¿No Comprende?

Online Health Resources to help English Speakers serve Spanish Speaking Communities

National Network of Libraries of Medicine
MidContinental Region
http://nnlm.gov/mcr

800-338-7657

Presenters

Rebecca Brown
Kansas & Technology Liaison
University of Kansas Medical Center
Dykes Health Sciences Library
rbrown3@kumc.edu

Siobhan Champ-Blackwell
Community Outreach Liaison
Creighton University Health Sciences Library
siobhan@creighton.edu

Agenda

Session Two (February 16)

- Evaluating Spanish Websites– 30 min
- Quality Health Information in Spanish with examples – 1 hour
- Archived recordings: http://nnlm.gov/mcr/education/online.html#A7

Evaluation of Online Spanish Health Information

TIPS

- Alphabet is almost the same
- Language is similar
- You know more words than you think you do
- Photos and graphics can help you figure out what the site is about and the target audience
- Unreliable sites may have graphics of completely unrelated topics

Evaluation of Online Spanish Health Information

TIPS

"About us" information about the organization or author is usually under:

- Sobre nosotros
- Sobre
- Acerca de nosotros
- ¿Quiénes somos?
- Acerca de (Name of Organization)

❖ Not having an "About Us" section provides a clue to the level of quality.

Online Translators

TIPS

Use an online translator to translate the "About Us" section:

Babelfish: http://babel.altavista.com

Google: http://translate.google.com/translate

- Helps in getting the gist of the Spanish words
- Can translate words, sentences, paragraphs, or an entire site

Evaluation of Online Spanish Health Information

TIPS

There may also be an English version of the site:

- Look for the words *Inglés* or English
- Spanish versions of English pages may not be translated well or can be much more limited than the English version

Also, feel free to lead your patrons to the MedlinePlus Guide to Healthy Web Surfing, which is also in Spanish:

http://www.nlm.nih.gov/medlineplus/spanish/healthywebsurfing

ABCs of Evaluation

1. Currency
2. Affiliation
3. Authority
4. Bias
5. Audience

www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html

Evaluation Criteria: **Currency**

Is there a date? What does the date represent?
(Remember that dates are displayed day.month.year)

- Is the information up-to-date?
- Is the update frequency apparent?
- Is it static or does it change regularly?
- Is currency necessary for this type of information?
- Look for the word "**Fecha**" meaning *date*
- Look for the word "**Actualizado**" meaning *updated*
- Look for the word "**Modificado**" meaning *modified*

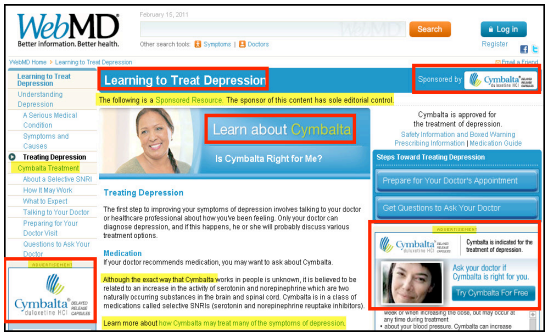
Evaluation Criteria: **Affiliation**

- Affiliation = Publisher of the site
- What institution is connected to this information?
- Does the institution exercise quality control?
- Have you ever heard of this organization?
  (Run the name through Babelfish/Google Translate)
- Does the organization have an English counterpart?

Evaluation Criteria: **Authority**

- Is information available about the author?
- Who is the author?
- Is the author the original creator of the information?
- What are the author's credentials? Education?
- Can you find a name where you would normally see an author's name on an English resource?

Evaluation Criteria: **Bias**



Evaluation Criteria: **Audience**

Who is the intended audience?

- Professionals
- General Public

Evaluation Activity

Healthfinder en espanol

www.healthfinder.gov/espanol/

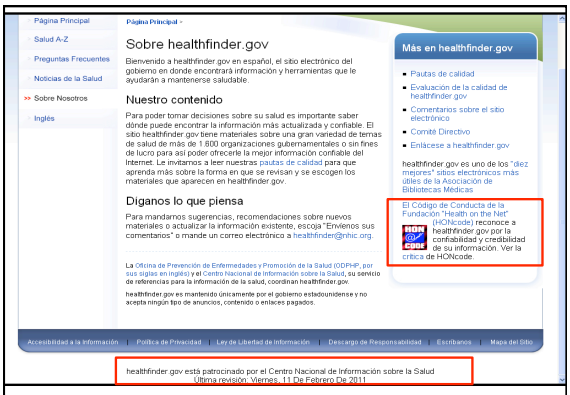
www.google.com/language_tools?hl=en

Bienvenido a healthfinder.gov en español, el sitio electrónico del gobierno en donde encontrará información y herramientas que le ayudarán a mantenerse saludable.

