

# Technology And Health 2.0

Kelli Ham, MLIS  
NN/LM Pacific Southwest Region

An Infopeople Webinar  
October 20, 2011

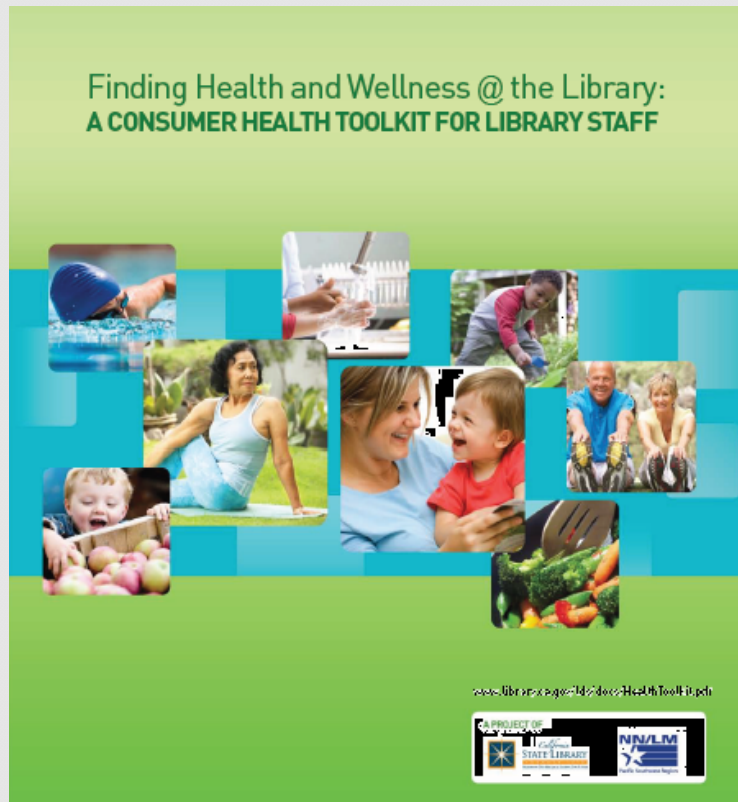
# Objectives

- Be aware of types of mobile devices
- Understand the differences between apps and mobile sites
- Be knowledgeable of authoritative mobile health and wellness resources for patrons
- Be familiar with the use of social networking for health information

# Agenda

- Introductions
- The mobile universe – devices, apps, content
- Mobile health and wellness resources
- Evaluating mobile resources
- The patron equation and library services

# Consumer Health Toolkit



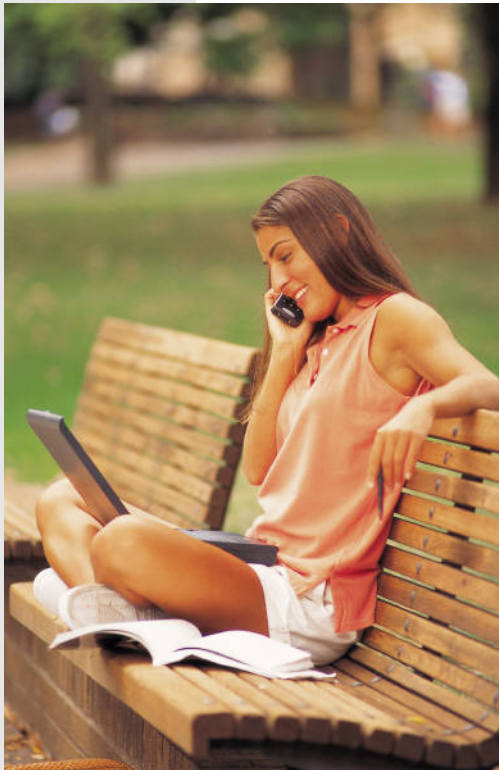
- Developed in partnership with the California State Library
- PDF available for download
- Technology and Health 2.0 section on pages 71-77

[www.library.ca.gov/lds/docs/HealthToolkit.pdf](http://www.library.ca.gov/lds/docs/HealthToolkit.pdf)

# Definitions

- Mobile device
  - Smartphone, tablet, iPad, iTouch, PDA
- Mobile medical device/ mHealth
  - Devices and systems used by medical personnel to gather, transmit or analyze data or information
- Mobile app
  - Software that is downloaded to a device
- Mobile site
  - website designed for display on a small screen

What's in your pocket,  
purse, briefcase or on your lap?



