

Finding Information to Share with Patients

August 2019

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Objectives

At the end of this workshop, you should be:

- Aware of the evidence-based e-resources available through the JGH Health Sciences Library
- Able to locate reliable resources from recognized sites on the Web
- Able to assess any health-related resource to determine if you want to use the information
- Aware of the Patient and Family Resource Centre tools and services at the JGH

Main Topics

Finding Information to
Share with Patients

- ☐ JGH Health Sciences Library e-Resources
- ☐ Reliable Consumer Health Websites
- ☐ Assessing Websites Yourself
- ☐ Patient and Family Resource Centre
- ☐ Reminder

1. e-Resources Available at JGH's Health Sciences Library

Locating the JGH e-Resources

On JGH website:

<https://www.jgh.ca/care-services/health-sciences-library/welcome-to-the-jgh-health-sciences-library-hsl/>

Four Main Options for Patient Education Resources:

[Evidence-based point-of-care tools]


- Nursing Reference Center Plus
- RxVigilance
- UpTo Date
- Natural Medicines

JGH e-resources

- 🌐 CINAHL Complete
- 🌐 CINAHL Education (CE for Nurses and allied health professionals)
- 🌐 Cochrane Library
- 🌐 DSM-5
- 🌐 eBook Nursing Collection (via EBSCO)
- 🌐 EMBASE (via Ovid)
- 🌐 Evidence Based Mental Health Journal
- 🌐 Healthstar (via Ovid)
- 🌐 JGH Journals by Topic A-Z
- 🌐 Medline (via Ovid)
- 🌐 Natural Medicines
- 🌐 Nursing Reference Center Plus
- 🌐 Oxford Clinical Psychology
- 🌐 Psychiatry Online (POL)
- 🌐 PsycINFO (via Ovid)
- 🌐 PubMed (Medline, etc.)
- 🌐 RxVigilance
- 🌐 UpToDate

Nursing Reference Center Plus

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[All Areas](#)[Diseases](#)[Skills](#)[Drugs](#)[Management](#)[Continuing Ed](#)

More ▾

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Spotlight


New: EBSCO Health is Now a Preferred Partner of HealthStream: [Learn More!](#)


New: [Skills with Videos](#)

New: [Management Topics](#)

New: [CCMC Approved CE Modules](#)

New NRC Plus iPhone and Android Apps: [Learn More!](#)


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 [Editorial Team & Policies](#)

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New: [Care Plans](#)

Featured Videos




Procedure
Performing Venipuncture: Inserting and Removing the Needle

Click to
select
Patient Ed


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Search

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Explore Evidence-based Patient Education Handouts

These handouts are based on the best available evidence, and include detailed medical illustrations and Spanish-language versions for nearly all handouts. Nurses can custom print handouts for each patient, adding personalized care notes. Patients will find them easy to read and use.

[All Patient Education Topics](#)


Top Handouts



Handouts for Diabetes

Handouts to help educate patients, in important areas like lifestyle changes, to better manage this chronic condition.


[View Topics](#)



Handouts on Wound Care

Handouts related to wound care, including topics on drain care to prevent infection and promote healing.

[View Topics](#)



Heart Disease Handouts

Over 100 handouts related to heart diseases, including topics on management of high blood pressure to improve heart health.

[View Topics](#)

Nursing Reference Center Plus

Nursing
Reference Center Plus

Patient Ed ▾ diabetes

Search

Basic Search

Advanced Search

Search History ▸

Library Logo

Refine Results

Current Search ▸

Material Types ▾

☒ All Results

☐ Patient Handouts (977)

☐ News (3,662)

☐ Books (549)

Show More

Subject: Major Heading ▾

☐ postoperative complications (126)

☐ postoperative care (105)

☐ perioperative care (46)

☐ diabetes mellitus (36)

☐ diabetes mellitus, type 2 (36)

☐ preoperative care (35)

Search Results: 1 - 10 of 5,308

Relevance ▾

Page Options ▾

Share ▾

1. Type 2 Diabetes in Children



Patient
Education

Delude CM; Health Library: Evidence-Based Information, EBSCO Publishing, 2018 Jan 01 (patient education - lifestyle sheet)

HTML Full Text Languages

2. Type 1 Diabetes



Patient
Education

Wood D; Health Library: Evidence-Based Information, EBSCO Publishing, 2018 Sep 01 (patient education - condition)

HTML Full Text Languages

3. Gestational Diabetes



Patient

Wood D; Health Library: Evidence-Based Information, EBSCO Publishing, 2018 Sep 01 (patient education - condition)

HTML Full Text Languages

Can Refine Results using the options on the left (Age, Gender, etc.) or by using the Advanced Search

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Nursing
Reference Center Plus

Patient Ed ▾ diabetes

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 Library Logo

 [Detailed Record](#)

 [HTML Full Text](#)

Related Information

[Quick Lesson](#)
[Evidence-Based Care Sheets](#)
[Skills](#)
[Drug Monographs](#)
[Patient Handouts](#)
[CEUs](#)
[Books](#)
[Journals](#)

[Find Similar Results](#)
using SmartText Searching.

[Result List](#) | [Refine Search](#) | 7 of 5,308

Languages
Available

Spanish







Title: Diabetes Insipidus By: Norwood D, Health Library: Evidence-Based Information, September 1, 2018

Database: Nursing Reference Center Plus

Diabetes Insipidus

Contents

[Definition](#)
[Causes](#)
[Risk Factors](#)
[Symptoms](#)
[Diagnosis](#)
[Treatment](#)
[Prevention](#)

 Listen   American Accent   

Pronounced: **diabetes** -in-' sip-d-s

Definition

Diabetes insipidus (DI) is a condition where water in the body is improperly removed from the circulatory system by the kidneys.









There are 2 forms of DI:

- Central **diabetes** insipidus (central DI)
- Nephrogenic **diabetes** insipidus (NDI)

Causes

Antidiuretic hormone (ADH) controls the amount of water reabsorbed by the kidneys. ADH is made in the hypothalamus of the brain. The pituitary gland, at the base of the brain, stores and releases ADH.

Tools


 E-mail Alert
 Add to folder
 Print
 E-mail
 Save
 Export
 Create Note
 Permalink
 Share

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Nursing Reference Center Plus

 **Print** ✕

Add customized information to your print out: [?](#)

☒ Include Acknowledgement Page

Patient's Name

Healthcare Provider's Name







Department

Phone

[Advanced Options](#)

Print **Cancel**


Notes

B **I** **U**      

RxVigilance



RXvigilance
by Vigilance Santé

Français | Help |   

August 2019



New products added this month

JAMP VARDENAFIL ODT	10MG	DESINT. TAB.
AIMOVIG	140MG	INJ.AUTO
IVOZFO	2G	INJ.POWDER
IVOZFO	4G	INJ.POWDER
IVOZFO	8G	INJ.POWDER
MAR TROSPIMUM	20MG	TABLET
ONPATTRO	2MG/ML	INJECTABLE



Medication

[Antimicrobial Therapy](#)
[Comparative Drug Charts](#)
[Compounding Formulations](#)
[Natural Products](#)
[Professional Reference](#)

Dynamic Tools

[Profile Editor](#)
[Profile Editor \(New!\)](#)
[Calculation Tools](#)
[Information and Coverage](#)
[Pediatric Dosages](#)
[Phone Book \(Clinia\)](#)
[Professional Documentation](#)

