More Than a Bandage

HEALTH INFORMATION RESOURCES FOR K-12 HEALTH PROFESSIONALS
Overview

- Who We Are
- Health Resources
- Drug Information
- Multi-Language/Multi-cultural
- Professional Resources
- NLM Traveling Exhibits
- Ways to Use

Presentation/resources
https://nnlm.gov/pnr/guides/training-resources-you-can-use/presentations
Who We Are

NIH

NLM

NNLM

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
Health Resources
FROM NLM’S CONSUMER HEALTH COLLECTION
How do you search for health information?
MedlinePlus

- Links to reliable, authoritative health websites
- Health Topics on children/teens
- Easy-to-read articles
- Medical dictionary
- Medical encyclopedia with large illustrations
- 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 every checkup, a 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, doctor visits, tests, and questionnaires to make a diagnosis.

related topics
- Autism Spectrum Disorder (ASD)
- Related Topics (Centers for Disease Control and Prevention)
- Communication Problems in Children with Autism Spectrum Disorder
- Asperger Syndrome (National Institute of Neurological Disorders and Stroke)
- Autism Spectrum Disorder (National Institutes of Health)
- Asperger Syndrome (NIMH)
MedlinePlus Videos and Tools
MedlinePlus - Social Media
Genetics Home Reference

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

List of NIH Institutes, Centers, and Offices

NIH Institutes

National Cancer Institute (NCI) — Est. 1955
NCI leads a national effort to eliminate the suffering and death due to cancer. Through basic and clinical biomedical research and training, NCI conducts and supports research that will lead to a future in which we can prevent cancer before it starts, identify cancers that do develop at the earliest stage, eliminate cancer through innovative treatment interventions, and biologically control those cancers that we cannot eliminate so they become manageable, chronic diseases.

National Eye Institute (NEI) — Est. 1968
The National Eye Institute mission is to conduct and support research, training, health information dissemination, and other programs with respect to blinding eye diseases.

NIH Office of the Director (OD)
The Office of the Director is the central office at NIH for its 27 Institutes and Centers. The OD is responsible for setting policy for NIH and for planning, managing, and coordinating the programs and activities of all the NIH components. OD program offices include the Office of AIDS Research and the Office of Research on Women's Health, among others.

NIH Office

https://www.nih.gov/
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
Drug Information

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

DRUGS

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.
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 Web site 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 (DSLD)**
  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 Alchemy, and Multum. By providing links between those vocabularies, RxNorm can mediate messages between systems not using the same software and vocabulary. RxNorm files are available through the NLM Web site.
Multi-Language

AND MULTI-CULTURAL
MedlinePlus in Spanish
Nebulizer Treatments

Some medicines need to be given through a nebulizer treatment. Nebulizer treatments are also called breathing treatments, aerosol treatments or med nabs. 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.
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
FEATURE: MAY/JUNE 2017

Upcoming Fasting Holidays: Ramadan 2017

Cultural Mediation and Implications for Sikh Patients

It is anticipated that Ramadan will start Saturdays, May 27th and last for 30 days until Sunday, June 26th. Note that the Muslim calendar, a Hijri calendar on the moon of the previous day; therefore Muslims will celebrate Ramadan beginning on the sunset of Friday, May 26th. Many Muslims, including many in the local community, will follow dates established by the sighting of the moon in Muslim countries such as Saudi Arabia. Beginning and ending dates may transfer very. Ramadan is the ninth month of the year in the Islamic calendar.

Clinical Considerations:

During Ramadan, Muslims will abstain from food and drink from dawn to sunset. In Northern climates like those here, this will vary from 10 hours. There can be on-going and scheduling implications of fasting for some patients. For those who fast, the usual pattern of meal intake is drastically reduced and dietary medication schedules will have to be adjusted to accommodate this significant change. Sometimes in the month prior to Ramadan a discussion between provider and patient should take place to plan medication adjustments. Consider scheduling skills with primary care providers and with a dietitian to establish a diabetic meal plan and pharmacists involved for medication consultation. Consider asking the patient to practice with their own meal plans prior and have a plan of additional adjustments are needed.

