Where can I find health information in ...?

Health Information Resources for a Multilingual and Multicultural Community

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“The National Library of Medicine (NLM), on the campus of the National Institutes of Health in Bethesda, Maryland, has been a center of information innovation since its founding in 1836”.

URL for the National Library of Medicine
Bringing Health Information to the Community

Sharing health information resources, news, and issues affecting communities
Recent posts by category: Multilingual

- **Recursos en español: Huracán Maria; Terremoto en la Ciudad de México**
  
  Posted by Annette Parde-Magss on September 26th, 2017 • 0 comments • Tags: disaster response, español, spanish language resources

  Huracán Maria La guía de información para la salud en desastres. Huracanes 2017, de la Biblioteca Nacional de Medicina se ha actualizado para incluir recursos específicos para los huracanes María, Irma y Harvey. Recursos en español para el huracán María. Huracán Maria (Centro para el Control y la Prevención de Enfermedades) Huracán María (FEMA) Búsquedas de... Read More →


- **Updated Multi-Cultural Resources for Health Information from NLM**
  
  Posted by Annette Parde-Magss on August 16th, 2017 • 0 comments

  The list of Multi-Cultural Resources for Health Information from the National Library of Medicine, Outreach and Special Populations Branch has been updated with new resources added under all sections. Find links to reliable online resources that cover cultural competency, health literacy, health resources in multiple languages, limited English proficiency, multicultural research, and...
TOXICOLOGY, ENVIRONMENTAL HEALTH, CHEMISTRY, HIV/AIDS, DISASTER HEALTH, AND TOPICS RELEVANT TO SPECIFIC POPULATIONS

Environmental Health & Toxicology
- Databases and other resources related to toxicology and environmental health
  - Features TOXNET

Chemical and Drug Information
- Resources about chemical names/structures and drugs
  - Features ChemIDplus: Lite and Advanced

HIV/AIDS
- Journal literature, clinical trials and treatment information, meeting abstracts, and related resources

Outreach Activities & Resources
- Programs and resources for K-12 science education, minority and other specific populations

Disaster Information Management Research Center
- Information resources and tools for disaster preparedness, response and recovery

K-12 Science and Health Education
- Free, reliable resources to help introduce, reinforce, and supplement education programs
Outreach Through Quality Information, Capacity Building and Community Engagement

Web Sites For and About Specific Populations

- American Indian and Alaska Native Health
  Addresses the health and well-being of American Indians and Alaska Natives

- HealthReach
  Multilingual and multicultural public health information for those working with or providing care to individuals with limited English proficiency

- Arctic Health
  Research encompassing the health of the Arctic environment and our northernmost communities

- HIV/AIDS Information for Specific Populations
  Comprehensive HIV/AIDS information for scientists, physicians, educators, and consumers

- Community Health Maps
  Low-cost and easy-to-use mapping and mobile communication tools

- K-12 Science and Health Education
  Working with teachers and science experts to provide free reliable resources to help introduce, reinforce, and supplement education

- Environmental Health Student Portal
  Web information resources for middle school students and teachers

- Multi-Cultural Resources for Health Information
  Information about cultural competency, tools, health literacy, research, and policy

- NLM 4 Caregivers
  Health information outreach to caregiver networks through social media

- Special Populations: Emergency and Disaster Preparedness
  Links to Web sites featuring information about emergency and disaster preparedness

- Tox Town
  Environmental health concerns where you live, work, and play

- ToxMystery
  Interactive Game for ages 7-11, household chemical hazards
multicultural

Chemical and Drug Information resources provides other search tools

Results 1 - 10 of 18 for multicultural

Did you mean "multi-cultural"?

