More Than a Bandage

HEALTH INFORMATION RESOURCES FOR K-12 HEALTH PROFESSIONALS
Who we are

Health Resources

Drug Information

Multi-Language Multi-Cultural

Professional Resources

NLM Traveling Exhibition Program

Ways to use
Who We Are

NIH
National Institutes of Health
Nation’s research agency

NLM
National Library of Medicine
World’s largest biomedical library

NNLM
National Network of Libraries of Medicine
Program of the NLM comprised of 8 Regional Libraries (RMLs) and 6 offices

PNR
Pacific Northwest Region (NNLM PNR)
Is one of the 8 RMLs
Serves Alaska, Idaho, Montana, Oregon, Washington

What’s the difference?
The mission of NNLM is to advance the progress of medicine and improve the public health by:

- Providing all U.S. health professionals with equal access to biomedical information
- Improving the public's access to information to enable them to make informed decisions about their health

NNLM

https://nnlm.gov/
Health Resources

FROM NLM’S CONSUMER HEALTH COLLECTION
MedlinePlus

- Links to reliable, authoritative health websites
- Health Topics on children/teens
- Easy-to-read articles
- Medical dictionary
- Medical encyclopedia
- Links to local services
- English, Spanish and other languages
- No Advertisements!

MedlinePlus
https://medlineplus.gov/
Searching MedlinePlus
Autism Spectrum Disorder

Also called: ASD, Pervasive developmental disorder (PDD)

Summary

Autism spectrum disorder (ASD) is a neurological and developmental disorder that begins early in childhood and lasts throughout a person's life. It affects how a person acts and interacts with others, communicates, and learns. It includes what used to be known as Asperger syndrome and pervasive developmental disorders.

It is called a "spectrum" disorder because people with ASD can have a range of symptoms. People with ASD might have problems talking with you, or they might not look you in the eye when you talk to them. They may also have restricted interests and repetitive behaviors. They may spend a lot of time putting things in order, or they may say the same sentence again and again. They may often seem to be in their "own world."

At each child checkup, the health care provider should check your child's development. If there are signs of ASD, your child will have a comprehensive evaluation. It may include a team of specialists, along with tests and questionnaires, to make a diagnosis.
Child and Teen Health Topic Pages

CHILDREN’S HEALTH

- Summary
- Kids Health
- Leaflet
- Drugs and Tests
- Prevention and Risk Factors
- Treatments and Therapies

Research
- PubMed and Reprints
- Clinical Trials
- Journal Articles

Resources
- Health Topics
- Find an Expert
- Match Health

For You
- Interactive Tools
- Medical Encyclopedia

Get Children's Health updates by email

TEEN HEALTH

- Summary
- Start here
- Health Issues
- Prevention and Risk Factors

Treatments and Therapies

Research
- Statistics and Research
- Clinical Trials
- Jason M. Koo

Resources
- Teen Topics
- Medical Encyclopedia

Get Teen Health updates by email

MedlinePlus is a service of the National Library of Medicine (NLM), which is part of the National Institutes of Health (NIH).

Health Topics Drug & Supplements Videos & Tools Español

Home — Health Topics — Children's Health

Home — Health Topics — Teen Health

MedlinePlus is a service of the National Library of Medicine (NLM), which is part of the National Institutes of Health (NIH).

Health Topics Drug & Supplements Videos & Tools Español

Home — Health Topics — Children's Health

Home — Health Topics — Teen Health

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MedlinePlus
For Kids and Teens

FOR CHILDREN

FOR TEENS
MedlinePlus Videos and Tools
MedlinePlus- Social Media
Genetics Home Reference

- Health conditions
- Genes
- Chromosomes and DNA
- Resources
- Genetic handbook

Genetics Home Reference
Household Products Database

- Based on Consumer Product Information Base
- Over 16,000 brands linked to Safety Data Sheets
- Multiple ways to search
- Useful for home, work, school
NIH- National Institutes of Health

NIH https://www.nih.gov/
NIH for Kids

NEI for Kids

Drug Facts
Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more!

Drugs & Health Blog

Say What? "Epigenetics"
Could Snake Venom Help with the Opioid Problem?
"Addiction itself is not a crime, it's a disease."