Public Information


[Drug Schedules](#)
[Laboratory Tests](#)
[Medication Pictograms](#)
[Patient Information Sheets](#)
[Travel Health](#)

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RxVigilance



Information Sheets
INDEXING TOOL

Français | ^

Others - A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

0

25-hydroxy-vitamin D

FRENCH

A

5 steps to respond to an opioid overdose

FRENCH SPANISH ITALIAN

5 steps to respond to an opioid overdose

FRENCH SPANISH ITALIAN

abnormal vaginal bleeding

FRENCH

accidental poisoning (including poison control centres)

FRENCH

acetaminophen dosage

FRENCH

acne (acne vulgaris)

FRENCH

actinic keratosis

FRENCH

alanine aminotransferase (ALT)

FRENCH

albumin and protein levels (urine)

FRENCH

albumin level (blood)

FRENCH

alcohol problems screening

FRENCH

alkaline phosphatase

FRENCH

all about vaccines

FRENCH

Search ...

Q

Other indexes

Directions For Use

Laboratory tests

Medical Conditions and Diseases

Nutrition

Recreational Drugs

Travel Health

Travel Health Information by Destination

Useful link

Medication pictograms

Can use **Other indexes** to filter for specific subjects

RxVigilance

 [Index](#) [Français](#)



Anemia

Anemia occurs when there is a decrease in the number of red blood cells in the blood. Certain nutrients (iron, vitamin B12, and folic acid) are required to make red blood cells. The role of these red blood cells is to carry oxygen from the lungs to the rest of the body. When the number of red blood cells is too low, the blood cannot carry an adequate supply of oxygen, resulting in certain symptoms, including:

- Fatigue and weakness
- Paleness
- Shortness of breath
- Dizziness
- Headache

Anemia can develop very slowly, and symptoms vary depending on the severity of the condition. As a result, some have no symptoms at all, while others may experience symptoms during physical effort only.

Causes and triggers

There are many causes of anemia. The main ones are blood loss (e.g., menstruation, injury, childbirth or surgery), inadequate red blood cell production (e.g., iron, folic acid or vitamin B12 deficiency), and excessive destruction of red blood cells (e.g., autoimmune reaction). Blood tests are required to establish a diagnosis and identify the type of anemia.

Certain factors increase the risk of developing anemia, such as:

- A diet that is low in iron, vitamin B12, and folic acid
- Intestinal disorders that limit the absorption of nutrients (e.g., Crohn's disease, celiac disease)
- Menstruation
- Pregnancy
- Certain chronic health conditions (e.g., cancer, kidney failure)
- A family history of anemia
- The use of certain medications
- Age (> 65 years)

Treatment

Treatment will depend on the cause and severity of your anemia. Based on the type of anemia you have, your healthcare provider may recommend the use of supplements (iron, vitamin B12, folic acid) or certain medications. In more severe cases, blood transfusions may be necessary. If the cause is related to a health issue, treatment of the issue should also increase red blood cell levels.

To prevent certain types of anemia, patients may take supplements or eat foods that are rich in iron, vitamin B12 or folic acid.

When should I see a medical professional?

Consult a medical professional if you experience prolonged fatigue or if you have symptoms suggestive of anemia.



[Français](#)

Medication Pictograms

Form:

Dose:

Frequency:

- ☐ Morning
- ☐ Noon
- ☐ Evening
- ☐ Bedtime

Precautions:

<input type="checkbox"/> With food	<input type="checkbox"/> Without food
<input type="checkbox"/> For a child	<input type="checkbox"/> Keep away from children
<input type="checkbox"/> For an infant	<input type="checkbox"/> Not for infants
<input type="checkbox"/> Avoid alcohol	<input type="checkbox"/> Can cause drowsiness

Printing language:

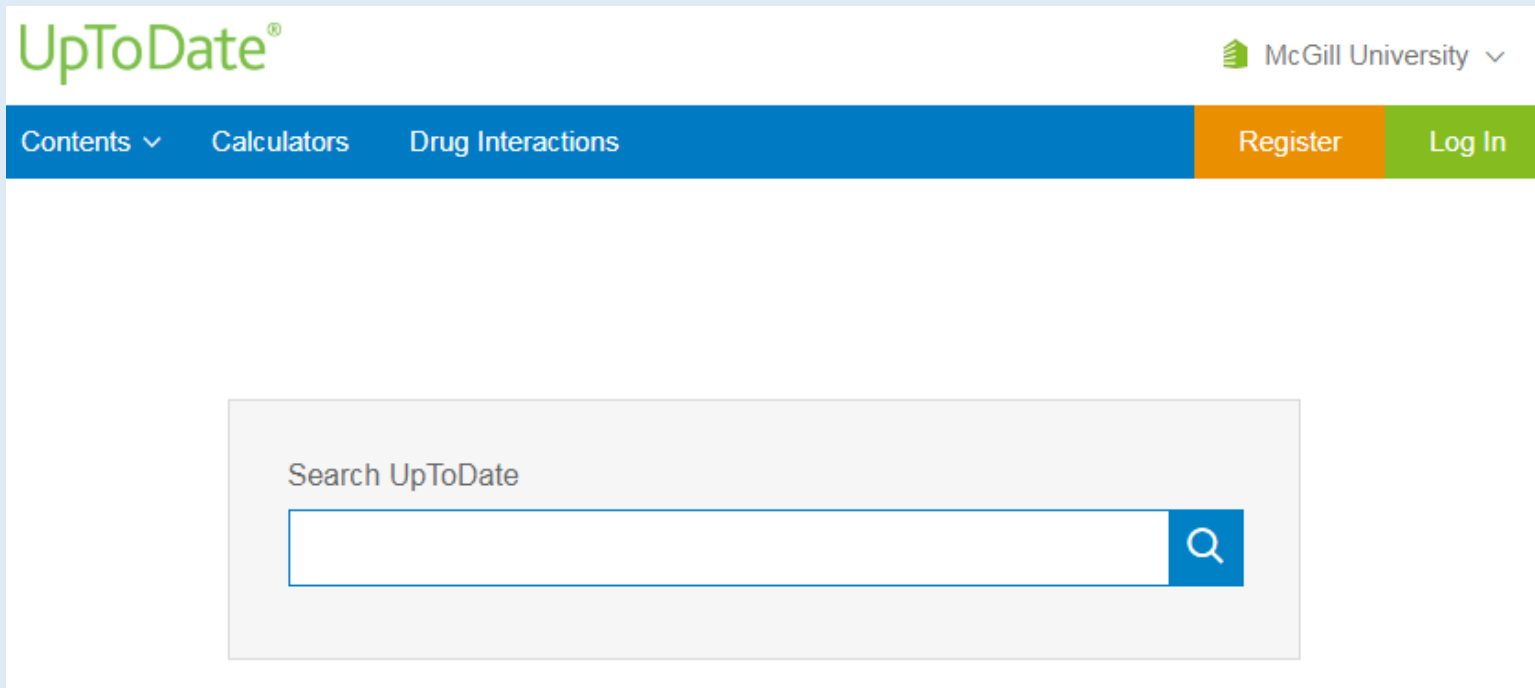
Pictograms Version:

[Convert to pictograms !](#)

The Pictograms project is an undertaking of the Military and Emergency Pharmacy Section (MEPS) of FIP.