Welcome to healthfinder.gov in Spanish, the government website where you will find information and tools to help you stay healthy.

El sitio healthfinder.gov tiene materiales sobre una gran variedad de temas de salud de más de 1.600 organizaciones gubernamentales o sin fines de lucro para así poder ofrecerle la mejor información confiable del Internet. Le invitamos a leer nuestras pautas de calidad para que aprenda más sobre la forma en que se revisan y se escogen los materiales que aparecen en healthfinder.gov.

Healthfinder.gov site has materials on a variety of health issues more than 1,600 governmental or nonprofit in order to provide the best reliable internet information. We invite you to read our quality guidelines to learn more about how we review and choose the materials appearing on healthfinder.gov.



www.hon.ch/HONcode/Conduct.html?HONConduct898345

National Network of Libraries of Medicine

Consumer Health Information in Many Languages

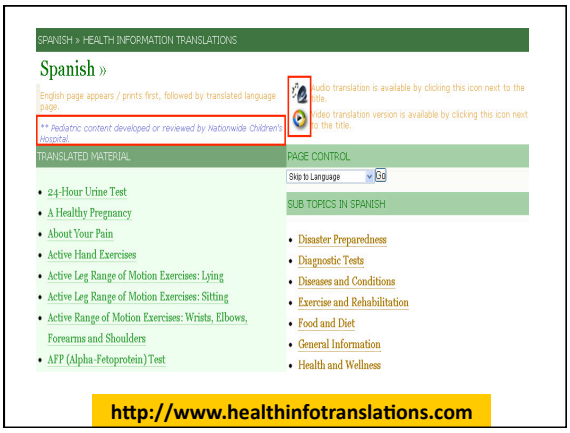
- Cultural Competency Resources
- Multilingual health information
- Specific Languages including Spanish
- Glossaries by Language.

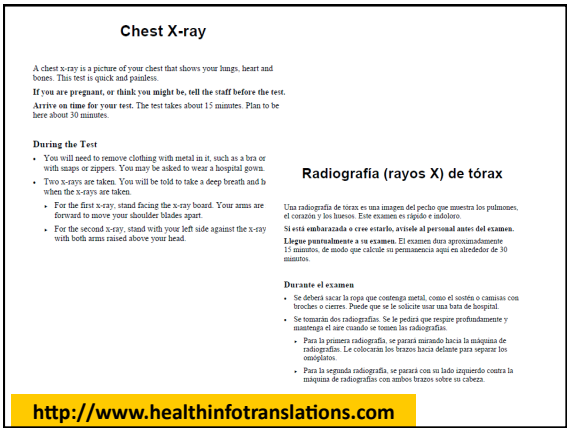
http://nnlm.gov/outreach/consumer/multi.html

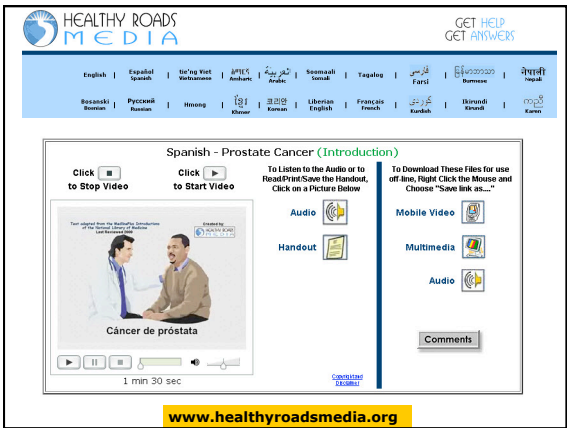
What is a Promotora?

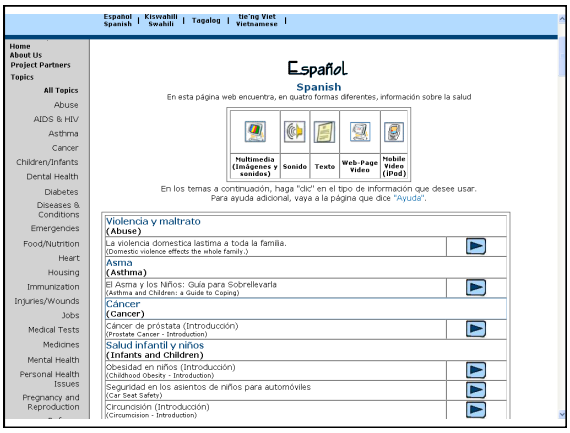
- LIVESTRONG in Spanish
  - www.livestrongespanol.org
- Videos:
  1. http://bit.ly/9cSQSD
  2. http://www.youtube.com/watch?v=RMNq7p8-r1U