1. Multi-Cultural Resources for Health Information
   MedlinePlus, National Library of Medicine * Back to Top Multicultural Research - Health Equity Research Lab Mission is to ... populations Setting the Agenda for Research on Cultural ... https://sis.nlm.nih.gov/outreach/multicultural.html - 40K

2. About HealthReach | HealthReach
   ... that has created a resource of quality multilingual, multicultural public health information for those working with or ... https://healthreach.nlm.nih.gov/about-healthreach - 27K

3. HIV/AIDS Web Resources
   ... Federal agencies druginfo.nlm.nih.gov HealthReach Multilingual, multicultural public health information for health profession ... https://sis.nlm.nih.gov/outreach/hivaidssinformationresources.pdf - 179K

4. Minority Health Brochure Online Version
   ... drug information aidsinfo.nih.gov infoSIDA nj.gov Multicultural Resources American Indian Health Portal Addresses issues af ... https://sis.nlm.nih.gov/outreach/minorityhealthbrochure.pdf - 1MB

5. HEALTH TOPICS - MENTAL HEALTH
   ... and their families. National Alliance on Mental Illness Multicultural Action Center National Center for American Indian ... https://americanindianhealth.nlm.nih.gov/mental-health.html - 14K

6. CHM Conducts Three Workshops in Maryland | Community Health Maps
   * Center for Children, Youth, and Families Monard Multicultural Youth Center St Elizabeth's Campus 1951 S Pennsylvania Ave NW ...
Results 1 - 10 of 52 for multi cultural

1. **Multi-Cultural Resources for Health Information**
   - Blog for the latest news! Connect with NLM Multi-Cultural Resources for Health Information Cultural Competency - Center for ... Education Program to be peer educators in HIV/AIDS ...

2. **Links to resources on environmental health, disasters, chemicals, drugs, and special populations - American Indians,** ...
   - Many Languages K-12 Science and Health Education Multi-Cultural Resources for Health Information Copyright, Privacy, Accessibility, FOIA ...

3. **Olanzapine - National Library of Medicine HSDB Database**
   - to the modern-day doctor working in a multi-cultural society. [Maempel JF et al; Cases J. 2010 ...](https://toxnet.nlm.nih.gov/.../search/a?dbs=hsdb@term=@DOO&O=+8155 - 240K

4. **NLM 4 Caregivers**
   - about their effectiveness, usual dosage, and drug interactions Multi-Cultural Resources for Health Information Culturally and linguistically appropriate ...

5. **NLM 4 Caregivers**
   - ... (888. 348. 3656) custsen@nlm.nih.gov Multi-Cultural Resources for Health Information Culturally and linguistically appropriate ...
Multi-Cultural Resources for Health Information from NLM

URL: Multi-Cultural resources
MedlinePlus
Trusted Health Information for You

Access to quality health information
• anytime
• anywhere
• and now on ANY device!
Health Information in Multiple Languages

MedlinePlus

• Amharic
• Arabic
• Bosnian
• Chinese
• Croatian
• French
• German
• Italian
• Korean
• Polish
• Portuguese
• Russian
• Spanish
• Swahili
• Tigrinya
• Vietnamese

URL for Health Information in Multiple Languages in MedlinePlus
A family physician has been seeing a group of new patients from Mexico who appear to be suffering carbon monoxide poisoning. Is there anywhere he could go to locate patient handouts or other materials in Spanish that explain what carbon monoxide is?
Carbon Monoxide Poisoning

Preguntas Frecuentes

Intoxicación con Monóxido de Carbono

¿Cuál es el problema?

El monóxido de carbono, o CO, es un gas inodoro e incoloro que puede enfermar y matar repentinamente. El monóxido de carbono se encuentra en emanaciones de combustión, tales como las que producen los automóviles y los camiones, los motores pequeños de gasolina, cocinas, faroles, madera y carbón encendidos, cocinas de gas y sistemas de calefacción. El monóxido de carbono de estas fuentes puede acumularse en espacios cerrados o semicerrados. Las personas y los animales que se encuentran en estos espacios pueden intoxicarse si lo respiran.

¿Cuáles son los síntomas de intoxicación con Monóxido de Carbono?

Los síntomas más comunes de la intoxicación por monóxido de carbono son dolor de cabeza, mareo, debilidad, náusea, vómitos, dolor de pecho y confusión. La ingestión de altos niveles de monóxido de carbono puede producir desmayo y hasta la muerte. Salvo que se sospeche la causa, la intoxicación por monóxido de carbono puede ser difícil de diagnosticar debido a que los síntomas son similares a los de otras enfermedades. Las personas que duermen o están intoxicadas pueden morir de intoxicación por monóxido de carbono antes de llegar a sentir los síntomas.

