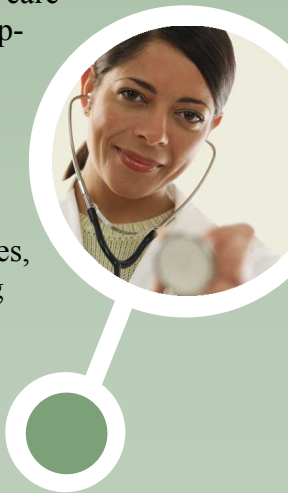


Additionally, through the *TexShare* databases, the TTUHSC Libraries have access to several databases dedicated to consumer health:

**Health Source - Consumer Edition** is a collection of consumer health information available to libraries worldwide. This resource provides access to full text, consumer health magazines, health-related pamphlets and 130 health reference books. Additionally, *Health Source: Consumer Edition* contains more than 4,500 Clinical Reference Systems reports (in English and Spanish); Lexi-PAL Drug Guide and Merriam-Webster's Medical Desk Dictionary.

**Health and Wellness Resource Center with Alternative Health** provides a resource for consumers and health care professionals covering topics both in traditional medicine and alternative and complimentary therapies. It provides access to a collection of books, journals, magazines, pamphlets, and streaming videos.

**Consumer Health Complete** is designed to support patients' information needs and foster an overall understanding of health-related topics. *CHC* provides content covering all areas of health and wellness from mainstream medicine to the many perspectives of complementary, holistic and integrated medicine.



*For patients who want to search the Internet to find reliable health information for themselves, suggest the following government sites which are all freely available on the Internet:*



([www.cdc.gov](http://www.cdc.gov)) is the official website of the Centers for Disease Control and Prevention. This is an excellent resource for infectious disease information (flu, measles, STDs) as well as other public health information (global pandemic, bioterrorism). Much of the website is available in Spanish and other languages.



([www.consumer.gov/health](http://www.consumer.gov/health)) is a “one-stop” link to a broad range of federal information resources available online. The “Health” category has subcategories to direct consumers to areas within individual federal web sites containing related information.



([www.medlineplus.gov](http://www.medlineplus.gov)) is a service of the National Library of Medicine and the National Institutes of Health. It pulls together quality health information from a variety of reputable sources, and includes information on drugs and supplements, an illustrated medical encyclopedia, interactive tutorials, health news, and much more. Most content is available in Spanish.



([www.cancer.gov](http://www.cancer.gov)) is the official website of the National Cancer Institute. Through the “Cancer Topics” one can find information on specific cancer types, treatments, coping with cancer, PDQ cancer information summaries – many of which have “patient” versions available. All web pages can be translated to Spanish through the “En español” tab.



TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER  
Libraries of the Health Sciences



## ***PATIENT EDUCATION RESOURCES***

Resources to help your patients “understand basic health information and services needed to make appropriate health decisions.”

***(Healthy People 2010)***

<http://www.ttuhscl.edu/libraries>



In the report *Healthy People 2010*, health literacy is defined as "the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions."

Materials for patient education are typically written at a 5<sup>th</sup> or 6<sup>th</sup> grade reading level, are often in question and answer format and have very simple illustrations to help graphically explain complicated medical procedures. Patient education materials are intended to be printed for patient distribution and often can be customized to include patient-specific instructions. Many of the materials are available in Spanish. The goal of patient education materials is to instruct patients at an appropriate literacy level and to help patients understand their illnesses and treatment recommendations. Ultimately, these materials can be used to change patient behavior, increase compliance with therapy and, thereby, improve health. To support this, patient education materials are available from many of the databases to which the TTUHSC Libraries have subscriptions.

**DynaMed** provides clinically-organized summaries for nearly 2,000 health topics. Most topics include a "Patient Information" section which includes links to non-profit associations' patient care handouts and citations to patient care guidelines that have been published in peer-reviewed journals.

**Essential Evidence Plus** includes a collection of more than 560 patient education handouts published by the American Academy of Family Physicians. The purpose of these handouts is to provide an easy to read, clearly understood, overview of common primary care illnesses and diseases, suitable for providing to patients. After doing a subject search, limit search results to "Patient Education Handouts" at the lower left corner of the screen.



includes nearly 10,000 handouts, covering conditions, treatments, and medications. About 30% of handouts are available in Spanish. The handouts are very specialized - there are multiple handouts for most conditions, each with customized information for different populations (e.g., children, teens, adults, or seniors). From the MD Consult homepage, click on the "Patient Education" tab to view the handouts.



patient handouts are in a separate area of the database called "CareNotes." The handouts are extensive and are organized into major categories: General Information; Pre-care; Inpatient Care; Discharge Care; Aftercare Instructions (ER); and DrugNotes. Also included is dental information, outpatient procedures and laboratory tests. All handouts are available in Spanish. From the **Micromedex** front page, select the "CareNotes System" button. Use the search box to search for topics, or use the tabs at the top to browse the available handouts.



provides a full set of patient education handouts covering all detailed evidence-based ingredient monographs. For each of the approximately 1,100 full monographs written for professionals, there is a corresponding patient education handout.



*Educate...*

*Increase compliance...*

*Improve health outcomes*