This page was developed in partnership with Vigilance Santé Inc. from Canada.

UpToDate



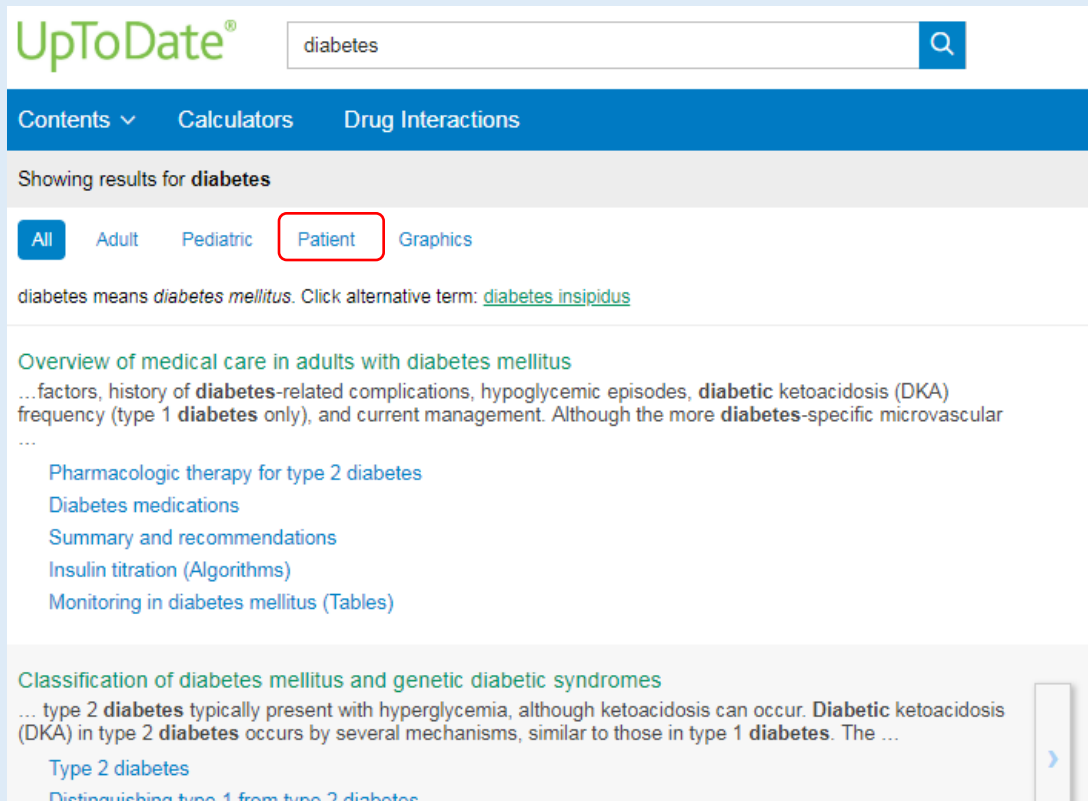
The screenshot shows the UpToDate website interface. At the top left is the UpToDate logo. At the top right is the McGill University logo with a dropdown arrow. Below these is a navigation bar with links: Contents (with a dropdown arrow), Calculators, Drug Interactions, Register, and Log In. In the center of the page is a large search bar with the placeholder text "Search UpToDate" and a magnifying glass icon on the right.

Search two ways:

1. Directly from Search bar
2. Click on **Contents** and select **Patient Education**

UpToDate

Search Method 1



UpToDate® diabetes

Contents ▾ Calculators Drug Interactions

Showing results for **diabetes**

All Adult Pediatric **Patient** Graphics

diabetes means *diabetes mellitus*. Click alternative term: [diabetes insipidus](#)

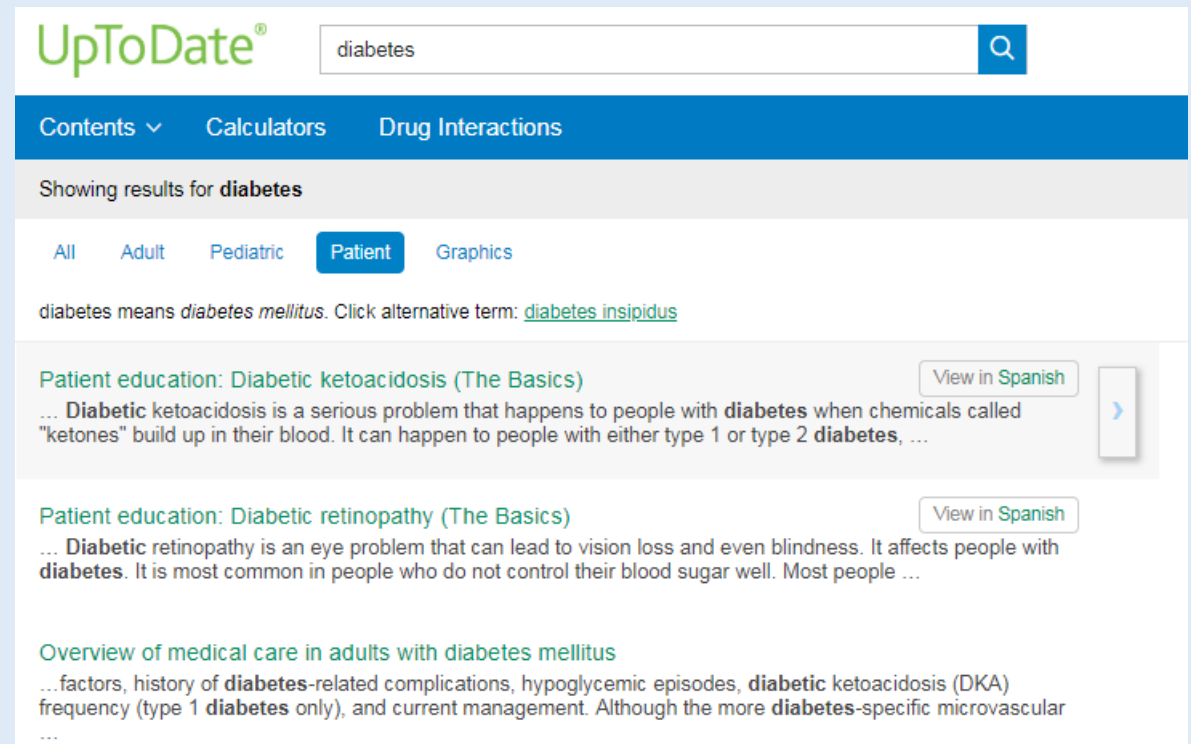
Overview of medical care in adults with diabetes mellitus
...factors, history of **diabetes**-related complications, hypoglycemic episodes, **diabetic** ketoacidosis (DKA) frequency (type 1 **diabetes** only), and current management. Although the more **diabetes**-specific microvascular ...

- Pharmacologic therapy for type 2 diabetes
- Diabetes medications
- Summary and recommendations
- Insulin titration (Algorithms)
- Monitoring in diabetes mellitus (Tables)

Classification of diabetes mellitus and genetic diabetic syndromes
... type 2 **diabetes** typically present with hyperglycemia, although ketoacidosis can occur. **Diabetic** ketoacidosis (DKA) in type 2 **diabetes** occurs by several mechanisms, similar to those in type 1 **diabetes**. The ...