• URL for Carbon Monoxide Information in MedlinePlus in Spanish
Summary

Health disparities refer to differences in the health status of different groups of people. Some groups of people have higher rates of certain diseases, and more deaths and suffering from them, compared to others. These groups may be based on:

- Race
  - Ethnicity
  - Immigrant status
  - Disability
- Sex or gender
- Sexual orientation
- Geography
- Income
Cultural Competency
Importance of Cultural Competency

• What is culture?
  – One definition: Characteristic features, beliefs, social norms, and way of life shared by a racial, religious, or social group, or by people in a specific place or time

• It’s not just about the words!
  – Differences between Western Caucasian and East Asian facial expressions
    • 😊/😊 - Western emoticons primarily use the mouth
    • ^=^/;_; - Eastern emoticons primarily use the eyes
    • colors
Culture and Patient Health

- Beliefs about objects, symbols, food, the body, blood, non-traditional medicine, etc.
- Communication styles and norms
- Role of relationships
- Ways of learning new information
- Role of translators and interpreters
Culture and Clinical Practice

- Integrating cultural information into clinical practice
  - Things to watch: styles of speech, eye contact, body language

- Industry Collaboration Effort
  - Better Communication, Better Care: Provider Tools to Care for Diverse Populations
  - URL for Industry collaboration Effort

- New Joint Commission recommendations for hospitals, policy makers, and researchers

- The 4 C’s of Culture: A Mnemonic for Health Care Professionals Understanding Cultural Diversity in Healthcare
  - Call - What do you call your problem?
  - Caused - What do you think caused your problem?
  - Cope - How do you cope with your condition?
  - Concerns - What are your concerns about the condition/treatment?
More Thoughts on Culture

• Tailor messages to intended audience
• Avoid stereotypes
• Relevant photos/artwork
• Appropriate symbols
• Realistic recommended behaviors
• Back-translate and field test translated material
• “…more than a patients’ rights issue...critical to safety and quality of care”*
HealthReach

Patient Materials
Find culturally relevant information in multiple languages and formats about health conditions and wellness topics

Provider Information
Discover resources, cultural backgronders, clinical tools, and guidance about specific immigrant, refugee, and asylee populations

A-Z Index
Browse the entire collection of patient education materials and provider information tools by topic or category

Featured Resource
Opioid Misuse and Addiction Resources NEW
In response to the current opioid crisis, the National Library of Medicine partnered with Healthy Roads Media to produce a collection of materials that teach people about opioids and opioid misuse. The collection has 22 easy-to-read, English-language handouts, videos, and audio recordings.

Opioids
- Basics
- Pain
- Prescription opioid medicines
- Opioid pain medication management

URL for HealthReach
A community health worker works extensively with refugees from Bhutan. Where could she find information about flu shots for children?
### Advice for Parents on Talking to Children About the Flu

**Resource Properties**

**Abstract:**
This two-page brochure educates parents about how to talk to their children about the flu. It uses text and illustrations to show flu shots, using tissues, handwashing, staying home from school when sick, and encouraging healthy habits. Contact information for the CDC is provided.

**Author(s):** Centers for Disease Control and Prevention

**Medical Review:** Yes

**Development Method:** Translation from English text

**Translation Review:** Community review

This translation was evaluated by a representative or group from the community for accuracy and cultural relevance.

