Introducing the National Network of Libraries of Medicine Pacific Northwest Region (NN/LM PNR)

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Overview

• Who We Are
• Consumer Health Resources
• Education, Research & Clinical Practice Resources
• Disaster Resources
Who We Are

NIH
NLM
NN/LM

What’s the difference?
The mission of NN/LM 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.
Classes/Training

Registration is now open for Using Data to Improve Clinical Patient Outcomes.

This forum, held on March 7, 2016, is co-sponsored by the NN/LM Pacific NW Region and the NN/LM AR&K Continental Region and will provide an overview of current and potential uses of patient data to improve patient safety, quality of care and evidence-based practice. See more information here.

Data Visualization
A Virtual Tabletop Exercise in Disaster Preparation
ClinicalTrials.gov
Chemicals, Drugs, and Genetics, Oh My!
Data Curation/Management Journal Club

Health on the Range (rural health)
Combating Information Fatigue (veteran health)
Health Issues in the Headlines
Caring for the Mind (mental health)
Healthy Aging at the Library

PZR Rendezvous

The National Network of Libraries of Medicine, Pacific Northwest Region (NN/LM PNW) hosts free monthly web-based continuing education classes, presentations, and talks with network members, called PZR Rendezvous.

Upcoming Presentations:

How Patients Use Social Media
February 17, 2016, 10AM Pacific
Presenters: health journalist Sally James and patient advocate Stacey Thinakor

January's recording of Library and Other Leadership Development Programs is available.
Blogs and Newsletters and Social Media
Consumer Health Resources
How do you search for health information?
How do you search for health information?
NLM Consumer Health Resources
MedlinePlus
https://www.nlm.nih.gov/medlineplus/

- Health topics
- Drug/Supplements
- Videos, interactive tools
- Medical encyclopedia
- Medical dictionary
- Easy to read materials
- Directories
- Multiple languages
- News
- Magazine
- more
MedlinePlus- Spanish
MedlinePlus
https://www.nlm.nih.gov/medlineplus/
MedlinePlus

MedlinePlus.gov @medlineplus


MedlinePlus.gov @medlineplus · 8h
Cycle through Spring smoothly & follow these tips to enjoy a safe bike ride: bit.ly/1llh1H1

You may also like
NLM @nlm_news
NIH @nih
NH Clinical Center @NHclinicalOne
NEJM @nejm
NLM SIA @nlmsia

Trends
@NLMcareerPathways

MedlinePlus is on Facebook.
To connect with MedlinePlus, sign up for Facebook today.

National Network of Libraries of Medicine, Pacific Northwest Region
School Health

Summary
Your child spends more time at school than anywhere else except home. Schools can have a major effect on children's health. Schools can teach children about health, and promote healthy behaviors. Physical education classes give children a chance to get exercise.

Schools work to
- Prevent risky behaviors such as alcohol and tobacco use, or bullying
- Encourage healthy habits like exercise and healthy eating
- Deal with specific health problems in students, such as asthma, obesity and infectious diseases

The school building and environment should be a safe and healthy place for your child.

Start Here
- Safe Youth. Safe Schools (Centers for Disease Control and Prevention)
- Student Health and Academic Achievement (Centers for Disease Control and Prevention)

Latest News
- Schools Must Do More to Combat Obesity Among Hispanic Kids Report (01/25/2016, HealthDay)
- "Standing Desks in Classrooms May Kickstart Kids' Activity" (01/22/2016, HealthDay)
- Schools Offering Drinking Water May Have Slightly Slimmer Students (01/19/2016, HealthDay)
- More News on School Health

MedlinePlus links to health information from the National Institutes of Health and other federal government agencies. MedlinePlus also links to health information from non-government Web sites. See our disclaimer about external links and our quality guidelines.
Linking to MedlinePlus

Linking to MedlinePlus

You are welcome to link to MedlinePlus (https://medlineplus.gov/) and to any of its health topic pages. Please indicate that the link is to MedlinePlus.gov.