Videos
Games
National Drug & Alcohol Facts Week
NIH Health Information

Health Information

Health Info Lines
Health Services Locator
HealthCare.gov
NIH Clinical Research Trials and You
Talking to Your Doctor
Science Education Resources
Community Resources
Clear Health A-Z
Publications List
MedlinePlus Health Info

Search NIH Health Topics

glioblastoma  heart disease  cancer  sleep  diabetes
depression  fitness  cholesterol  kidney disease  obesity
stroke

Health Highlights

Positive Parenting
Being sensitive and responsive to your kids can help you build positive, healthy relationships. Get tips for connecting with your kids.

Testing a Skin Patch for Flu Vaccine
The best way to protect yourself from catching the flu is to get a flu vaccine every year. Researchers are developing a skin patch to make it easier.

How Loud Is Too Loud?
Being around too much loud noise can make you lose your hearing. See hundreds of different sounds to see how loud it is for safe listening.

NIH News in Health

Check out these popular recent stories from our monthly newsletter, which brings you practical health news and tips based on NIH research:

- Dealing with Hair Loss
- Improving Posture for Better Health
- Keeping Your Gut in Check
- Pebbles in Your Plumbing
- Cough Culpits
- More stories →

Subscribe to NIH News in Health

NIH Research News

September 12, 2017
KidsHealth.org

- Information for:
  - parents
  - kids
  - teens
  - educators

- English in print and audio
- Spanish in print and audio
- MedlinePlus often links to KidsHealth.org
Health resource for Students

Young Men’s Health

Acne
Acne is a common and treatable skin condition that causes pimples or 'zits' and other skin problems... read more.
Welcome to the Web site for NIH MedlinePlus, the magazine.

Our purpose is to present you with the best in reliable, up-to-date health information.

We bring you the latest breakthroughs from NIH-supported research. We feature people from all walks of life discussing how they’ve handled their health challenges.

Sometimes it’s famous, like Nick Jonas, Randy Jackson or Mary Tyler Moore. But mostly, it’s regular people who have turned to NIH for care and want to share their stories. Often, too, their scientists will write about their efforts to cure disease.

We hope NIH MedlinePlus becomes a favorite source of trusted health information for you, whether you read it in your doctor’s office, local health center, clinic, or hospital waiting room. Best of all, we hope that you take out a free subscription. NIH MedlinePlus is produced by the National Library of Medicine, and the Friends of the National Library of Medicine.

With the best of good health to you and your family.

Patricia Holody Raimer, RN, PhD
Director National Library of Medicine
Drug Information

NLM AND NIH RESOURCES
MedlinePlus
Drugs, Herbs, Supplements
MedlinePlus - medication pages

DRUGS

Isotretinoin
(provided as pisa or isotretonin)

Why is this medication prescribed?
What side effects can this medication cause?
What should I do if I miss a dose?

IMPORTANT WARNING:
For all patients:

You will receive information about the risks of taking isotretinoin and must sign an informed consent sheet stating that you understand this information before you can receive the medication. You will need to see your doctor every month during your treatment to talk about your condition and the side effects you may experience. At each visit, your doctor may give you a prescription for up to a 30-day supply of isotretinoin. If you need more, you will need to have a prescription filled at an approved lab each month and keep your prescription filled and picked up within 7 days of your doctor visit. If you are a woman who cannot become pregnant, you must have this prescription filled and picked up within 90 days of your doctor visit. Your pharmacist will not fill your prescription if you are not within this 90-day period. If you are a woman who is pregnant or may become pregnant, you should not take isotretinoin.

HERBS AND SUPPLEMENTS

Tea Tree Oil

On This Page
- Background
- How Much Do We Know?
- What Have We Learned?
- What Do We Know About Safety?
- Keep in Mind
- For More Information
- Key References

This fact sheet provides basic information about tea tree oil—common names, usefulness and safety—and resources for more information.

Print this page
Health Topics A-Z
NLM Drug information

PILLBOX

Drug Information Portal

Discover

There's more to a pill than how it looks. What's inside the pill other than the drug? Is it a controlled substance?

Connect

Learn more than the pill's name. Pillbox links you to the drug label, clinical trials, breastfeeding safety, and more.

Explore

Pillbox's advanced search app has been retired. A new Pillbox website will soon launch that has the same features as the advanced search and runs on phones, tablets, and browsers.
NLM Drug Information list

Drug Information from the National Library of Medicine

- Drug Information Portal
  The Portal provides users a comprehensive gateway to information on over 53,000 substances (over 200,000 unique searchable drug names and their synonyms) not only from NLM but also from other U.S. government agencies. It covers drugs from the time they are entered into clinical trials through their entry into the U.S. marketplace. The Drug Portal touches on all related information resources at NLM to provide for a comprehensive view. It is intended as a “middle ground” resource which includes information for the consumer, health professionals, and researchers.