**Language** | **Document** | **Video** | **Audio**
--- | --- | --- | ---
English | Open (PDF, 655 KB) |  |  |
Amharic | Open (PDF, 556 KB) |  |  |
Arabic | Open (PDF, 104 KB) |  |  |
Burmese | Open (PDF, 538 KB) |  |  |
Dzoptye (Bhutanese) | Open (PDF, 72 KB) |  |  |
Farsi (Persian) | Open (PDF, 644 KB) |  |  |
Karen | Open (PDF, 1.12 MB) |  |  |
Kirundi | Open (PDF, 643 KB) |  |  |
Nepali | Open (PDF, 673 KB) |  |  |
Oromo | Open (PDF, 637 KB) |  |  |
Advice for Parents on Talking to Children About the Flu

Focus on what your child can do to fight the flu and to not spread it to others:

- Encourage them to wash hands often with soap and warm water for 20 seconds, and to use hand sanitizer.
- Encourage them to stay home when sick and avoid crowded places.
- Encourage them to try to stay away from people who are sick.

For HealthReach Flu Info in Dzongkha (Bhutanese)

URL for HealthReach Flu Info in Dzongkha (Bhutanese)
You are asked to speak on the topic of how to prepare for a medical appointment. The group will be caregivers who read English but their parents do not. Where can you find information in Farsi that they can share with their parents?
Go to MedlinePlus
Topic page - Talking With Your Doctor

Where to Go?

Clinic/Doctor’s Office
• Routine check-ups
• Minor injuries or illnesses
  – colds or coughs
  – ear aches
  – sore throat
  – headaches

Health conditions

• Health and Well-Being 10 - Medical Appointments - Farsi (Persian)
MP3
Siloam Family Health Center
In *Hold Your Breath: A Journey into Cross-Cultural Medicine* the tragic consequences of cultural miscommunication unfold in a dramatic race against death. This haunting documentary exposes the poignant clash between ancient Islamic traditions and contemporary medical technology through intimate moments of anguish, frustration and hope.
Organizations
• [URL](https://www.diversityrx.org) for DiversityRx
Health Information Translations provides education resources in multiple languages for health care professionals and others to use in their communities. Resources are easy to read and culturally appropriate.

- **URL** for Health Information Translations
Arabic » Health Information Translations

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 Health Information

- 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
- Advance Directives
- Anemia
- Angiogram
- Animal Bites and Scratches **

Helpful Links

- RSS Feed

Health Information Translations in All Languages

- Arabic
- Bosnian

• URL for Arabic Health Information Translations
BECAUSE

TRANSFORMATION IS ESSENTIAL TO THE COMMUNITIES WE SERVE.
Benefits of NNLM Membership

NNLM Users
New to NNLM? Learn more about creating an account, applying for membership, registering for classes, and more!

User Tutorials

Program Ideas
Toolkits

NNLM MAR Funding
Currently Open
- Exhibitor
- Health Information Awareness
- Professional Development
- Regional Symposium Award
- Clinical and Public Health Outreach
- Emergency Preparedness
- Health Literacy
- Health Sciences Library
- Outreach to Consumers

Training Schedule
The following table contains a list of upcoming nationally available NNLM training opportunities. You can browse this list or select one of the regions or national offices.

See more NNLM Classes in the NNLM MEdU UD online catalog.

Resources
Key Players: Health Literacy and Communication

• National Information Center on Health Services Research and Health Care Technology (NICHSR) - Health Literacy and Cultural Competence

• Making Health Literacy Real: The Beginnings of My Organization’s Plan for Action
  https://www.health.gov/communication/literacy/Making%20HealthLiteracyReal.pdf

• Centers for Disease Control and Prevention – Simply Put
  http://www.cdc.gov/healthliteracy/pdf/Simply_Put.pdf and
  https://www.cdc.gov/healthliteracy/

  https://health.gov/healthliteracyonline/
Resources

• Multicultural Health Information Resources (**NNLM MAR**) This comprehensive guide serves as an online collection of resources and tools that are relevant to multi-cultural and multi-lingual populations. [https://nnlm.gov/mar/guides/multicultural](https://nnlm.gov/mar/guides/multicultural)

• National Institute on Minority Health and Health Disparities (NIMHD) Locate information on health disparities, research, funding opportunities and much more from NIMHD. [https://www.nimhd.nih.gov/](https://www.nimhd.nih.gov/)

• Cultural and Linguistic Competency (Office of Minority Health) [https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=1&lvlid=6](https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=1&lvlid=6)

Questions/Comments
Thank You!

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