We recommend that you link to:
- the MedlinePlus homepage (https://medlineplus.gov/)
- MedlinePlus en español (https://medlineplus.gov/spanish/)

When you see the Share button on a MedlinePlus page, you may use it to link to that page in your individual social networks.

You may also link to any of the widgets and buttons provided by MedlinePlus. Visit the MedlinePlus widgets and buttons page to find instructions on how to embed MedlinePlus HTML code in your own Web sites.

MedlinePlus provides XML data via its Web service and XML files. These services are designed for use by developers, and they allow you to easily display, customize, and repurpose MedlinePlus data. If you want to link patients or healthcare providers from electronic health record (EHR) systems to relevant MedlinePlus information, use MedlinePlus Connect. You are welcome to link to and display the data provided by these services. Please observe the general guidelines for NLM APIs regarding the use of NLM data and logos.

You can use the following text to describe MedlinePlus:

MedlinePlus directs you to information to help answer health questions. MedlinePlus brings together authoritative information from NLM, the National Institutes of Health (NIH), and other government agencies and health-related organizations. MedlinePlus also contains extensive...
NLM Syndication
https://syndication.hhs.gov/storefront/listMediaForSource/17

HHS Syndication Storefront

The HHS Syndication Storefront allows you to syndicate (import) content from many HHS websites directly into your own website or application. These services are provided by HHS free of charge.

Search

Advanced Search >>

Media with Source "National Library of Medicine"

**HIV/AIDS**
- HIV
- AIDS
- HIV/AIDS

- The HIV Life Cycle
- HIV AIDS HIVAIDS

Authoritative information resources and health guidance about the HIV virus from governmental, informational, and community sources.

- NLM - AIDSInfo

**Zika Virus Health Information Resources**
- zika
- zika virus

Authoritative information resources and health guidance about the Zika virus from governmental, informational, and community sources.

- NLM - AIDSInfo

**Ebola Outbreak 2014 - 2015: Information Resources**
- ebola
- ebolavirus
- disaster
- hemorrhagic
- west africa
- infectious
- viral fever

This list of authoritative resources supports the medical response to the 2014-2015 Ebola outbreak.

- NLM

**Syndication API**

With the HHS Syndication API, you can retrieve HHS's vast repository of public health content. An API, or Application Programming Interface, is a way for two computer applications to talk to each other in a common language that they both understand. HHS's API provides a structured way to get HHS content in a predictable, flexible and powerful format.
Health Reach
https://healthreach.nlm.nih.gov/
Specific Populations
NIH Senior Health
http://nihseniorhealth.gov/

Welcome to the Toolkit for Trainers, a resource developed by the National Institute on Aging. Use these free, easy-to-use training materials to help older adults find reliable, up-to-date online health information on their own. The training features three websites from the National Institutes of Health — NIH Senior Health, MedlinePlus.gov, and Go4med. Trainers can use the toolkit with beginning and intermediate students of the Web.

Here's how to proceed:
1. Watch the introductory video to find out what the toolkit is all about.
2. Browse the lesson plans and download those that fit your students' skill levels, time limitations, and interests.
3. Check out the training tools and download tips on setting up a senior-friendly classroom, recruitment flyers, and more.

(Downloading requires free Adobe Reader.)

Introducing the Toolkit! [5 min, 43 sec]
Click to watch this video
Transcript, Video help

Free Tips on Healthy Aging
Sign up here for free tips on healthy aging from NIH Senior Health.
Genetics Home Reference

Genetics Home Reference provides consumer-friendly information about the effects of genetic variation on human health.