- Type 2 diabetes
- Distinguishing type 1 from type 2 diabetes

Click on the **Patient** option for the **Patient education** documents to appear at the top



UpToDate® diabetes

Contents ▾ Calculators Drug Interactions

Showing results for **diabetes**

All Adult Pediatric **Patient** Graphics

diabetes means *diabetes mellitus*. Click alternative term: [diabetes insipidus](#)

Patient education: Diabetic ketoacidosis (The Basics) [View in Spanish](#)

... **Diabetic** ketoacidosis is a serious problem that happens to people with **diabetes** when chemicals called "ketones" build up in their blood. It can happen to people with either type 1 or type 2 **diabetes**, ...

Patient education: Diabetic retinopathy (The Basics) [View in Spanish](#)

... **Diabetic** retinopathy is an eye problem that can lead to vision loss and even blindness. It affects people with **diabetes**. It is most common in people who do not control their blood sugar well. Most people ...

Overview of medical care in adults with diabetes mellitus
...factors, history of **diabetes**-related complications, hypoglycemic episodes, **diabetic** ketoacidosis (DKA) frequency (type 1 **diabetes** only), and current management. Although the more **diabetes**-specific microvascular ...

UpToDate

Search Method 2

UpToDate®

Search UpToDate



McGill University

Contents Calculators Drug Interactions

Register

Log In

Patient Education

Patient Education

UpToDate offers two levels of content for patients:

- **The Basics** are short overviews. They are written in accordance with plain language principles and answer the four or five most important questions a person might have about a medical problem.
- **Beyond the Basics** are longer, more detailed reviews. They are best for readers who want detailed information and are comfortable with some medical terminology.

[Learn more](#) about UpToDate's patient education materials.



This site complies with the [HONcode](#) standard for trustworthy health information: [verify here](#).

Scroll down to see options.

To browse the available patient education topics in UpToDate, click on a category below.

Allergies and asthma	Ear, nose, and throat	Lung disease
Arthritis	Eyes and vision	Men's health issues
Autoimmune disease	Gastrointestinal system	Mental health
Blood disorders	General health	Pregnancy and childbirth
Bones, joints, and muscles	Heart and blood vessel disease	Senior health
Brain and nerves	HIV and AIDS	Skin, hair, and nails
Cancer	Hormones	Sleep
Children's health	Infections and vaccines	Surgery
Diabetes	Kidneys and urinary system	Travel health
Diet and weight	Liver disease	Women's health issues

UpToDate

Can select **The Basics** or **Beyond the Basics**

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McGill University

Contents ▾ Calculators Drug Interactions

Register

Log In

Diabetes

The Basics

Beyond the Basics

"The Basics" are short (1 to 3 page) articles written in plain language. They answer the 4 or 5 most important questions a person might have about a medical problem. These articles are best for people who want a general overview.

Blood sugar monitoring

Hemoglobin A1C tests (The Basics)

View in Spanish

The ABCs of diabetes (The Basics)

View in Spanish

Diabetes in children

UpToDate®

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McGill University

Contents ▾ Calculators Drug Interactions

Register

Log In

Diabetes

The Basics

Beyond the Basics

"Beyond the Basics" articles are 5 to 10 pages long and more detailed than "The Basics". These articles are best for readers who want a lot of detailed information and who are comfortable with some technical medical terms.

Blood sugar monitoring

Self-monitoring of blood sugar in diabetes (Beyond the Basics)

Diabetic kidney disease

Diabetic kidney disease (Beyond the Basics)

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Search > Look up a scientific, common, or brand name for any natural medicine Advanced Search

Interaction Checker

Effectiveness Checker

Nutrient Depletion

Pregnancy & Lactation

Adverse Effects

NATURAL MEDICINES

The most authoritative resource available on dietary supplements, natural medicines, and complementary alternative and integrative therapies.

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Valerian:

[Scientific Name](#)
[Background](#)
[People Use This For](#)
[Safety](#)
[Effectiveness](#)
[Dosing & Administration](#)[Adverse Effects](#)
[Toxicology](#)
[Interactions with Drugs](#)
[Interactions with Herbs & Supplements](#)
[Interactions with Foods](#)[Interactions with Lab Tests](#)
[Interactions with Diseases](#)
[Mechanism of Action](#)
[Pharmacokinetics](#)
[Classifications](#)

Valerian Professional Monograph

All-Heal, Amantilla, Baldrian, Baldrianwurzel, Belgium Valerian, Common Valerian, Fragrant Valerian, Garden Heliotrope, Garden Valerian, Grande Valériane, Guérit Tout, Herbe à la Femme Meurtrie, Herb...

Red-spur Valerian Professional Monograph

Alfeñique, Barbe de Jupiter, Bouncing Bess, Bovis and Soldier, Centranthe Rouge, Centranto, Delicate Bess, Drunken Sailor, Fox's-Brush, Jupiter's Beard, Lilas d'Espagne, Milamores, Pretty Betsy, Red ...

Valerian Commercial Product
Pharmanex

Valerian Commercial Product
Aboca USA, Inc

Valerian Commercial Product
Gary Null & Associates (GNA)

Valerian Commercial Product
Omega Alpha Pharmaceuticals


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Professional | **Patient Handout** | Patient Handout - Spanish | **Patient Handout - French** | References

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[Food Interactions](#)
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[Disease Interactions](#)
[Mechanism of Action](#)
[Pharmacokinetics](#)
[Classifications](#)
[References](#)



Valerian

 [View 2095 Products Containing: Valerian](#)

 [View 308 Canadian Licensed Products Containing: Valerian](#)

Scientific Name

Valeriana officinalis, *Valeriana edulis*, *Valeriana angustifolia*, *Valeriana jatamansii*, synonym *Valeriana wallichii*, *Valeriana sitchensis*, *Valeriana fauriei*.

Family: Valerianaceae.

Background

Natural Medicines

Consumer Information and Education

Provided by your
Health Care Professional
Based on
Natural Medicines



Valerian

What is it?

Valerian is an herb. It is native to Europe and parts of Asia but also grows in North America. Medicine is made from the root.

Valerian is most commonly used for sleep disorders, especially the inability to sleep (insomnia). Valerian is also used orally for anxiety and psychological stress, but there is limited scientific research to support these uses.

In manufacturing, the extracts and oil made from valerian are used as flavoring in foods and beverages.

Is it Effective?

Natural Medicines rates effectiveness based on scientific evidence according to the following scale: *Effective, Likely Effective, Possibly Effective, Possibly Ineffective, Likely Ineffective, Ineffective, and Insufficient Evidence to Rate.*

The Effectiveness ratings for **Valerian** are as follows:

Possibly Effective for...

- **Inability to sleep (insomnia).** Although some conflicting research exists, most

Information et éducation des consommateurs

Offert par votre professionnel
de la santé
d'après la
Natural Medicines



VALÉRIANE

Qu'est-ce que c'est?

La valériane est une plante. Elle est originaire d'Europe et de certaines parties d'Asie, cependant, elle pousse aussi en Amérique du Nord. Les racines sont utilisées pour fabriquer des médicaments.