- Drugs, Herbs and Supplements
  Learn about your prescription drugs and over-the-counter medicines from MedicinePlus, the National Institutes of Health’s MedlinePlus for patients and their families and friends. Read about side effects, dosage, special precautions, and more. Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

- Pillbox
  Developed to aid in the identification of unknown solid dosage pharmaceuticals. Pillbox combines high-resolution images of tablets and capsules with appearance information (imprint, shape, color, etc.). It enables users to identify solid dosage forms based on physical criteria: imprint characters or number printed on a medication, shape, color, size, and scoring. Users are shown thumbnail images of possible matches. These images are continually updated as the user enters additional information. Pillbox is designed for use by emergency physicians, first responders, other health care providers, Poison Control Center staff, and concerned citizens.

- DailyMed
  DailyMed provides information about marketed drugs, including FDA labels (package inserts). It provides health information providers and the public with a standard, comprehensive, up-to-date, look-up and download resource of medication content and labeling as found in medication package inserts.

- Dietary Supplement Label Database (DSDL)
  The database links you to the information from the labels of over 30,000 dietary supplement products in the marketplace, including vitamins, minerals, herbs or other botanicals, amino acids, and other specialty supplements. It includes name, form, active and inactive ingredients, amount of active ingredient, manufacturer/distributor information, label claims, warnings, percentage of daily value, and additional label information. The database can be searched by product names, text terms found on product labels, specific dietary ingredients, and manufacturers.

- RxNorm
  RxNorm provides normalized names for clinical drugs and links its names to many of the drug vocabularies commonly used in pharmacy management and drug interaction software, including those of First Databank, Micromedex, MediSpan, Gold Standard, and Multum. By providing links between these vocabularies, RxNorm can mediate messages between systems not using the same software and vocabulary. RxNorm files are available through the NLM Resource Center.
Information for:
- Professionals
- Consumers
- Patients
- Medical Devices
- Recalls
- Safety Alerts
- Digital Health
- And more.....
Multi-Language

AND MULTI-CULTURAL
**Nebulizer Treatments**

Some medicines need to be given through a nebulizer treatment. Nebulizer treatments are also called breathing treatments, aerosol treatments or med nebs. A nebulizer changes liquid medicine into a fine mist that is able to go more deeply into the airways of your lungs.

How often you have the nebulizer treatments will depend on:

- The type of medicine you are to take
- How short of breath you are or the amount of wheezing you have

**Taking a Treatment**

- The treatment can be done with a mask or mouthpiece based on which works best for you.
- If using a mouthpiece, place the mouthpiece in your mouth past your teeth. Make a seal around the mouthpiece with your lips.
- When using a mask, place it over your mouth and nose.
- Check your pulse before your treatment and write it down.
- You will see a fine mist when the treatment is started. Sit down, relax and breathe normally.
- Every four to five breaths take a deep breath in and hold it a few seconds. Then exhale or breathe out completely.
- Tap the nebulizer cup every few minutes to be sure all the medicine is nebulized. The treatment will last about 10 to 20 minutes.

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**Nebulizer療法**

薬はネブライザー療法によって投与される必要があります。ネブライザー療法は、吸入療法、エアロゾル療法、噴霧療法などとも呼ばれています。ネブライザーによる液体の薬剤が細かい霧状になり、薬剤が肺の気道の奥深くまで届くようになります。

ネブライザー療法の使用回数は、以下の条件により異なります。

- 使用薬剤
- 息切れや喘鳴の度合い

**処置をする**

- ネブライザー療法は、マスクまたはマウスピースのどちらかを選択して使用されます。
- マウスピースを使用する場合は、口の後ろ側にマウスピースを入れます。口を閉じてマウスピースが口の中で密閉された状態にします。
- マスクを使用する場合は、マスクで口と鼻の周りを覆います。
- 処置を開始する前に心拍数を測り記録します。
- 処置を開始する際に、細かい霧を確認します。椅子に座り、リラックスして、通常どおりの呼吸をします。
- 4~5回の呼吸ごとに深く息を吸い込み、そのまま数秒間息を止めます。その後は完全に吐き出します。
- 数分に1回ネブライザーのカップを軽くたたくと、薬剤がすべて霧状になりることを確認します。処置は約10~20分で終わります。
Health Reach

- Multiple language
- Health education materials in various languages and formats
- Provider information
- Special collections on women’s health, substance abuse, and mental health
- National collaboration
- Submit your resources
Bienvenido al Instituto Nacional de la Sordera y Otros Trastornos de la Comunicación (NIDCD, por sus siglas en inglés), parte de los Institutos Nacionales de la Salud. Tenemos información de salud que puede ayudarle a usted y a su familia. Ofrecemos información sobre la audición, el equilibrio, el gusto, el olfato, la voz, el habla y el lenguaje.