Health Conditions
More than 1,100 health conditions, diseases, and syndromes

New & Updated
New
- cryptogenic cirrhosis
- fibrochondrogenesis
- DOLK congenital disorder of glycosylation
- Past 12 Months

Updated
- Moebius syndrome
- Poland syndrome
- spondyloepiphyseal dysplasia congenita
NLM Gallery of Mobile Apps and Sites
https://www.nlm.nih.gov/mobile/
MedlinePlus Magazine
MedlinePlus
The Consumer Health Reference Interview and Ethical Issues

Finding quality health information is not always an easy process. Consumers often need assistance in locating appropriate resources to answer information requests. Librarians and library staff may face some important challenges during the health reference interview, the initial point of interaction between the consumer and the staff member. Consumers often consult other sources before coming to the library. For example, consumers may hear or read about health topics in the news, and they often discuss health concerns with family members or friends. They often search the Internet for health information and find varying degrees of quality. The library may actually be considered a “last resort” for some people searching for health information.

Note: When the term ‘librarian’ appears below, the intended meaning includes all library staff members who provide reference and information services.

The Consumer Health Reference Interview

Consumer health questions present special challenges to the reference interview process:

- Consumers may have incomplete information about their health condition, or they are unfamiliar with medical terminology.
- The information needed may be about a sensitive health issue, such as a mental health or sexual health condition. Stigma about the health condition may prevent the consumer from even approaching a staff member.
- The health concerns may be serious, life-altering, or life-threatening. In addition, the patron may be nervous, embarrassed, upset, and emotional. Often the individual or their loved one has been newly diagnosed with a condition.
- Consumers may have unreasonable expectations about the information available. For instance, they may want an easy-to-read source that clearly explains their unique medical condition. They might want a straightforward answer to a complex medical question so that they can make clear-cut decisions about their medical treatment. In reality, this type of information may be difficult or impossible to find.
- Consumers may be concerned about confidentiality, anonymity, and security, especially about personal health information transmitted electronically. They may have concerns about the confidentiality of information they send via e-mail or a website.
- Consumers may be confused about the role of the library staff. They might assume that the librarian can advise them on making health care decisions.
- Library staff may be afraid of providing the wrong answer to the health information question.
Evaluating Health Websites

https://nnlm.gov/outreach/consumer/evalsite.html

Evaluating Health Websites

Content on the Internet is unregulated; anyone can publish anything on the Internet. There is sound medical information on the Internet along with dangerous information. You need to be able to tell the difference.

Ask yourself the following:
- Why did the person create the page?
- What’s in it for them?
- Are they trying to sell me something?

Criteria for evaluating information from the web:

Accuracy
- Is the information based on sound medical research? Can the information on the web page be verified by another source?
- Are the sources cited reliable?
- Are there grammatical and spelling errors?
- Are there footnotes, bibliographies, or references so that you can verify the information? Are these reliable? (A citation to Parade magazine does not have the same weight as an article from JAMA.)

Authority
- Who published the page? What are the person’s credentials? What do you know about them?
- Is the person backed by a known organization? (The American Association for Cancer Therapy may be a made-up name for something operating out of someone’s basement.)
- Is the person affiliated with a university? If so, is the person a student or a faculty member?
- Can you easily find contact information on the web page? Check the about us link, usually found at the beginning or the end of a webpage.
Consumer Health Toolkit
http://www.library.ca.gov/lds/docs/healthtoolkit.pdf
Consumer Health Information Specialization

http://www.mlanet.org/p/cm/ld/fid=329

Professional Development

Consumer Health Information Specialization

The Consumer Health Information Specialization (CHIS) will help you keep current in the consumer health information field and obtain an additional, recognized level of expertise. MLA hours earned through the CHIS program may be used for credit in MLA’s Academy of Health Information Professionals.

CHIS can help advance the careers of:

- medical librarians
- public librarians
- librarians working in consumer health libraries
- allied health professionals

See a list of current CHIS recipients.