La valériane est largement utilisée pour les troubles du sommeil, notamment l'insomnie (incapacité à dormir). La valériane est aussi utilisée par voie orale pour l'anxiété et le stress psychologique, mais les études scientifiques sont limitées pour appuyer ces usages.

Dans l'industrie manufacturière, l'huile et les extraits de valériane sont utilisés comme aromatisants dans les aliments et les boissons.

Est-ce efficace?

Natural Medicines Comprehensive Database évalue l'efficacité d'après des preuves scientifiques selon l'échelle suivante : *Efficace, Vraisemblablement efficace, Éventuellement efficace, Éventuellement inefficace, Vraisemblablement inefficace, Inefficace et Insuffisance de preuves pour évaluer son efficacité.*

Les évaluations pour **VALÉRIANE** sont réparties comme suit :

Éventuellement efficace pour...

- **L'insomnie (incapacité à dormir).** Des résultats contradictoires existent, mais la plupart des études montrent que la prise de valériane peut réduire le temps

2. Reliable Consumer Health Websites

Medical Library Association



ABOUT MLA ▾ JOIN MLA COMMUNITIES ▾ PROFESSIONAL DEVELOPMENT ▾ MEETINGS ▾ ADVOCACY ▾ PUBLICATIONS ▾ FOR PATIENTS

MEDLIB-ED

For Health Consumers and Patients

Find Good Health Information

What Did My Doctor Say?

Top Health Websites

Recommended Sites for Cancer Information

MLA Top Health Websites

The [Consumer and Patient Health Information Section](#) (CAPHIS) of MLA evaluates websites based on the following criteria: credibility, sponsorship/authorship, content, audience, currency, disclosure, purpose, links, design, interactivity, and disclaimers. The following websites have been deemed particularly useful (in each area, sites are listed in alphabetical, NOT ranked, order).

[General Health](#) | [Cancer](#) | [Breast Cancer](#) | [Diabetes](#) | [Eye Disease](#) | [Heart Disease](#) | [HIV/AIDS](#) | [Stroke](#)

General Health Sites

- [Cancer.gov](#)
- [Centers for Disease Control and Prevention \(CDC\)](#)
- [familydoctor.org](#)
- [healthfinder®](#)
- [HIV InSite](#)
- [Kidshealth®](#)
- [Mayo Clinic](#)
- [MedlinePlus](#) ([English](#) | [Spanish](#))
- [NetWellness](#) [currently offline; you can still access [health topics pages](#) from September 20, 2017, through the Internet Archive website]
- [National Institute on Aging: Health Information](#)

When MI means heart attack, not Michigan.

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Scroll down for:

- Cancer
- Breast Cancer
- Diabetes
- Eye Disease
- Heart Disease
- HIV/AIDS
- Stroke

Please Note: US specific

<https://www.mlanet.org/p/cm/ld/fid=397>

MedlinePlus – US National Library of Medicine

The screenshot shows the MedlinePlus website interface. At the top, it says "U.S. National Library of Medicine" and "MedlinePlus® Trusted Health Information for You". There is a search bar with the text "Search MedlinePlus" and a "GO" button. Below the search bar are links for "About MedlinePlus", "Site Map", "FAQs", and "Customer Support". The main navigation bar includes "Health Topics", "Drugs & Supplements", "Videos & Tools", and a language selector for "Español". On the left side, there are four green boxes with icons and text: "Health Topics" (apple icon) with the description "Find information on health, wellness, disorders and conditions"; "Drugs & Supplements" (pill icon) with "Learn about prescription drugs, over-the-counter medicines, herbs, and supplements"; "Videos & Tools" (play button icon) with "Discover tutorials, health and surgery videos, games, and quizzes"; and "Medical Tests" (flask icon) with "Learn why your doctor orders medical tests and what the results may mean". Below these is a "Medical Encyclopedia" section with a stack of books icon and the text "Articles and images for diseases, symptoms, tests, treatments". The main content area features a large image of a person kayaking with the text "Stay safe in the water this summer!" and a carousel of four small images. Below this is a "Tweets by @MedlinePlus" section showing a tweet from MedlinePlus.gov about kidney stones. To the right of the tweets is a "Stay Connected" section with a sign-up form for the "My MedlinePlus newsletter" and a "GO" button. At the bottom right, there is a "NIH MedlinePlus Magazine" section with the text "Read the latest issue" and a thumbnail image of the magazine cover featuring a woman and the text "SKIN CANCER".

- World's largest medical library
- Updated daily
- Detailed information and many links – mainly to US government sites

<https://medlineplus.gov/>

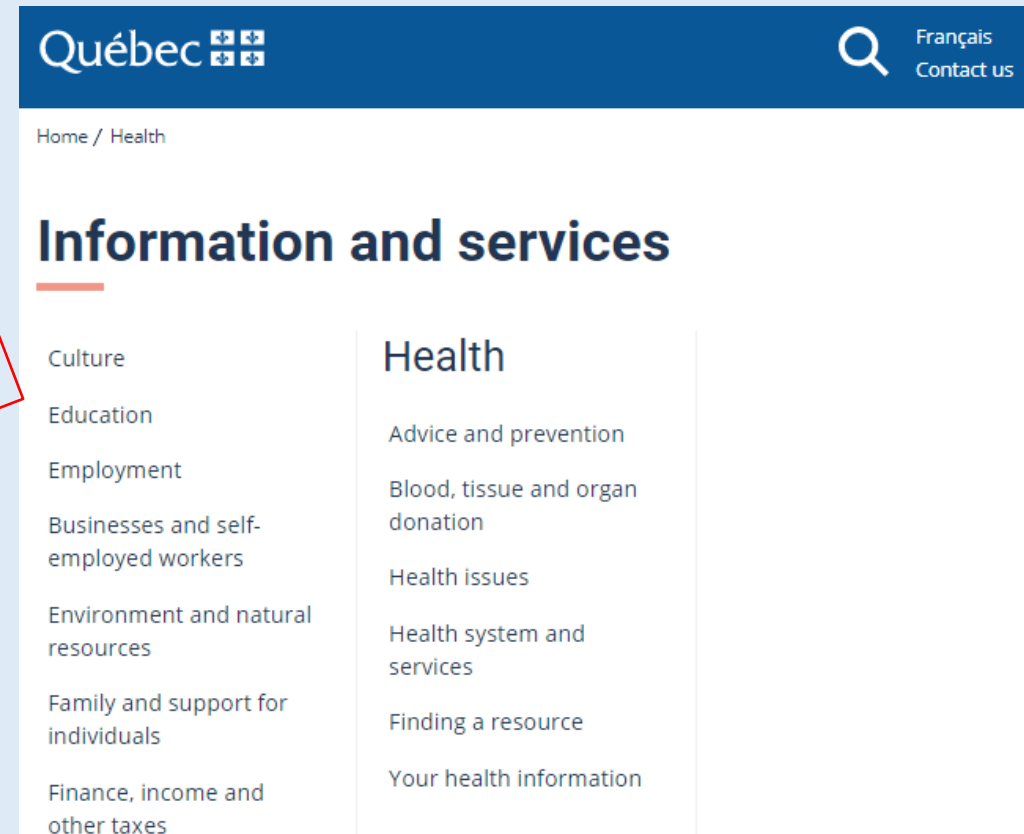
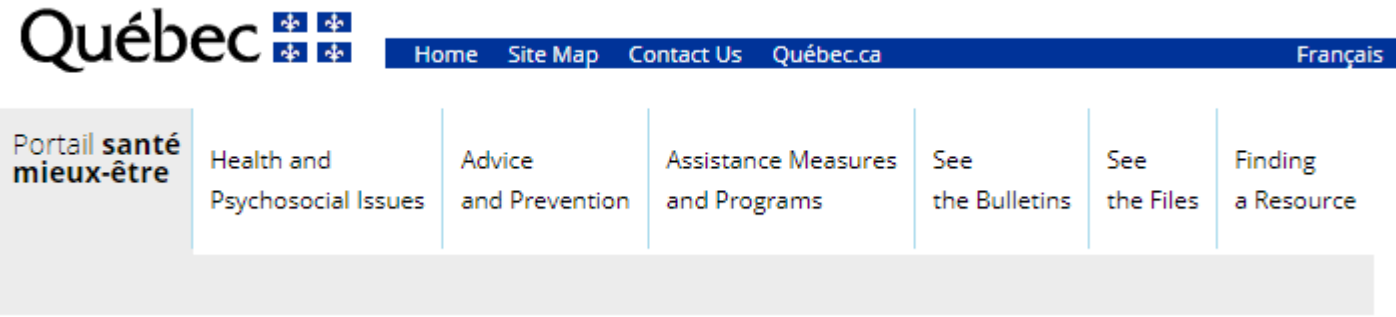
Government Websites: Quebec