También, nuestro sitio web de El mundo es ruidoso: Proteja la audición de sus hijos ofrece información para preadolescentes (niños de 8 a 12 años), sus padres y otras personas que quieran aprender más sobre las causas y la prevención de la pérdida de audición inducida por el ruido. Por favor compartá nuestra información con sus familiares y amigos.

Información de salud
- Audición, infecciones del oído y sordera (Hearing, Ear Infections, and Deafness)
- Equilibrio (Balance)
- Gusto y olfato (Taste and Smell)
- Voz, habla y lenguaje (Voice, Speech and Language)

Ensayos clínicos
- Información para el público y posibles voluntarios (Information for the Public and Volunteers)
- ClinicalTrials.gov
- Investigación clínica

Acerca del NIDCD
- Mensaje del director del NIDCD (NIDCD Director's Message)
- Misión (Mission)
- Comuníquese con nosotros (Contact Us)
FEATURE: SEPTEMBER 2017

Care for Deferred Action for Childhood Arrivals (DACA)

Community

In the midst of the harsh political climate Ethnomed is reminded we part of a larger educational and health system that supports and cares for all people. Our Harvard Medical Center mission statement includes priority care to persons who are non-English speaking poor, persons who are unwilling or unable to seek, and many other vulnerable populations. The words of the University of Washington President J. Bruce poster on our wall are important to us and a call to action.

To serve DACA recipients we are doing.

Discontinuing the program doesn’t just threaten the security and futures of Dreamers. It also threatens our nation’s democracy that has embraced and accommodated the diverse talents and contributions of generations of immigrants, including our country’s founders.

Northwest Immigrant Rights Project (NIRAP) has issued a Community Advisory for DACA recipients and their loved ones in the wake of the Trump Administration’s announcement that the DACA program is being terminated. In addition to publishing this advisory, NIRAP is holding several free community forums for DACA recipients, their families, and other social service providers to discuss what options are available to them in light of this news.

The programs on this site can help Dreamers and their families:

- “Options After DACA” Free Community Forums
- More information about DACA
Professional Resources
PubMed for Nurses tutorial

PubMed for Nurses: Creating a Tutorial for the National Library of Medicine

PNR Rendezvous
NN/LM Pacific Northwest Region
October 19, 2016

PNR Rendezvous PubMed for Nurses
PubMed Central
Clinical effectiveness research answers the question “What works?” in medical and health care.

Provides information for consumers and clinicians on prevention and treatment of diseases and conditions.

Specializes in reviews of clinical effectiveness research.

Easy-to-read summaries for consumers as well as full technical reports.
CDC Healthy Schools

Healthy Schools

Virtual Healthy School (VHS)

CDC Centers for Disease Control and Prevention
CDC 2011: Saving Lives, Protecting People

Visit Our Healthy School
A Tobacco-Free Campus

Data & Statistics
Professional Development & Training
Multimedia
State Programs
Tools & Resources
Infographics

CDC Healthy Schools
NLM
Traveling Exhibits
NLM Exhibition Program

make history!
expand your horizons

The Exhibition Program creates lively and informative exhibitions and educational resources that enhance awareness of and appreciation for the collections of the National Library of Medicine. Explore. Discover. Enjoy.
Focus on Health Care Professions

The postcard is a fleeting and widespread art form influenced by popular ideas about social and cultural life in addition to fashions in visual style. Nurses and nursing have been the frequent subjects of postcards...

Physician Assistants
Collaboration and Care

PAs are educated and trained to collaborate with other health professionals. During their coursework and clinical training, PAs learn from and work with physicians, other PAs, nurses, and additional health care professionals...

LEARN more

Explore educational resources.

EXPLOR the exhibition

BOOK the traveling exhibition
Focus on Health Issues
NNLM Resource Picks
March 2017 session recording

How to make the most of your National Library of Medicine traveling banner exhibition!