Levels and Requirements

Whether you desire a basic familiarity with consumer health information resources want additional training, MLA has a level for you.
Drug and Supplement Information
Sertraline
pronounced as (ser' tra leen)

Why is this medication prescribed?
How should this medicine be used?
Other uses for this medicine
What special precautions should I follow?
What special dietary instructions should I follow?
What should I do if I forget a dose?
What side effects can this medication cause?
What should I know about storage and disposal of this medication?
In case of emergency/overdose
What other information should I know?
Brand names

IMPORTANT WARNING:
A small number of children, teenagers, and young adults (up to 24 years of age) who took antidepressants (mood elevators) such as sertraline during clinical studies became suicidal (thinking about harming or killing oneself or planning or trying to do so). Children, teenagers, and young adults who take antidepressants to treat depression or other mental illnesses may be more likely to become suicidal than children, teenagers, and young adults who do not take antidepressants to treat these conditions. However, experts are not sure about how great this risk is and how much it should be considered in deciding whether a child or teenager should take an antidepressant.

You should know that your mental health may change unexpectedly when you take sertraline or other antidepressants even if you are an adult over 24 years of age. You may become suicidal, especially at the beginning of your treatment and any time that your dose is increased or decreased. You, your family, or your caregiver should call your doctor right away if you experience any of the following symptoms: new or worsening depression; thinking about harming or killing yourself or planning or trying to do so; extreme worry; agitation; panic attacks; difficulty falling asleep or staying asleep; aggressive behavior; irritability; acting without thinking; severe restlessness; and frenzied abnormal excitement. Be sure that your family or caregiver knows which symptoms may be serious so they can call the doctor if you are unable to seek treatment on your own.

Your healthcare provider will want to see you often while you are taking sertraline, especially at the beginning of your treatment. Be sure to keep all appointments for office visits with your doctor.

The doctor or pharmacist will give you the manufacturer's patient information sheet (Medication Guide) when you begin treatment with sertraline. Read the information carefully and ask your doctor or pharmacist if you have any questions. You also can obtain the Medication Guide from the FDA website: http://www.fda.gov/Drugs/DrugSafety/InformationbyDrugClass/UCM056273

No matter what your age, before you take an antidepressant, you, your parent, or your caregiver should talk to your doctor about the risks and benefits of treating your condition with an antidepressant or with other treatments. You should also talk about the risks and benefits of not treating your condition. You should know that having depression or another mental illness greatly increases the risk that you will become suicidal. This risk is higher if you or anyone in your family has or has had bipolar disorder (mood that changes from depressed to...
NLM Drug Resources

**Pillbox website:**

**Drug Information Portal website:**
http://druginfo.nlm.nih.gov/drugportal/drugportal.jsp
LactMed
Drug and Supplement Resources
National Center for Complementary and Integrative Health
https://nccih.nih.gov/
Education, Research & Clinical Practice

K-12,
Higher Education,
Researchers, and
Biomedical Professionals
Specialized Information Services (SIS) K-12 Science and Health Education

https://sis.nlm.nih.gov/
K-12 Science and Health Education
Educational Games
ToxTown After School Club

Unit 1: Water Quality

Unit 2: Air Quality

Unit 3: Chemicals in Your Home

Unit 4: Food Safety

Unit 5: Runoff, Impervious Surfaces, and Smart Development

Unit 6: The Great Debate: Bottled Water vs. Tap Water in Our Schools

National Network of Libraries of Medicine, Pacific Northwest Region
Environmental Health Student Portal

http://kidsenvirohealth.nlm.nih.gov/

What is Environmental Health?
Environmental Health is the interrelationship between human health and the environment, either natural or manmade.