www.healthinfotranslations.com

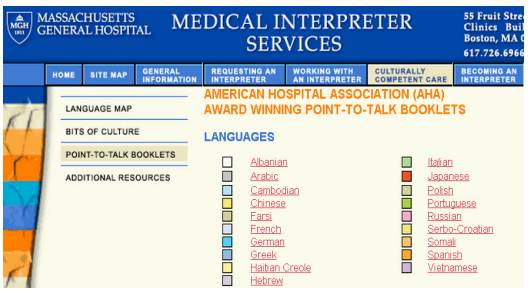

SPANISH » HEALTH INFORMATION TRANSLATIONS
Spanish »
English page appears / prints first, followed by translated language page.
** Pediatric content developed or reviewed by Nationwide Children's Hospital.
Audio translation is available by clicking this icon next to the title.
Video translation version is available by clicking this icon next to the title.
TRANSLATED MATERIAL
24-Hour Urine Test
A Healthy Pregnancy
About Your Pain
Active Hand Exercises
Active Leg Range of Motion Exercises: Lying
Active Leg Range of Motion Exercises: Sitting
Active Range of Motion Exercises: Wrists, Elbows, Forearms and Shoulders
AFP (Alpha-Fetoprotein) Test
PAGE CONTROL
Skip to Language
Go
SUB TOPICS IN SPANISH
Disaster Preparedness
Diagnostic Tests
Diseases and Conditions
Exercise and Rehabilitation
Food and Diet
General Information
Health and Wellness
http://www.healthinfotranslations.com


Chest X-ray
A chest x-ray is a picture of your chest that shows your lungs, heart and bones. This test is quick and painless.
If you are pregnant, or think you might be, tell the staff before the test.
Arrive on time for your test. The test takes about 15 minutes. Plan to be here about 30 minutes.
During the Test
You will need to remove clothing with metal in it, such as a bra or with snaps or zippers. You may be asked to wear a hospital gown.
Two x-rays are taken. You will be told to take a deep breath and h when the x-rays are taken.
For the first x-ray, stand facing the x-ray board. Your arms are forward to move your shoulder blades apart.
For the second x-ray, stand with your left side against the x-ray with both arms raised above your head.
Radiografía (rayos X) de tórax
Una radiografía de tórax es una imagen del pecho que muestra los pulmones, el corazón y los huesos. Este examen es rápido e indoloro.
Si está embarazada o cree estarlo, avísele al personal antes del examen.
Llegue puntualmente a su examen. El examen dura aproximadamente 15 minutos, de modo que calcule su permanencia aquí en alrededor de 30 minutos.
Durante el examen
Se deberá sacar la ropa que contenga metal, como el sostén o camisas con broches o cierres. Puede que se le solicite usar una bata de hospital.
Se tomarán dos radiografías. Se le pedirá que respire profundamente y mantenga el aire cuando se tomen las radiografías.
Para la primera radiografía, se parará mirando hacia la máquina de radiografías. Le colocarán los brazos hacia delante para separar los omóplatos.
Para la segunda radiografía, se parará con su lado izquierdo contra la máquina de radiografías con ambos brazos sobre su cabeza.
http://www.healthinfotranslations.com


HEALTHY ROADS MEDIA
GET HELP GET ANSWERS
English | Español Spanish | tie'ng Viet Vietnamese | Amharic | Arabic | Soomaali Somali | Tagalog | Farsi | Burmese | Nepali
Bosanski Bosnian | Русский Russian | Hmong | Khmer | Korean | Liberian English | Français French | Kurdish | Ikirundi Kirundi | Karen
Spanish - Prostate Cancer (Introduction)
Click to Stop Video
Click to Start Video
To Listen to the Audio or to Read/Print/Save the Handout, Click on a Picture Below
To Download These Files for use off-line, Right Click the Mouse and Choose "Save link as...."
Audio
Handout
Mobile Video
Multimedia
Audio
Cáncer de próstata
1 min 30 sec
Comments
www.healthyroadsmedia.org