Poll - Please indicate any of the following devices you own:

- iPhone
- Android phone
- Other type of smartphone
- iTouch
- iPad
- Tablet
- PDA or Window CE device
- Kindle, Nook or other e-reader
- Other
- I don't own a mobile device

# Trends In the Use of Mobile Devices for Health Information

- Growing trend, particularly among certain populations
- Some users are skipping the computer for Internet access altogether
- Apps and mobile sites are complementing traditional websites



# What is Happening in Your Library?

- Are your users using mobile devices now to access library materials or reference content?
- What about e-readers?
- Do you see changes in library services due to the use of mobile devices and e-readers?

## Finding Quality Health Apps and Mobile Sites of Interest to Library Users

- National Library of Medicine
- Other government sites, such as the CDC and the Veterans Administration
- Directory of apps and sites at USA.gov
- Non-government, commercial offerings



Gallery of Mobile Apps and Sites

National Library of Medicine

**Emergency Preparedness and Response**  
Safely stabilizing library collections in a water emergency

[How to Respond to Water Emergencies](#)  
steps to be taken

[Recovery Procedures](#)  
by material to be recovered

[Health and Safety](#)  
information on mold and asbestos

[Resources](#)  
glossary, diagrams

Category - Mobile Phones  
Mobile Optimized Site

Launch Mobile Site

**Water Emergency Response for Libraries**

Covers basic steps on what you should do after a water emergency in your library or cultural heritage institution. Includes material-specific instructions as well as health and safety links.

PubMed.gov Search

Search term

Welcome to PubMed Mobile Beta.

PubMed comprises more than 20 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher websites.

[Standard PubMed](#) [NLM/NCM/NCBI](#) [Copyright](#) [Help](#)

Category - Mobile Phones  
Mobile Optimized Site

Launch Mobile Site

**PubMed Mobile Beta**

Provides a simplified, mobile-friendly Web interface to access PubMed. PubMed contains millions of article citations from thousands of biomedical journals. Many citations include abstracts.

MedlinePlus  
U.S. National Library of Medicine

Search MedlinePlus

Go

español

**Health Topics**  
Conditions, diseases and wellness

**Drugs**  
Prescription and over-the-counter medicines

**Dictionary**  
Look up spellings and definitions of medical words

**Current Health News**  
Series May Offer Sweet Protection Against Parkinson's Disease

Category - Mobile Phones  
Mobile Optimized Site

Launch Mobile Site

**MedlinePlus Mobile**

Authoritative consumer health information from MedlinePlus.gov in a mobile-optimized Web site that includes summaries for over 800 diseases, conditions and wellness topics as well as the latest health news, an illustrated medical encyclopedia, and information on prescription and over-the-counter medications. Available in the browser of any mobile device.

DailyMed

Search by Drug Name or NDC Code:

Q

GO

About DailyMed

Browse Labels

Category - Mobile Phones  
Mobile Optimized Site

**DailyMed**

Provides high quality information about marketed drugs, including FDA labels (package inserts).

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

# Free Content for **Emergency Responders**, **Health Professionals**, and **Consumers**

## Apps

- ✓ Wireless System for Emergency Responders (WISER)
- ✓ ✓ Radiation Emergency Medical Management (REMM)
- ✓ ✓ AIDSinfo HIV/AIDS Glossary
- ✓ ✓ Health Hotlines
- ✓ ✓ Reunite
- ✓ Embryo

## Mobile Sites

- ✓ Water Emergency Response for Libraries
- ✓ PubMed Mobile Beta and PubMed® for Handhelds
- ✓ ✓ DailyMed
- ✓ MedlinePlus Mobile
- ✓ AIDSinfo Mobile