Quebec:

- Old: Portail santé mieux-être
- New: Quebec.ca/Health

Not all content has been transferred yet

Bilingual!



Government Websites: Canada

Government of Canada / Gouvernement du Canada

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Home » Departments and agencies

Health Canada


Health Canada is responsible for helping Canadians maintain and improve their health. It ensures that high-quality health services are accessible, and works to reduce health risks.

We are a federal institution that is part of the [Health portfolio](#).

Follow:   


Latest

English العربية Español 简体中文
Polski العربية Inuktitut
Tagalog Português
فارسی বাংলা
Italiano Deutsch
Ojibwe 한국어
ਪੰਜਾਬੀ ਮਿਚਿ
Paskwimowin 臺灣中文 pyocokil (Hindi)



[Food guide snapshot](#)

Now available in other languages



[Sun safety](#)

Protect yourself from extreme heat and ultraviolet radiation

[Government of Canada Announces Changes to Lower Drug Prices and Lay the Foundation for National Pharmacare](#)

[2019-08-09 10:00]

[Health Canada officials will provide an update on important steps toward National Pharmacare](#)

[2019-08-08 13:52]

Bilingual!

Government of Canada / Gouvernement du Canada

Search Canada.ca

Franglais

MENU

Home

Public Health Agency of Canada

The Public Health Agency of Canada empowers Canadians to improve their health. In partnership with others, its activities focus on preventing disease and injuries, promoting good physical and mental health, and providing information to support informed decision making. It values scientific excellence and provides national leadership in response to public health threats.

We are a federal institution that is part of the [Health portfolio](#).

Follow:   

Latest



[Prevent mosquito bites](#)

Protect yourself from diseases spread by mosquitoes.



[Lyme disease](#)

Symptoms, risks, treatment, prevention

[Government of Canada Announces Funding to Support LGBTQ2 Survivors of Intimate Partner Violence](#)

[2019-07-31 07:47]

[Message from the Minister of Health - World Hepatitis Day - July 28, 2019](#)

[2019-07-28 10:00]

[Government of Canada supports efforts to better understand how](#)

<https://www.canada.ca/en/health-canada.html>

<https://www.canada.ca/en/public-health.html>

Professional Medical Associations

Created their own patient education materials and/or entire websites

Examples:

- Canadian Paediatric Society: <https://www.caringforkids.cps.ca/>
- American Psychiatric Association: <https://www.psychiatry.org/>
- European Society for Medical Oncology: <https://www.esmo.org/>

Other Hospitals

- CHUM Patient Handouts: <https://www.chumontreal.qc.ca/fiches-sante>
- MUHC Patient Portal: <https://www.muhclibraries.ca/patients/>
- Montreal Neurological Institute: <http://infoneuro.mcgill.ca/index.php?lang=en>
- Centre for Addiction and Mental Health (TO): <https://www.camh.ca>
- University Health Network (TO): https://www.uhn.ca/PatientsFamilies/Health_Information
- Mayo Clinic (US): <https://www.mayoclinic.org/patient-care-and-health-information>
- Brigham and Women's Hospital (US): <http://healthlibrary.brighamandwomens.org/>

Other Hospitals

FICHES SANTÉ

Explorez notre collection de fiches produites avec les experts du CHUM. Elles vous informent et répondent à vos questions, pour vous aider à comprendre votre état de santé, vous préparer à un examen, faire des choix éclairés et plus encore.

Recherche par sujet

- Choisir votre sujet -

Ablation par radiofréquence - Une façon de traiter votre trouble du rythme cardiaque

Accommodateur vaginal - Des exercices à faire

Achalasie de l'œsophage

Acouphène

Activité physique et cancer colorectal

<https://www.chumontreal.qc.ca/fiches-sante>

Health Information



Patient Education and Engagement Program

The [Patient Education and Engagement Program](#) provides patients and families with materials and resources to help make informed health decisions. Explore the sections below to see what our program has to offer you.

- ▶ [Search for Health Information](#)
- ▶ [Classes & Events](#)
- ▶ [Patient & Family Learning Centres](#)
- ▶ [Watch Health Videos](#)

