdoctor/planningyourdoctorvisit/01.html>

Medical Library Association

<https://www.mlanet.org/for-health-consumers>

Say Ah!

<http://say-ah.org/>

Engaged Patients

<http://engagedpatients.org/>

**Evaluating Websites:**

MedlinePlus webpage on evaluating websites

<http://www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html>

National Network of Libraries of Medicine

<http://nnlm.gov/outreach/consumer/evalsite.html>

Nicely condensed points to evaluate good consumer health websites

<http://www.healthit.gov/patients-families/find-quality-resources>

Use the CRAAP Test

[www.csuchico.edu/lins/handouts/eval\_websites.pdf](http://www.csuchico.edu/lins/handouts/eval_websites.pdf)

**Quality Consumer Health Websites:**

Great starting point. National Library of Medicine’s comprehensive consumer health resource

<http://medlineplus.gov>

List of Consumer Health Resources (includes many of those listed below)

<http://www.nlm.nih.gov/hinfo.html>

Senior health information

<http://nihseniorhealth.gov/>

A government database of clinical studies on humans

<http://clinicaltrials.gov>

Disability information

<http://disability.gov>

Social Security Administration information regarding Social Security and Supplemental Security Income disability programs for people with disabilities

<http://www.ssa.gov/disability/>

Administration for Community Living provides resources and information to allow for independent living of those with various disabilities

<http://acl.gov>

Consumer health information regarding genetic diseases and conditions

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

Pillbox, pill identifier and drug information

<http://pillbox.nlm.nih.gov/pillimage/search.php>

Household Database provides information about the chemical in everyday household products and their health affects

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

The Drug Information Portal includes information regarding over 49,000 drugs

<http://druginfo.nlm.nih.gov/drugportal/drugportal.jsp>

Daily Med is the official drug information label insert for the FDA

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

The Dietary Supplement Label Database contains full label contents from a sample of dietary supplement products marketed in the U.S.

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

National Center for Complementary and Integrative Health (NCCIH), this National Institute of Health includes information for treatments outside of mainstream medicine

<http://nccam.nih.gov>

Basically the main webpage for NLM with information about resources and much more

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

U.S. Department of Health and Human Services

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

Healthfinder.gov

<http://healthfinder.gov/>

Choose my plate.gov

<http://choosemyplate.gov/>

Nutrition.gov

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

Stopbullying.gov

[www.stopbullying.gov](http://www.stopbullying.gov)

NIH, National Institutes of Health

<http://nih.gov/>

**Mobile / Apps**

Mobile apps gallery of National Library of Medicine resources

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

USA.gov Director of Apps/Sites

http://apps.usa.gov/

CDC Mobile Activities

http://www.cdc.gov/mobile/mobileapp.html

Health and Human Services Mobile Apps

http://www.hhs.gov/digitalstrategy/mobile/mobile-apps.html

Veterans Administration Mobile Health

<http://mobilehealth.va.gov/>

**ACA (Affordable Care Act) and Health Insurance Marketplace:**

A good starting point is the official website of the Affordable Care Act

<https://www.healthcare.gov/>

Libraries and the ACA LibGuide

<http://guides.nnlm.gov/psr/ACA>

Latitudes Article – Recap of ALA session and more

<http://nnlm.gov/psr/newsletter/2013/07/18/report-on-ala-aca-session-libraries-health-insurance-preparing-for-october-1/>

Webjunction’s Health Happens in Libraries site contains an extensive list of resources

<http://www.webjunction.org/explore-topics/ehealth.html>

**Specific to Oregon:**

NN/LM Pacific Northwest Region

<http://nnlm.gov/pnr/ACA.html>

Cover Oregon

https://www.coveroregon.com/

**PHR (Personal Health Record):**

Though this website doesn’t specifically address PHR it provides great information on safety and security online issues

<http://www.onguardonline.gov>[/](http://www.onguardonline.gov/)

Health and Human Services provides some basic understanding of personal health records in regards to HIPAA <http://www.hhs.gov/ocr/privacy/hipaa/understanding/special/healthit/phrs.pdf>

<http://www.nlm.nih.gov/medlineplus/personalhealthrecords.html>

This particular link contains information more about Electronic Medical Records

<http://www.healthit.gov/patients-families/your-health-information-rights>

On Guard Online – information about online safety

http://www.onguardonline.gov/

**Health demographics of Oregon**

CDC FastStats

<http://www.cdc.gov/nchs/fastats/state-and-territorial-data.htm>

Quick Facts

[http://quickfacts.census.gov/qfd/index.html#](http://quickfacts.census.gov/qfd/index.html)

<http://quickfacts.census.gov/qfd/states/02000lk.html>

NN/LM PNR site map

<http://nnlm.gov/pnr/sitemap.html>

Kaiser State Health Facts

<http://kff.org/statedata/>

Public Library Geographic Database

<http://www.geolib.org/PLGDB.cfm>

ALA sources of demographic information

<http://www.ala.org/magirt/publicationsab/demdata>

Robert Wood Johnson

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

<http://www.countyhealthrankings.org/app/oregon/2015/overview>

Oregon Public Health Division

https://public.health.oregon.gov/Pages/Home.aspx

**Library Programs:**

Consumer Health Toolkit list several websites with ideas

[http://www.library.ca.gov/lds/docs/HealthToolkit.pdf p. 65](http://www.library.ca.gov/lds/docs/HealthToolkit.pdf%20p.%2065)

PNR has information including educational materials

<http://nnlm.gov/pnr/outreach/>

**The Consumer Health Information Specialization (CHIS)**

<https://www.mlanet.org/education/chc/index.html>