# Same Resource, Different Formats

## MedlinePlus.gov

The screenshot shows the desktop version of the MedlinePlus.gov website. At the top, the MedlinePlus logo is displayed with the tagline "Trusted Health Information for You". Below the logo, there is a search bar and navigation links for "About MedlinePlus", "Site Map", "FAQs", "Contact Us", and "ESPAÑOL". A main banner features a photograph of a doctor and a patient, with the text "Have a doctor appointment? Find out how to make the most of your visit on our Talking With Your Doctor page." Below the banner are three green navigation buttons: "Health Topics", "Drugs & Supplements", and "Videos & Cool Tools". The page is divided into several sections: "MEDICAL DICTIONARY" with a search bar, "POPULAR SEARCHES" listing terms like asthma, diabetes, and vitamin d, "About your Health" with sub-sections for General, Seniors, Men, Women, and Children, "Health News" with a "01 SEP" badge and a headline about DASH diet, "Stay Connected" with an email sign-up form, and "FEATURED SITE" highlighting hurricane preparedness information. At the bottom, there are social media icons and a "MULTIPLE LANGUAGES" button.

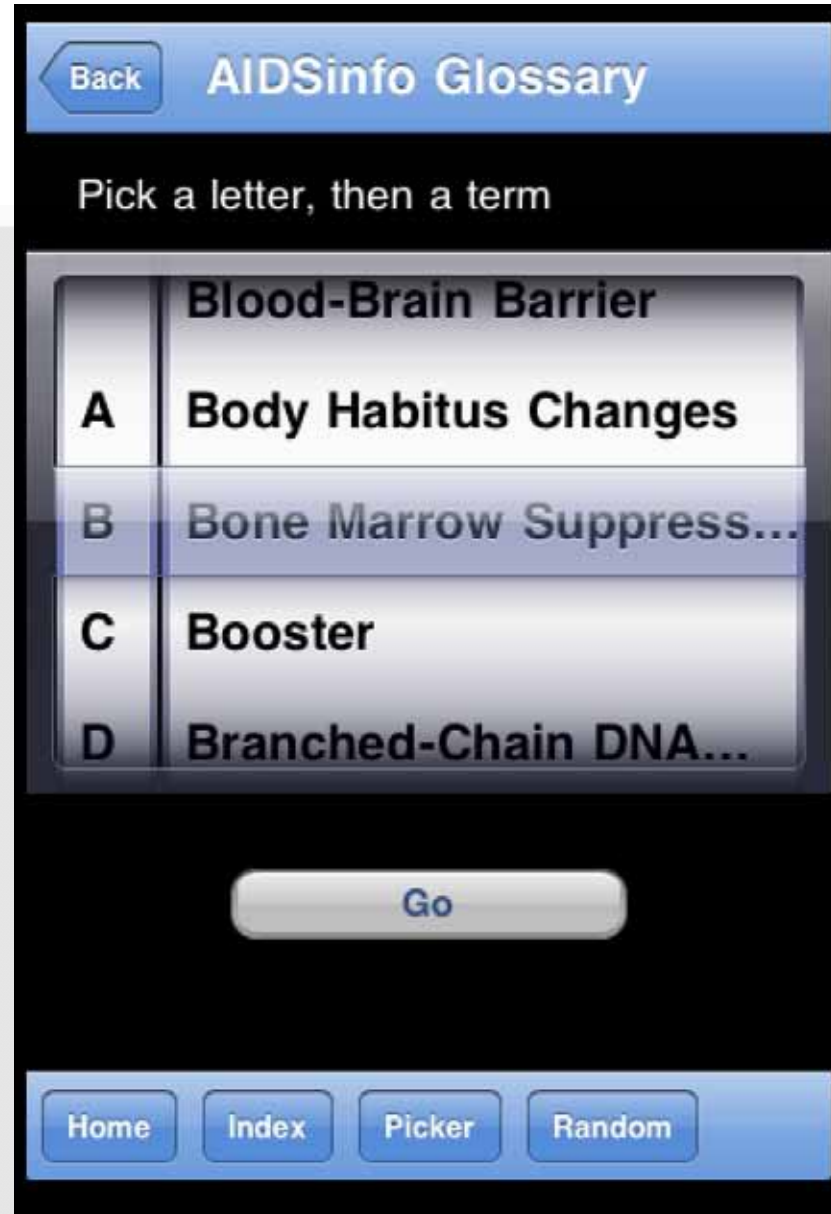
## MedlinePlus Mobile



# AIDSinfo

## HIV/AIDS Glossary App

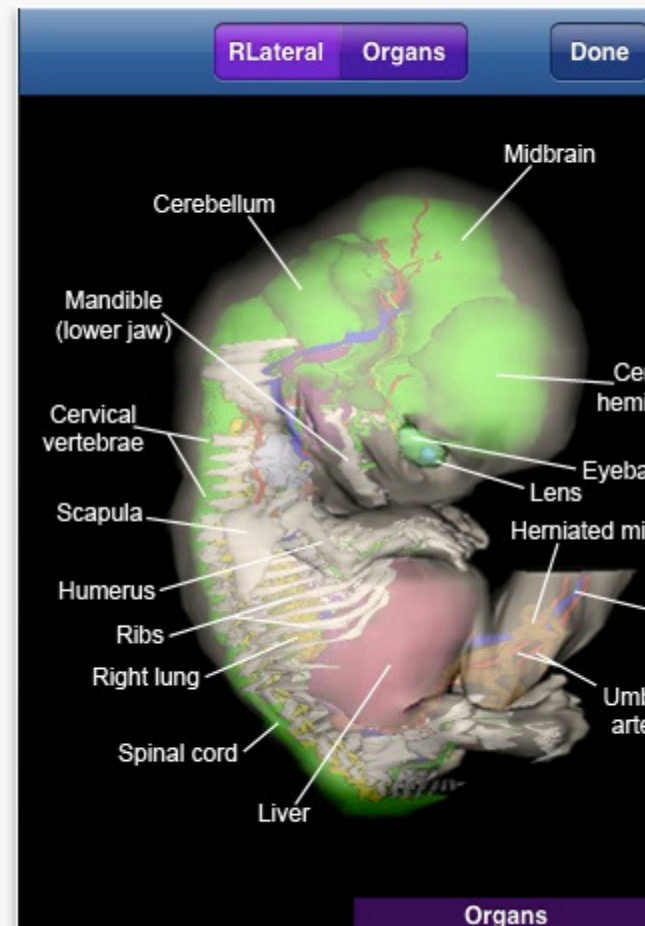
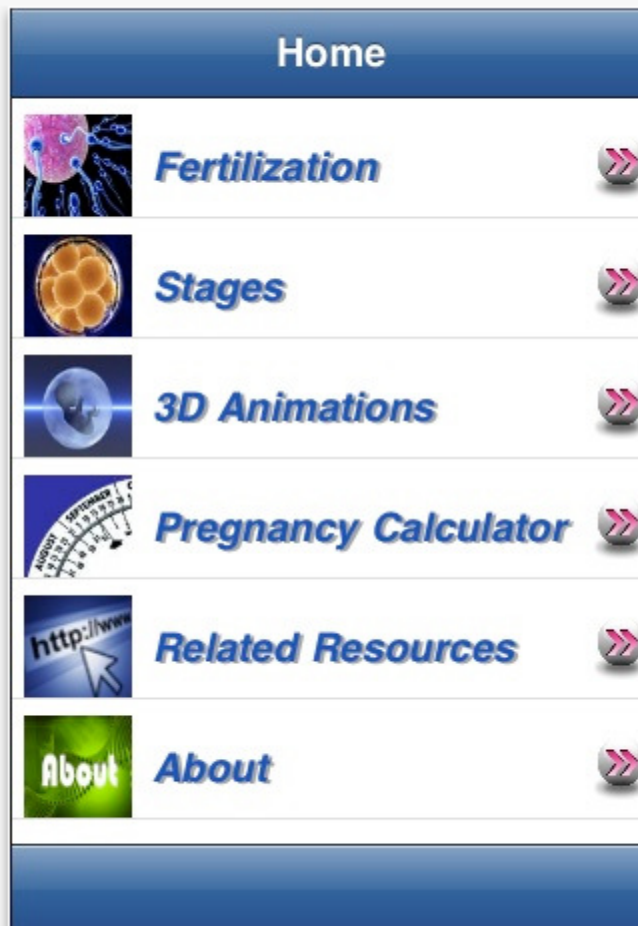
Used by both  
consumers and  
clinicians