https://www.uhn.ca/PatientsFamilies/Health_Information

Illness Specific Non-Profits and Charities

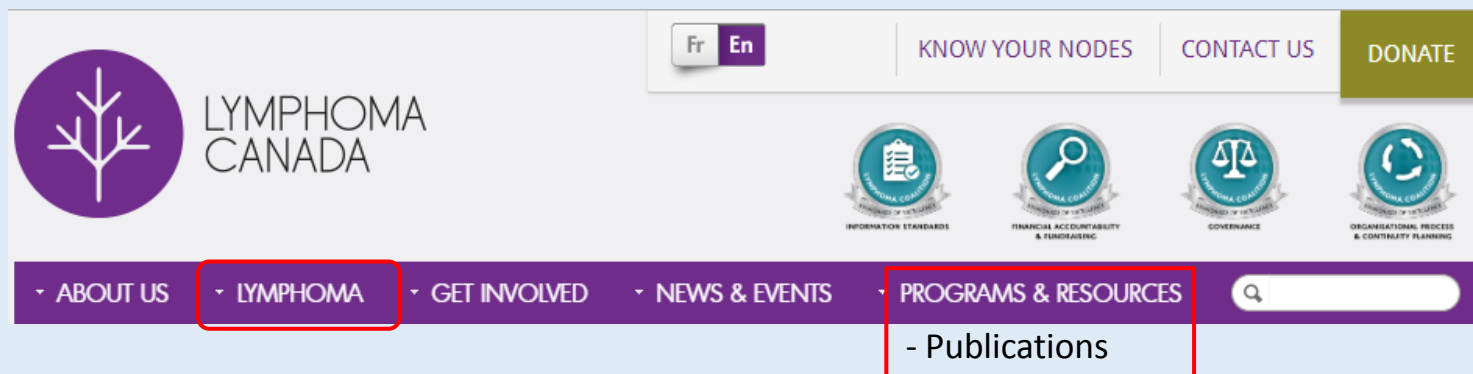
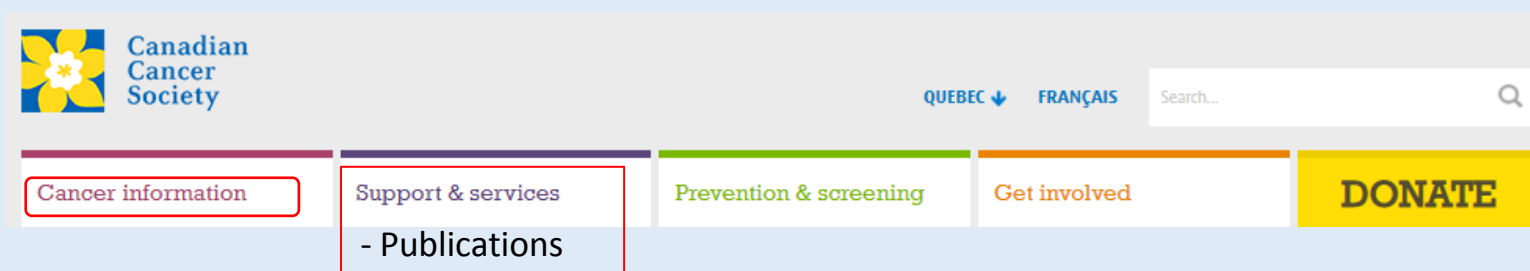
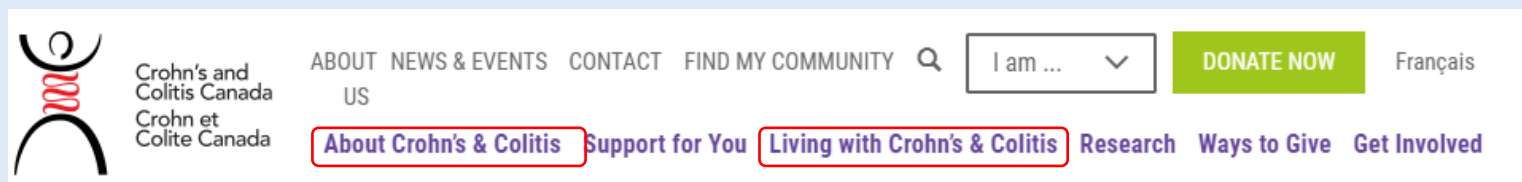
- Heart and Stroke Foundation of Canada: <https://www.heartandstroke.ca/>
- Canadian Cancer Society: <http://www.cancer.ca/en/?region=qc#>
- Crohn's and Colitis Canada: <https://crohnsandcolitis.ca/>
- Leukemia and Lymphoma Society of Canada: <https://www.llscanada.org/>
- Canadian Mental Health Association: <https://cmha.ca/>
- Diabète Québec: <https://www.diabete.qc.ca/>
- Diabetes Canada: <https://www.diabetes.ca/>

Also look for Local vs.
Provincial vs. Federal
geographical options

Illness Specific Non-Profits and Charities

Need to search for certain key phrases:

- About / What is ...?
- Basics / Learn more
- Information / Resources
- Patients and Families
- Publications
- Research (sometimes)



3. Assessing Websites Yourself

Assessing Websites for Yourself



HONCode (<https://www.hon.ch/en/>)

- **Health On the Net Foundation:** non-governmental and non-profit foundation with ties to the World Health Organization
- Promotes transparent and reliable health information online
- Websites:
 - Apply for certification based on whether the site respects their eight certification principles (next slide)
 - Assessed and changes suggested
 - Certified and added to their search engine (over 8000 sites)
 - Display logo, generally at the bottom

Assessing Websites for Yourself

HONCode Principles:

1. **Authority:** Give qualifications of authors
2. **Complementarity:** Information to support, not replace healthcare professionals
3. **Confidentiality:** Respect the privacy of the site users
4. **Attribution:** Cite the sources and dates of medical information
5. **Justifiability:** Justification of claims / balanced and objective claims
6. **Transparency:** Accessibility, provide valid contact details
7. **Financial Disclosure:** Provide details of funding
8. **Advertising:** Clearly distinguish advertising from editorial content

Assessing Websites for Yourself



The screenshot shows the homepage of the 'Trust It or Trash It?' website. The header is orange with a magnifying glass icon and the title 'Trust It or Trash It?'. Navigation links for 'About', 'Contact', and 'Español' are on the right. Social media icons for Google+, Facebook, Twitter, YouTube, and a general share icon are below the header. The main content area has three numbered steps in colored boxes: 1. Who said it? (green), 2. When did they say it? (orange), and 3. How did they know? (brown). To the right of these steps is a blue box titled 'What is Trust It or Trash It?' containing a paragraph about the tool's purpose. At the bottom, there is a light blue box with contact information and links, including 'Send us a note', 'Click here for a printer friendly version', 'Read our disclaimer language', and 'Click here for the developer version'. A footer at the very bottom states the Creative Commons license and design credits.

Trust It or Trash It?

About | Contact | Español

1 Who said it?

2 When did they say it?

3 How did they know?

What is Trust It or Trash It?

This is a tool to help you think critically about the quality of health information (including websites, handouts, booklets, etc.). Click on *Who said it?* *When did they say it?* and *How did they know?* to guide you through the process.

Have questions, comments or suggestions? [Send us a note](#).

[Click here](#) for a printer friendly version.

The Quality Assessment Toolbox is for educational purposes only. Read our [disclaimer language](#).

Creating a resource? [Click here for the developer version](#).

Except where otherwise noted, content on this site is licensed under a Creative Commons Attribution 3.0 License. This tool is for educational purposes only.

DESIGN & DEVELOPMENT BY - WWW.PROJECTHISO.NET

Trust It or Trash It?

(<http://www.trustortrash.org/>)

- Basic questions to help you think critically about the quality of the health information
- Works for any format: websites, handouts, booklets, etc.

Assessing Websites for Yourself

Who Said It?

- Who wrote it?
- Who provided the facts? Where did the facts come from?
- Who paid for it?

When did they say it?

- When was it written or updated?

Check for recent postings, tweets, copyright, etc.

How did they know?

- How do you know this information pertains to you?
- Does the information seem reasonable based on what you already know?

4. Patient and Family Resource Center at JGH

Patient and Family Resource Center

<https://www.jgh.ca/patients-visitors/patient-family-resource-centre/>

— Patient & Family Resource Centre

About the PFRC

Services and Resources

Hours and Access

Contact Us

Ask a Health Information Specialist (InfoRx)

+ Browse Health Websites

Borrowing Policy

Collection Policy

Books in Motion


Library Donation Program

Patient & Family Resource Centre

 [Jewish General Hospital](#) > [Patients & Visitors](#) > Patient & Family Resource Centre

SUBMENU Patient & Family Resource Centre

Please Note: This is the **Patient & Family Resource Centre** website.


For information about your **medical records**, contact the  [Medical Records Department](#) at **514-340-8202**.