Point-to-Talk



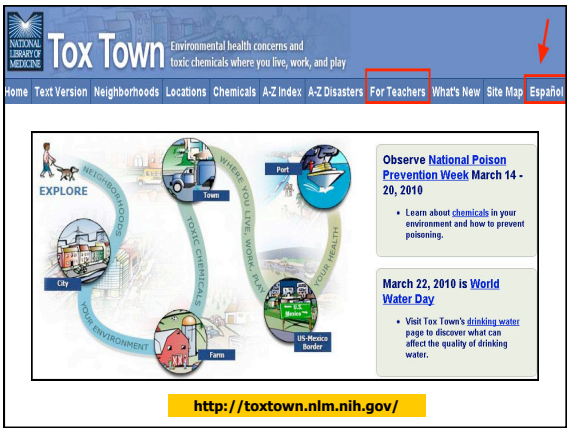
http://www2.massgeneral.org/interpreters/pointtalk.asp

Molestias y Pedidos…
Discomforts and Requests…

Tengo dolor aqui. (Señale dónde le duele.)
I have pain here. (point to where it hurts.)

¿Podría usted darme algo para aliviar el dolor?
Could you give me something to relieve the pain?

Me siento: I feel:	muy bien. very well.	mejor. better.	mal. bad.
muy mal. very bad.	peor. worse.	mareado. dizzy.	débil. weak.
cansado. tired.	tengo sueño. sleepy.	tengo náuseas. nauseated.	
Estoy: I am:	preocupado. worried.	asustado. frightened.	deprimido. depressed.
solo. lonely.	aburrido. bored.	triste. sad.	feliz happy.



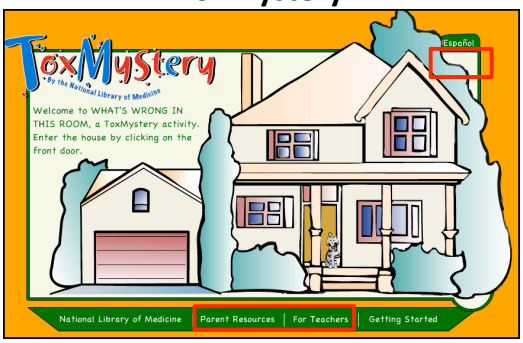
http://toxtown.nlm.nih.gov/

Tox Town Espanol

http://toxtown.nlm.nih.gov/

Tox Town Espanol

ToxMystery



http://toxmystery.nlm.nih.gov/

Online Health Resources

AIDSinfo en español (SIDA)
http://www.aidsinfo.nih.gov/infoSIDA/

- Online glossary of AIDS terms
- Search for clinical trials
- Search the drug database
- CDC brochures

Aidsinfonet.org

http://www.aidsinfonet.org/?lang=spa

Site funded by NLM's SIS and created in New Mexico

- Has resources and printouts of AIDS information in Spanish
- Divided into categories: prevention, nutrition, and medicines

National Cancer Institute

U.S. National Institutes of Health | www.cancer.gov

- For health professionals and consumers
- Beginning cancer tutorial
- Publications on different kinds of cancer

http://www.cancer.gov/espanol

FamilyDoctor.org
health information for the whole family

FLU.GOV
Know what to do about the flu.
VISIT FLU.GOV
SHARE THIS WIDGET

Preventing the Flu

See also: H1N1 Influenza

What is influenza?

Influenza (also called "the flu") is a virus
lungs. About 10% to 20% of Americans
can get very sick from the flu. Each yea
hospital with the flu, and 36,000 people
complications.

The flu may cause fever, cough, sore th
headache, muscle aches and tiredness
weeks, but for some people, the flu lea
pneumonia. The influenza vaccine can

Return to top

Who is at higher risk?

The following people have a higher risk

- All children from 6 months up t
- All adults 50 years of age and
- All women who are or will be p
- People who are living in nursing
- Individuals who have long-term
- Health care workers who have
- Caregivers and household con
age

Preventing the Flu
What is influenza?
Who is at higher risk?
How can I avoid getting the flu?
Should I get the flu vaccine?
Is there anyone who shouldn't get the flu shot?
Is there anyone who shouldn't get the nasal-spray vaccine?
If I get the flu vaccine, can I still get the flu?
Is the vaccine safe?

FLU.GOV
Es importante saber lo que hay que hacer sobre la influenza
VISITAR FLU.GOV
COMPARTIR ESTE WIDGET

Previniendo la gripe

¿Qué es la gripe?
¿Quiénes tienen riesgo?
¿Cómo puedo evitar que me dé gripe?
¿Hay alguien que no debería ponerse la vacuna contra la gripe?
Hay alguien que no debería ponerse la vacuna en aerosol nasal?
¿Si me pongo la vacuna contra la gripe todavía me puede dar?
¿Me puedo poner la vacuna contra la gripe si estoy embarazada o estoy lactando?
¿Qué son medicamentos

¿Qué es la gripe?