# Embryo App

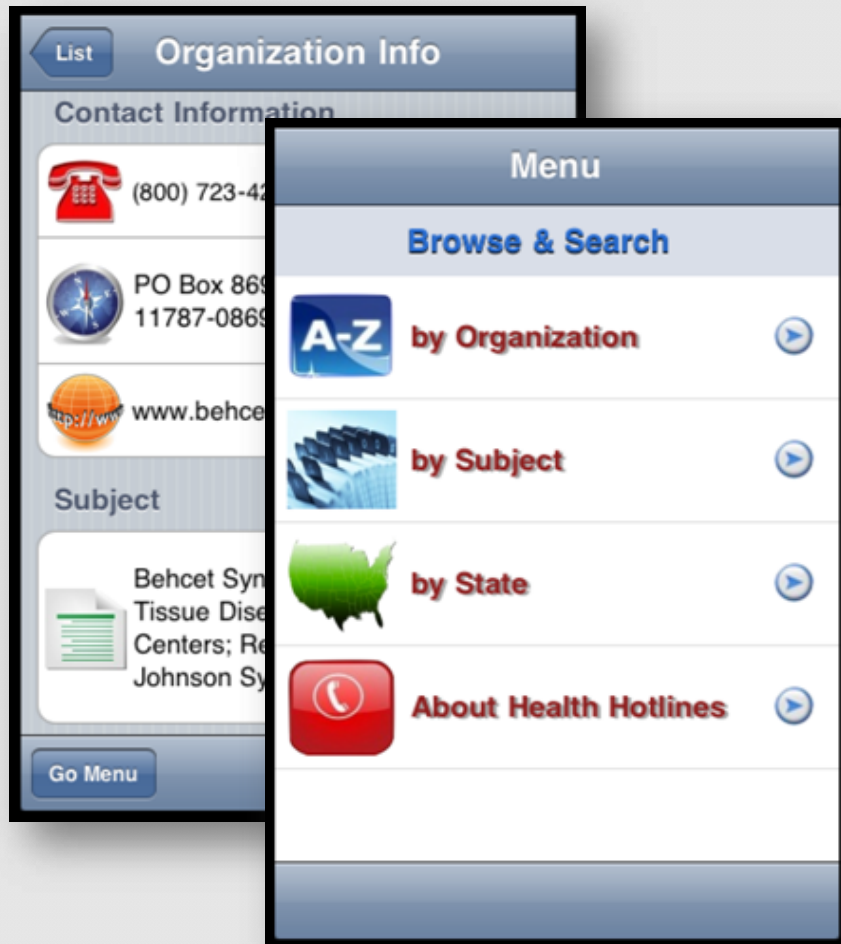
## Visual Exploration of Human Embryo Development

### iPhone Screenshots





# Health Hotlines App



Directory of health-related organizations that have 1-800 numbers

(from DIRLINE)

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



# Emergencies and Disasters



# Flood! Water damage to library collection – what do you do?

## Emergency Preparedness and Response

Safely stabilizing library collections in a water emergency

### How to Respond to Water Emergencies

*steps to be taken*

### Recovery Procedures

*by material to be recovered*

### Health and Safety

*information on mold and asbestos*

### Resources

*glossary, diagrams*

### Videos

*of recovery procedures*

### Disclaimer

Mobile Site:  
Water Emergency  
Response for Librarians

# PubMed Mobile

PubMed.gov Search

aortic aneurysm therapy

Search Results (28236)

Filter by [Free Full Text](#) or [Review](#)

[Abdominal aortic aneurysm: A comprehensive review.](#)  
Aggarwal S, et al. Exp Clin Cardiol. 2011  
Free full text

[Thoracic Aorta Pseudoaneurysm with Hemopericardium: Unusual Presentation of Warfarin Overdose.](#)  
Tien YC, et al. J Occup Med Toxicol. 2011  
Free full text

[Endovascular Stent-Graft Repair of a Tuberculous Mycotic Aortic Aneurysm.](#)  
Han DK, et al. Ann Vasc Surg. 2011

# PubMed for Handhelds

## National Library of Medicine

The world's largest medical library

## PubMed for Handhelds

[go.usa.gov/xFb](http://go.usa.gov/xFb)

- [PICO](#) search  
Patient, Intervention, Comparison, Outcome
- [askMEDLINE](#)  
free-text, natural language search
- [Consensus Abstracts](#) \*New
- MEDLINE/PubMed  
Search [MEDLINE/PubMed](#)  
Read [Journal Abstracts](#)
- [Disease Associations](#)  
Search case reports for disease associations