Blood, drugs, medications, blood transfusions, TDI nurses, and surgery and other procedures may also need special consideration during Ramadan. Medical doctors might consider bringing this to the attention of their interns who may not be in the habit of thinking about Ramadan when prescribing medication, scheduling procedures, and arranging follow-up or discharge from the hospital.

The medical provider should be vigilant and ask their patients whether they intend to observe regular or modified fasting. Engage in a full discussion of the degree of the individual’s role in fasting with the patient who intends to fast. For patients who prefer to fast, individualization of care and frequent monitoring is highly recommended. Patients who have experienced and developed their own regimen, engaging them with the patient helps build a partnership between patient and provider, capitalizing on the knowledge of both parties.

Patients’ decisions to fast may need to vary year to year, and their participation in the fast may need to become modified as their body become more mature and unable to do the entire fast without risk of dehydration, hypoglycemia, or exacerbation of illnesses requiring daily monitoring or medications.
Professional Resources
PubMed for Nurses tutorial
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.
Environmental Health & Toxicology

- Wide range of environmental and toxicology topics
- Health effects
- Information for:
  - variety of professionals
  - the public
  - teachers and students
- Tutorials and guides provided

Environmental Health & Toxicology
National Library of Medicine (NLM)
Minority Health Resources

Access cross-cultural, multilingual health information with NIMHD’s new Language Access Portal. Learn more...
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
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
Ways to Use

STAFF, STUDENTS, PARENTS, WIDER COMMUNITY
Head Injuries
Also called: Cranial injuries, Skull fractures, Skull injuries

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 other 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:

- Vomiting or feeling nauseous
- Unusual sleepiness
- Severe headache
- Slurred speech
- Stiff neck
- Loss of consciousness
- Dizziness
- Confusion
- Numbness or weakness in arms or legs
- Changes in behavior or personality
- Problems with vision or hearing

Risk factors for head injuries include:

- Head trauma, such as falls or car accidents
- Alcohol use
- Drug use
- Older age

Related Topics
- Brain injury
- Concussion
- Headache
- Skull fracture

For You
- Children
- Teenagers
- Patient Handouts

Research
- Statistics and Research
- Clinical Trials
- Journal Articles

Resources
- Find an Expert
- Patient Handouts

Learn More
- Related issues
- Specifics

See, Play and Learn
- Videos and Tutorials

Sponsoring this topic

Sports Injuries

Exercising is good for you, but sometimes you can injure yourself when you play sports or exercise.

Accidents, poor training practices, or improper gear can cause them. Some people get hurt because they are not in shape. Not warming up or stretching enough can also lead to injuries.

The most common sports injuries are:

- 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...

MEDICAL ENCYCLOPEDIA

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

Related Health Topics

MEDICAL ENCYCLOPEDIA

Achilles tendon repair
ACL reconstruction
Acute mountain sickness
Back pain and sports
Concussion
How to avoid exercise injuries
Nutrition

Child Nutrition

Summary

A healthy diet helps children grow and learn. It also helps prevent obesity and weight-related diseases, such as diabetes. To give your child a nutritious diet:

- Make half of what is on your child's plate fruits and vegetables
- Choose healthy sources of protein, such as lean meat, fish, and eggs
- Serve whole-grain breads and cereals because they are high in fiber, low in added grains
- Rinse, grill, or steam foods instead of frying them
- Limit fast food and junk food
- Offer water or milk instead of sugary fruit drinks and sodas

Learn about your children's nutrient requirements. Some of them, such as the requirements for iron and calcium, change as your child ages.

MedlinePlus

MEDICAL ENCYCLOPEDIA

- Milk and milk products
- Eating extra calories when you are sick - children
- Food fads
- Healthy eating

Related Health Topics

- Healthy Eating, the Bavarian Foundation
Immunizations

Vaccines & Immunizations

Updated Easy-to-Read Immunization Schedules

Your immune system helps your body fight germs by producing substances to combat them. Once it does, the immune system "remembers" the germs and can fight it again. Vaccines contain germs that have been killed or weakened. When given to a healthy person, the vaccine triggers the immune system to respond and thus build immunity.

Before vaccines, people became immune only by actually getting a disease and surviving it. Immunizations are an easier and less risky way to become immune.