La gripe también conocida como influenza o "flu" es una infección viral en la nariz, garganta y pulmones. Cerca de un 10 a 20 % de los estadounidenses contraen gripe cada año. Algunas personas pueden ponerse muy enfermas por causa de la gripe. Cada año aproximadamente 200.000 personas van a dar al hospital con gripe, y 36.000 mueren por causa de complicaciones y la gripe.

La gripe puede causar fiebre, tos, dolor de garganta; nariz con mucosidad o tapada; dolor de cabeza, dolores musculares y cansancio. La mayoría de las personas se sienten mejor después de una a dos semanas, pero para algunas personas la gripe origina enfermedades graves tales como neumonía. La vacuna contra el virus de la influenza (vacuna para la gripe) le puede ayudar a protegerse de contraer gripe.

Volver

¿Quiénes tienen riesgo?

Algunas personas tienen mayor riesgo de tener complicaciones de la gripe tales como neumonía. Si usted pertenece a cualquiera de esos grupos debe ponerse la vacuna contra la gripe cada año.

- Todos los niños desde los 6 meses de edad hasta los 19 años
- Todos los adultos de 50 años o más
- Todas las mujeres que están o que van a estar embarazadas durante la temporada de gripe

¿Qué es la gripe H1N1?

La influenza por el virus de la gripe H1N1 (también llamada influenza porcina o gripe porcina) es una infección respiratoria causada por un virus que se encuentra en los cerdos. El virus H1N1 puede infectar a los humanos. Para

PubMed

PubMed

National Library of Medicine NLM

Professional medical information

- To see articles in Spanish click on:

  Limits | Language | Spanish
- Abstracts generally in English
- For full-text articles in Spanish, contact your nearest medical library for interlibrary loan options
- [Brackets] around title = language other than English

www.pubmed.gov

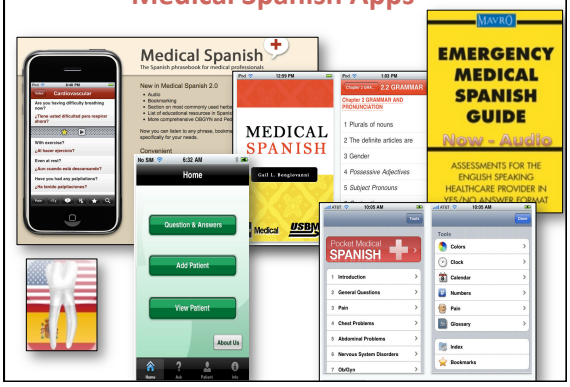
Locating Spanish Health Information

Websites in Spanish

- Organized into associations, foundations, organizations, government agencies, local and regional resources
- Helpful for English speaking service providers, but not for Spanish speaking patrons

http://nnlm.gov/outreach/consumer/chspanish.html

Medical Spanish Apps



Medical Spanish App Reviews

Most quality apps have to be purchased – they are not free!

iTunes for ratings, reviews and downloading
http://www.apple.com/itunes/

iMedicalApps
iPad/iPhone and Android medical app reviews by health care professionals
http://www.imedicalapps.com

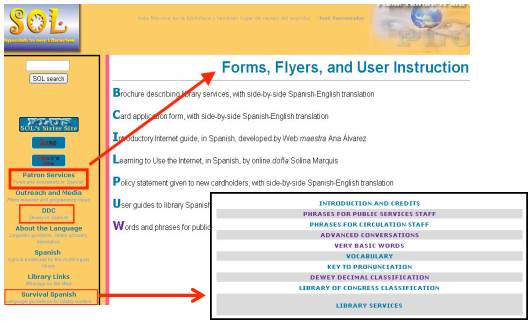
AppGuide
iPad,iPod, & iPhone app reviews from Macworld editors - and you! (in beta)
http://www.macworld.com/appguide/index.html

Reference Questions

- Can symptoms be entered into the search fields or do you need the actual medical condition name?

- http://www.nlm.nih.gov/medlineplus/healthchecktools.html
- http://symptoms.webmd.com/default.htm

Spanish in Our Libraries



www.sol-plus.net/plus/home.htm

Connect Your Community

www.connectcommunity.org/curriculum-center

Thank You!

¡Muchas Gracias!

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http://nnlm.gov/mcr/education/online.html#A7

or
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