Recording of March 2017 NNLM Resource Picks
**Sports**

**Head Injuries**

Also called: Cerebral injuries, Skull fractures, Skull injuries

**On this page**

- Basics
  - Summary
  - Start here
  - Linked news
  - Diagnosis and tools
  - Preventive and risk factors
  - Treatments and therapies
- Research
  - Clinical trials
  - Journal articles

**Summary**

Chances are you've bumped your head before. Often, the injury is minor because your skull is hard and it protects your brain. But either head injuries can be more severe, such as a skull fracture, concussion, or traumatic brain injury.

Head injuries can be open or closed. A closed injury does not break through the skull. With an open or penetrating injury, an object pierces the skull and enters the brain. Closed injuries are not always less severe than open injuries.

Some common causes of head injuries are falls, motor vehicle accidents, violence, and sports injuries.

It is important to know the warning signs of a moderate or severe head injury. Get help immediately if the injured person has

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**MEDICAL ENCYCLOPEDIA**

- Head CT scan
- Head injury - first aid
- Preventing head injuries in children
- Skull fracture
- Skull x-ray

**Related Health Topics**

- Sprains and strains
- Knee injuries
- Shoulder injuries
- Achilles tendon injuries
- Pain along the shin bone
- Rotator cuff injuries
- Fractures
- Dislocations

If you get hurt, stop playing. Continuing to play or exercise can cause more harm. Treatment often...
Nutrition
Immunizations

What vaccines does your child need?

Immunization, Power to Protect.

Get Immunization updates by email

Enter email address

MEDICAL ENCYCLOPEDIA

Antibody Info

Immunizations - diabetes

Vaccines

Related Health Topics

NIAID - National Institute of Allergy and Infectious Diseases
How to Talk About Marijuana

Where do you start? What do you say? We’re here to help. Between legalizat and new ways of using (edibles, vaporizers, concentrates), it’s becoming m address marijuana use with your kids.

Start with a Better Understanding of Marijuana and the Teen Brain

The parts of the adolescent brain that develop first are those responsible for coordination, emotion and motivation. However, the part of the brain that contains reasoning and impulses — known as the prefrontal cortex — does not fully develop until the age of 25.

It’s as if, while the other parts of the brain are shouting, the prefrontal cortex ready to play referee. This can have noticeable effects on behavior, such as:

- Difficulty holding back or controlling emotions
Flu

Summary

Flu is a respiratory infection caused by a number of viruses. The viruses pass through the air and enter your body through your nose or mouth. Between 5% and 20% of people in the U.S. get the flu each year. The flu can be serious or even deadly for elderly people, newborn babies, and people with certain chronic illnesses.

Symptoms of the flu come on suddenly and are worse than those of the common cold. They may include:

- Body or muscle aches
- Chills
- Cough
- Fever

How many people got a flu vaccine? View FluView

Influenza (Flu)

Influenza Updates:

- Flu activity is low in the United States.
- Vaccine for the 2017-2018 flu season has been updated to better match circulating flu viruses.

CDC Recommends:

- CDC recommends vaccination with an inactivated flu vaccine for everyone 6 months of age and older before the end of October, if possible.
- CDC guidance for the 2017-2018 influenza season has been published.

PREVENT FLU

Everyone 6 months & older should receive a yearly flu vaccine.

SYMPTOMS & DIAGNOSES

Flu can cause mild to severe illness. Learn the symptoms of flu.

TREATMENT

Prescription medications called antiviral drugs can be used to treat flu.

FLU ACTIVITY & SURVEILLANCE

The 2016-2017 flu season is over. Flu activity is low in the U.S.
Opioids

Opioids, also known as narcotics, are a type of drug. They include strong prescription pain relievers, such as oxycodone, hydrocodone, fentanyl, and tramadol. The illegal drug heroin is also an opioid. Some opioids are made from the opium plant, and others are synthetic (man-made).

A doctor may give you a prescription opioid to reduce pain after you have had a major injury or surgery. You may get them if you have severe pain from health conditions like cancer. Some doctors prescribe them for chronic pain.

Opioids can cause side effects such as drowsiness, mental fog, nausea, and constipation. They may also cause physical dependence, which can lead to overdose deaths if someone has signs of an overdose, call 9-1-1.

For more information about opioids, visit MedlinePlus on opioid use and addiction.

NNLM PNR blog, Dragonfly
NNLM PNR

- Help your students/parents/school staff be informed about health
- Provide health resources and increase health awareness to parents and the wider community
- Connect with the community through collaboration and information
- Look to NNLM PNR for great resources, classes, webinars, funding and other opportunities

NNLM PNR
https://nnlm.gov/pnr
Thank You!

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