NIH: National Institute of Allergy and Infectious Diseases
Mental Health

Teen Mental Health

Summary

Being a teenager is hard. You’re under stress to be liked, do well in school, get along with your family, and make big decisions. You can’t avoid most of these pressures, and worrying about them is normal. But feeling very sad, hopeless, or worthless could be warning signs of a mental health problem.

Mental health problems are real, painful, and sometimes severe. You might need help if you have the signs mentioned above, or if you
- Often feel very angry or very worried
- Feel guilty for a long time after a loss or death
- Think your mind is controlled or out of control
- Use alcohol or drugs
- Exercise, eat, or sleep too much or too little
- Hurt other people or destroy property
- Do reckless things that could harm you or others

School and Campus Health

Substance Use and Mental Health

Overview

Young people face a variety of life challenges that can affect their mental health and/or use or abuse of alcohol and other drugs. Schools and campuses should be safe havens for them to grow and learn. Both settings offer a number of mental health promotion and substance use prevention activities, yet America’s schools and campuses are facing challenging public health issues such as bullying, violence, depression, alcohol use, and illegal or prescription drug abuse. For example:

- In 2014, 16- to 24-year-olds had the highest rate of alcohol dependence or abuse (16.3%) among people 12 or older.
- Youth who drop out of school and adolescents frequently absent from school have higher rates of illegal drug use.
- In 2014, 9.4% of 12- to 17-year-olds (an estimated 2.3 million youths) reported using illicit drugs within the month prior to being surveyed.
- Of children living in the United States, 13% to 20% experience a mental illness in a given year, and surveillance over the past two decades has shown the prevalence of these conditions is increasing.

SAMHSA offers a number of grant programs and other resources designed to promote mental health and emotional development among school-age youth and to prevent violence and substance use in schools and on campuses. However, because some of the college population are over the minimum legal drinking age of 21, programs targeting the age group typically emphasize the prevention of excessive drinking rather than the prevention of other substances.
Current Trends

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 more important to 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 regulates reasoning and impulses — known as the prefrontal cortex — does not fully mature until the age of 25.

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

- Difficulty holding back or controlling emotions
Bullying

Summary

Bullying is when a person or group repeatedly tries to harm someone who is weaker or who they think is weaker. Sometimes it involves direct attacks such as hitting, name calling, teasing, or laughing. Sometimes it is indirect, such as spreading rumors or trying to make others reject someone.

Other people dismiss bullying among kids as a normal part of growing up. But bullying is harmful. It can lead children and teenagers to feel tense and afraid. It may lead them to avoid school. In severe cases, teens who are bullied may feel they need to take drastic measures or react violently. Others even consider suicide. For some, the effects of bullying last a lifetime.

Centers for Disease Control and Prevention

Start Here

- Bullying (National Institute of Child Health and Human Development)
- Bullying: It's Not OK (American Academy of Pediatrics)
- Dealing with bullies (For Kids) (Preventionroots.org)
- Also in Spanish

Bullying Prevention for Kids

Related Health Topics

- Child Mental Health
- School Health
- Teen Mental Health
- Teen Violence

Get Bullying updates by email

Enter email address

State Policies & Laws

- Find your state or territory

Features

- Cyberbullying
- Stop the Bully Spot
- New Online Course
  - Bullying Prevention for Kids

What You Can Do

Parents

- Education

Educators

- Professional Development

Community

- Consumer Reports

Teens

- Teens

Kids

- Kids

Updates

- January 26, 2017
  - Bullying Focus: 30 States
- January 17, 2017
  - Dealing with teen bullies: The role of the teacher.
Flu

Flu is a respiratory infection caused by a number of viruses. These viruses are transmitted through the air and can 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

Related Topics
- COVID-19
- Health Check Tools
- Get Vaccinated
- FLU360
- Health Professionals
- International Influenza
- Flu Prevention Partners
- Flu Activity & Surveillance
- FluView
- National Influenza Vaccination Week (NIW)
Opioids

NNLM PNR blog, Dragonfly
- 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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Presentation/resources
https://nnlm.gov/pnr/guides/training-resources-you-can-use/presentations