For all **test results**, contact your **medical team**.

For information about a **patient**, contact **Admitting** at **514-340-8211**.

Being informed means being a partner in your health. It means working with your health care provider to make important decisions about your health.

The **PEN collection** is a consumer health database created by the JGH Patient Education Network (PEN) to help you and your health professional find and access reliable, up-to-date consumer health information using one easy-to-search resource. It includes handouts, booklets, books, websites, videos and more.

To access the PEN database, please  [click here](#) for now.

Search Tips

Patient and Family Resource Center

Services and resources specific to the **Patient and Family Resource Center** include:

- **PFRC Book Collection.** A collection of over 350 consumer health books that cover a wide variety of subjects.
- **PEN Database.** A curated collection of books (including the Hope & Cope libraries), JGH publications (pamphlets, handouts, booklets) and links to consumer health websites that is searchable by patients, staff and the general public directly from the JGH website. Click [here](#) to access it.
- **InfoRX Service.** A personalised service in which a medical librarian conducts a search for information specific to the questions of the patients, their families and their healthcare providers. For more information, click [here](#).

Patient and Family Resource Center

PEN Database – currently a link to the old site but still functional!

Welcome to the Patient & Family Resource Centre (PFRC)

Search the PEN Collection

Ask a Health Information Specialist

Type in your keywords to get started

GO

Patient and Family Resource Center


Browse Health Websites

 [Jewish General Hospital](#) > [Patients & Visitors](#) > [Patient & Family Resource Centre](#) > Browse Health Websites

SUBMENU Browse Health Websites

Browsing for health information online involves more than clicking on reliable websites. You also need to trust that the sites will respect your privacy.

Some free health-related sites can collect and use information about you, without your permission. For example, they can build a profile of you from your search interests and online behavior and then sell it to third parties for targeted advertising.

The PFRC suggests that you check to see if the site displays the  [HONcode logo](#). This indicates that the site has been certified by the Health on the Net foundation and that it respects the organization's  [eight principles](#), including protecting the user's privacy.

To learn more, visit our page on [Evaluating Online Health Information](#).

Disclaimer: This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

- Browse Health Websites
 - Department or Clinic
 - General and Family Health
 - Become an Informed Patient
 - Health in the News / Hot Topics
 - Specific Disorders and Conditions
 - Diagnostic and Therapeutic Journey
 - Prevention and Wellness

Not all pages have been updated – work in progress!

Patient and Family Resource Center

General and Family Health

General Health

Child and Teen Health

Women's Health

- Menopause

Men's Health

Senior Health

Family-Related:

- Fertility & Prenatal Screening
- Pregnancy & Childbirth
- Premature Babies
- Breastfeeding
- Parenting

Refugee and Immigrant Health

LGBT Health

Mental Health:

- Child & Teen Mental Health
- Adult Mental Health

Addiction:

- Addictions Among Youth
- Addictions Among Adults

Travel

Patient and Family Resource Center

SUBMENU

General Health

⌵

Disclaimer: This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

At the Jewish General Hospital

- Gynecology Oncology Health Information Service
- Hope & Cope

Montreal-Area

- McGill University Health Centre (MUHC) Patient Education Office
Includes specific guides on: "Cancer", "General Health", "Surgery" or "Children's Health" to see their guides
- Montreal Children's Hospital Family Resource Library
- Neuro-Patient Resource Centre (Montreal Neurological Institute and Hospital)
- Santé Montréal (Health and social services in Montréal)

To speak to a nurse or social social worker for a non-urgent health issue (24/7), call Info-Santé at 8-1-1

Quebec and Canada

- Quebec.ca (Provincial health information and services)
- Régie de l'assurance maladie du Québec (Provincial health insurance board)
 - List of medications covered by RAMQ (Basic prescription drug insurance plan)
- Health Canada
- Public Health Agency of Canada

US and Other International Sites

- MLA Top Health Websites (US Medical Library Association)
- FamilyDoctor.org (American Academy of Family Physicians)
- Healthline (HONcode certified consumer health website)
- MedlinePlus (US National Library of Medicine)
- Mayo Clinic (US Not-for profit academic medical centre)
- Centers for Disease Control and Prevention (US Public Health Institute)
- UpToDate (Evidence-based clinical decision support reference - *For Advanced Users*)

Page last updated on JUNE 27, 2019

Patient and Family Resource Center

- The PEN database and the Browse Websites pages are being updated regularly.
- To add patient education materials to the PEN Database or Browse Websites pages, please do not hesitate to contact the PFRC librarian at library.jgh@mail.mcgill.ca
- In addition to helping patients and family, the PFRC librarian also helps staff with the development of patient education materials.

Patient Education at JGH

<https://www.jgh.ca/care-services/health-sciences-library/patient-education-resources/>

+ Patient Education Resources

Submitting Patient Education Materials

Handbook: How to Create Effective Written Patient Learning Materials

Assessing Readability in English

Patient Education Disclaimer

Online Resources for Creating Patient Education Materials

Patient Education Resources

[Jewish General Hospital](#) > [Care & Services](#) > [Health Sciences Library](#) > Patient Education Resources

SUBMENU Patient Education Resources

- Patient Education Resources
 - What is Included?
 - How Do We Decide?
 - Need Some Help?

Welcome to our collection of consumer health materials!

In keeping with the JGH vision, the Patient Education Collection has made a commitment to supporting patient-centred care, which sees the patient acting as a partner in their care whose unique needs are heard and respected.

Several factors make it difficult to access reliable and up-to-date health information:

- lack of time
- too many deceptive or incorrect online sources
- lack of awareness of website quality indicators

The Patient and Family Resource Centre acts as an access point for health information that patients and their healthcare providers can rely on. Here are some of our offerings:

Patient Education at JGH

PEN Database:

Contains reliable sources selected by JGH librarians and includes material created by JGH specifically for their patients. It also has the potential to help minimize the duplication of effort and encourage interdisciplinary collaboration.

Health Information Service (InfoRx):

Personal meeting with the PFRC librarian to search for relevant online health information.

Services for staff:

- Assistance in the creation of educational materials for patients.
- [Editing for readability](#) service to improve the readability of educational materials for patients.
- Finding reliable sources of information (web links) that can be integrated into patient documents.
- Free 1-hour [training sessions](#) on "Finding information to share with patients" or "Creating effective educational materials for patients".

*To recommend material for the Patient Education Collection, please contact the **Patient and Family Resource Librarian** at 514-340-8222 extension 22391 or library.jgh@mail.mcgill.ca.*

For information about how to submit material, please go to the [Submission page](#).

5. Reminders

Reminders

- The Patient and Family Resource Librarian is available for one-on-one help (part-time):
Mary Kalogerakis 514-340-8222 ext. 22438
mary.kalogerakis.ccomtl@ssss.gouv.qc.ca
Tuesdays (all day), Wednesday (AM), Thursday (AM)
- Alternative contact information:
library.jgh@mail.mcgill.ca
514-340-8222 ext. 22391 (Julia Kleinberg)
- This presentation will be placed on the JGH website for future reference.

THANK YOU



CIUSSS CENTRE-OUEST MONTRÉAL
CIUSSS WEST-CENTRAL MONTREAL



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WEST-CENTRALMONTRÉAL



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