Air Pollution
Chemicals
Climate Change
Water Pollution

Interested in a trailer of our animations about characteristics, uses, and health effects of hazardous chemicals? Please, click here to preview.
GeneEd
https://geneed.nlm.nih.gov/
NCBI Bookshelf
NIH
https://www.nih.gov/
Career Information

MedlinePlus Health Occupations page:

GeneEd Careers in Genetics:

Enviro-Health Links – Careers page:
NLM K-12- Twitter
https://twitter.com/NLM_K12
PubMed
PMC - PubMed Central
https://www.ncbi.nlm.nih.gov/pmc/
PubMed Health

Clinical Trials

https://clinicaltrials.gov/
Arctic Health
http://arctichealth.nlm.nih.gov/
Welcome to TOXNET
Your resource for searching databases on toxicology, hazardous chemicals, environmental health, and toxic releases

SEARCH TOXNET
Search all or select specific databases

BROWSE

ADVANCED SEARCH

TOXNET Databases

MOST VISITED BY TOXNET USERS

HSDB
Hazardous Substances Data Bank. Peer-reviewed toxicology data for over 5,000 hazardous chemicals

TOXLINE
4 million references to literature on biochemical, pharmacological, physiological, and toxicological effects of drugs and other chemicals

ChemIDplus
Dictionary of over 400,000 chemicals (names, synonyms, and structures)

BREASTFEEDING & DRUGS

LactMed
Drugs and Lactation Database. Drugs and other chemicals to which breastfeeding mothers may be exposed

Environmental Health & Toxicology
Resources on environmental health and toxicology

Did you know

There is a guide to choosing a database

Which Resource Should I Use can help you pick the right resource for your search.

More FAQs
PHPartners
https://phpartners.org/
Learning Resources Database
https://learn.nlm.nih.gov/
NIH
https://www.nih.gov/
Digital Collections
https://collections.nlm.nih.gov/

Digital Collections is the National Library of Medicine's free online resource of biomedical books and still and moving images. All of the content in Digital Collections is freely available worldwide and, unless otherwise indicated, in the public domain. Digital Collections provides unique access to NLM's rich resources.
NLM Traveling Exhibits

Education for Students, Staff, and the Public
NLM Traveling Exhibits
Frankenstein

On a dark and stormy night in 1816, Mary Shelley began writing a story that posed profound questions about individual and societal responsibility for other people.

EXPLORE THE EXHIBITION

SEE THE DIGITAL GALLERY

FIND EDUCATIONAL RESOURCES
NLM Traveling Exhibits

Harry Potter’s World

“...more to magic, as Harry quickly found out, than waving your wand and saying a few funny words.” — Harry Potter and the Philosopher's Stone, J.K. Rowling

Harry Potter’s World presents the following instructional resources for the educators in middle- and high-schools, and in higher education institutions. The resources provide suggested instructional guides and materials that an educator may adapt in whole or in parts as be or the demos most appropriate for the students’ interest, level, and academic goals.

Middle & High School Lesson Plans

- Report and Fear in Harry Potter and Genetic Truths in Harry Potter: are two lesson plans prepared for middle- and high-school teachers. Each lesson plan contains background information and resources related to Harry Potter or academic topics, national standards, learning outcomes, step-by-step procedures, and all classroom materials.

- These lesson plans are developed in collaboration with Sahar Sadafy and Annabella Krafft—English and science teachers, respectively—at Charles E. Smith Jewish Day School in Rockville, Maryland.

Higher Education Module

- “Things Most Strange and Horrifying”, is a course module designed to introduce undergraduate and graduate students to the various magical and esoteric traditions that shaped past thinkers' conceptions of the study of nature in the Renaissance and early modern periods. Inspired by the National Library of Medicine’s exhibitions, Harry Potter’s World: Renaissance Science, Magic, and Medicine, which explores the history of science and medicine through the lens of the Harry Potter novels by J.K. Rowling, this module is prepared primarily for higher education instructors with a strong background in Renaissance and early modern intellectual and cultural history (spanning roughly 1450–1700 C.E.). Familiarity with the Harry Potter novels is neither assumed nor required, though it would be an advantage.

