

## Resources

### **MedlinePlus** (in English and Spanish)

MedlinePlus brings together authoritative information from NLM, the National Institutes of Health (NIH), and other government agencies and health-related organizations, with extensive information about drugs, an illustrated medical encyclopedia, interactive patient tutorials, and latest health news. <http://medlineplus.gov> and <http://medlineplus.gov/spanish>

### **National Center for Complementary and Alternative Medicine**

NCCAM is the research center of the NIH focused on complementary and alternative medicine, including health systems, practices, herbs and other products that are not considered part of conventional medicine.

<http://nccam.nih.gov>

### **NIHSeniorHealth**

NIHSeniorHealth provides health topics of interest to older adults. Designed with the older user in mind, the site features tools to adjust font size, contrast, and even reads the text aloud.

<http://nihseniorhealth.gov/talkingwithyourdoctor/toc.html>

### **KidsHealth**

KidsHealth from the Nemours Foundation includes health information for kids, teens and parents, including information on talking with your child's doctor. Educators and librarians can also sign up for a bi-monthly email for free "KidsHealth in the Classroom" materials. From programs for preschoolers to teen health programming, there are materials for every age group.

<http://kidshealth.org>

<http://classroom.kidshealth.org>

### **BAM! (Body and Mind from the Centers for Disease Control)**

BAM! Body and Mind is an online destination for kids 9-13 years old, BAM! Body and Mind gives them the information they need to make healthy lifestyle choices. The site focuses on topics that kids told us are important to them — such as stress and physical fitness — using kid-friendly lingo, games, quizzes, and other interactive features. BAM! Body and Mind also serves as an aid to teachers and librarians, providing them with interactive, educational, and fun activities that are linked to the national education standards for science and health.

<http://www.bam.gov>

### **Drug Information Portal (National Library of Medicine)**

The NLM Drug Information Portal gives users a gateway to selected drug information from the National Library of Medicine and other key government agencies. Users may search for information on over 12,000 drugs from multiple sources simultaneously.

<http://druginfo.nlm.nih.gov/>

## Health Reference Boot Camp: Striving for Peak Performance

### DailyMed

DailyMed provides information about marketed drugs from FDA approved labels (package inserts).  
<http://dailymed.nlm.nih.gov/dailymed/about.cfm>

### Drugs.com (Pill Identification Tool)

The Drugs.com drug-information database is published by by four independent medical-information suppliers: Wolters Kluwer Health, Physicians' Desk Reference, Cerner Multum and Thomson Micromedex. The Pill Identification Tool allows users to search for pills by characteristics such as shape, markings and color.  
<http://drugs.com>

### DrugDigest (Interactions Checker)

DrugDigest is a consumer health and drug information site which is produced by Express Scripts, Inc. In addition to information on drugs, vitamins, and herbs, DrugDigest provides a Drug Interactions database, where users can get detailed information regarding potentially harmful drug interactions between two or more drugs.  
<http://www.drugdigest.org/>

### MedlinePlus Brochures

These tri-fold brochures are .pdf files available as free downloads:  
<http://nnlm.gov/training/resources/mptri.pdf> (English)  
[http://nnlm.gov/training/resources/mptri\\_esp.pdf](http://nnlm.gov/training/resources/mptri_esp.pdf) (Spanish)

### National Networks of Libraries of Medicine, Pacific Southwest Region (NN/LM PSR)

The NN/LM PSR website is packed with information and resources. Through the Quick Links section on the home page, users can access additional free brochures for printing. The website also provides access to training materials, information about the benefits of becoming a network member, funding opportunities and much more.  
<http://nnlm.gov/psr>

### National Institutes of Health – Institutes and Research Centers

NIH Institutes produce numerous excellent publications, most of which are available for free as a download or by ordering a print copy. This link provides a listing of all the Institutes and Research Centers. By becoming familiar with the different Institutes, librarians will be able to find and order relevant publications to augment their collections, or to provide as handouts for patrons.  
<http://nih.gov/icd/>

**Search tip:** Use Google's advanced search capabilities to find publications. For instance, if you needed a publication on mental health topics for teens, you could try a simple search string like this:

site:nih.gov publications "mental health" teens

This requires the results to come from only NIH sites (you can also be more specific if you know the Institute, such as *nimh.nih.gov*). It also looks for publications with the key words mental health and teens. This search string is generated when using the advanced search boxes, so the search can be performed either way.

### Additional Resources: Health Reference Interview

#### **NN/LM's HealthInfoQuest Reference Interview Resources**

The Health InfoQuest site contains several links to good resources for best practices for conducting the health reference interview.

[n.nlm.gov/healthinfoquest/help/interviews.html](http://n.nlm.gov/healthinfoquest/help/interviews.html)

#### **Videos: The Librarian Is In: Facing Modern Consumer Health Issues in the Public Library**

*The Librarian Is In* is intended to help librarians in the public library setting deal with consumer health questions they may encounter in their libraries. However, it would also be useful for librarians in any setting who deal with consumer health questions. Five scenarios on the topics of doctor credentials/questionable doctors, dealing with emotional customers, cancer treatment, alternative medicines, and drugs are covered. Each scenario demonstrates an interaction between a librarian and a customer asking for help. Various print and Web resources are mentioned by the characters as well as by the narrator. The narrator summarizes important information to remember at the end of each vignette.

<http://iconlibrary.org/liblinks/hhqvideo.html>