- This module is developed in collaboration with Mark A. Wahl, Ph.D., who currently teaches in the Lumen Brevium College of Science at Michigan State University.
NLM Traveling Exhibits

Native Voices

National Network of Libraries of Medicine, Pacific Northwest Region
For All the People

A Century of Citizen Action in Health Care Reform

Health care reform has been a contentious political issue in the United States for more than a hundred years.

EXPLORE THE EXHIBITION

EDUCATION

For All the People presents the following classroom resources for K-12 and undergraduate educators and their students. These resources are designed to be starting points for exploring historical perspectives and existing tools and services for considering people's access to health care in the United States. Educators are welcome to adapt them in whole or in part as appropriate for their students' interests and learning goals.
Confronting Violence

Temperance and women’s rights advocates called attention to family violence and agitated for reform during the mid-19th century. Despite their efforts, society as a whole continued to ignore domestic violence.

Who were some advocates for change?

LEARN more

SEE the digital gallery

BOOK the traveling exhibition
Disaster Information
MedlinePlus Disaster Preparation page

Disaster Preparation and Recovery

Summary
Preparing for a disaster can reduce the fear, anxiety and losses that disasters cause. A disaster can be a natural disaster, like a hurricane, tornado, flood or earthquake. It might also be man-made, like a bioterrorist attack or chemical spill. You should know the risks and danger signs of different types of disasters. You should also have a disaster plan. Be ready to evacuate your home, and know how to treat basic medical problems. Make sure you have the insurance you need, including special types, like flood insurance.

No matter what kind of disaster you experience, it causes emotional stress. After a disaster, recovery can take time. Stay connected to your family and friends during this period.

Federal Emergency Management Agency

Start Here
- Are You Ready? An In-Depth Guide to Citizen Preparedness (Department of Homeland Security), PDF Available in Spanish
- Disaster Recovery Guide (American Red Cross)

Latest News
- Pediatricians’ Group Says U.S. Lacks Resources to Treat Kids in Disasters (01/04/2010, HealthDay)

Related Issues
- Clean Hands Save Lives: Emergency Situations (Centers for Disease Control and Prevention)
- Disaster Preparedness for Your Pet (Centers for Disease Control and Prevention)
- Emergency Disinfection of Drinking Water (Environmental Protection Agency, Office of Water)
Disaster Information Management Research Center - (DIMRC)

https://disaster.nlm.nih.gov/
NN/LM Disaster Ready Initiative
Creating a disaster ready culture in our nation’s libraries

Library Disaster Readiness Test Revised
Posted on September 10th, 2015 by Dan Wilson | Filed under Preparedness | Comments Off on Library Disaster Readiness Test Revised

How prepared is your library for a major service disruption? Take this Library Disaster Readiness Test to find out.

1. We are committed to purchasing core print materials that may be needed if power is down for an extended time or the Internet is compromised.
2. Our proxy server has unlimited emergency backup power.
3. We have a response station that includes items such as flashlights, first aid kit, bullhorn, plastic, and a battery operated radio.
4. We practice situation awareness reporting (What, When, and Where) before, during, and after any kind of service disruption.
5. Our staff are prepared at home for going 3 days without power.
6. We regularly drill our staff on how to respond to unplanned incidents, such as tornadoes, shooter, behavioral emergencies, and HAZMAT incidents, and we perform at least one evacuation drill per year.
7. We conduct at least two table top exercises per year (one for planned and one...
Disaster Information Specialist Program

Disaster Information Specialization

MLA Disaster Information Specialization page: http://www.mlanet.org/education/dis/

DIMRIC Disaster Information Specialist Program page: https://disaster.nlm.nih.gov/dimrc/disasterinfospecialist.html
Join the Network

NN/LM PNR  http://nnlm.gov/pnr

MEMBERSHIP, FREE

OUTREACH & TRAINING

FUNDING

National Network of Libraries of Medicine, Pacific Northwest Region
Thank You!

Questions?

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