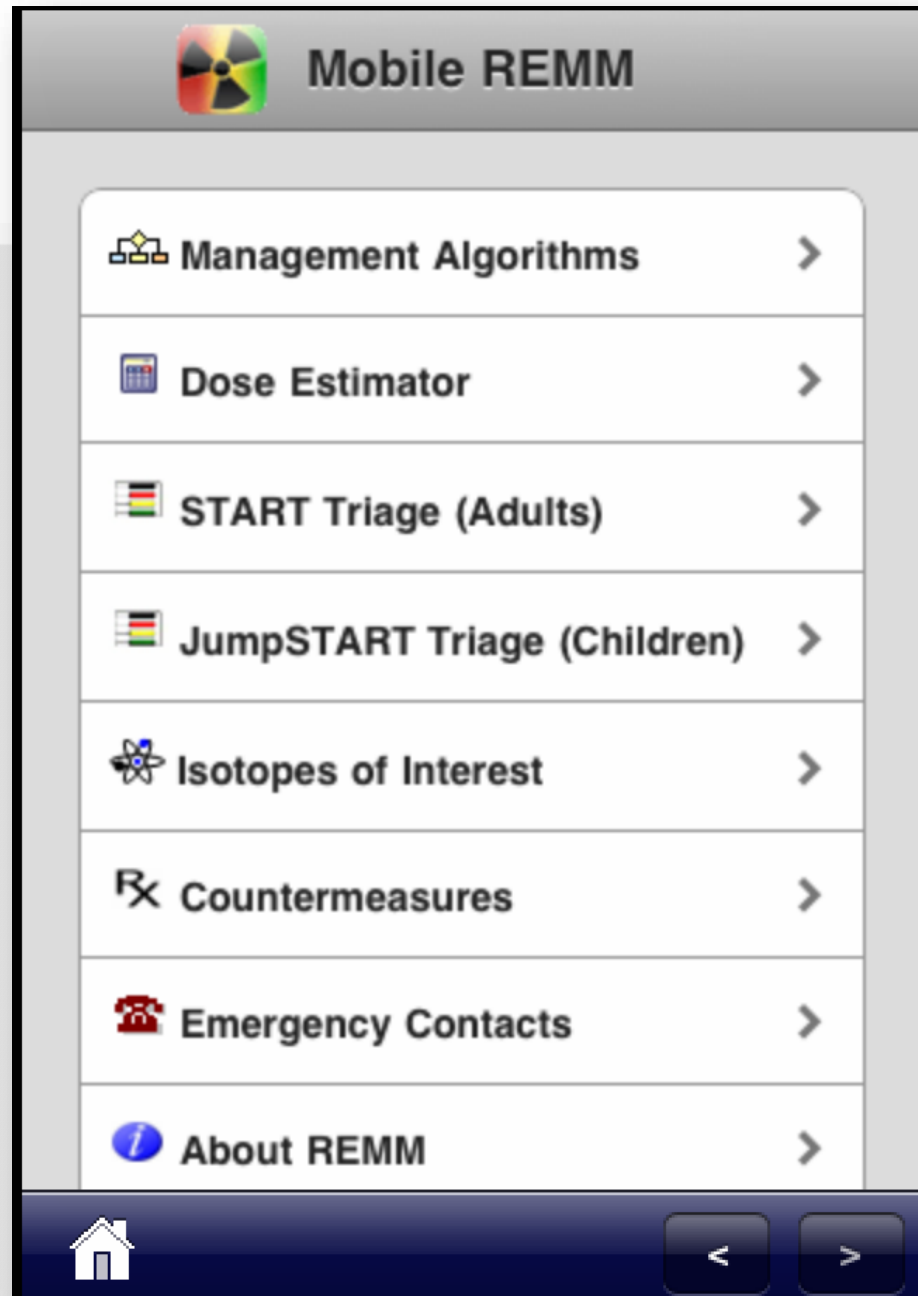
[Disclaimer](#) | [Privacy](#) | [Feedback](#) | [NLM mobile](#)

# Radiation Emergency

What to do?

## Mobile REMM App

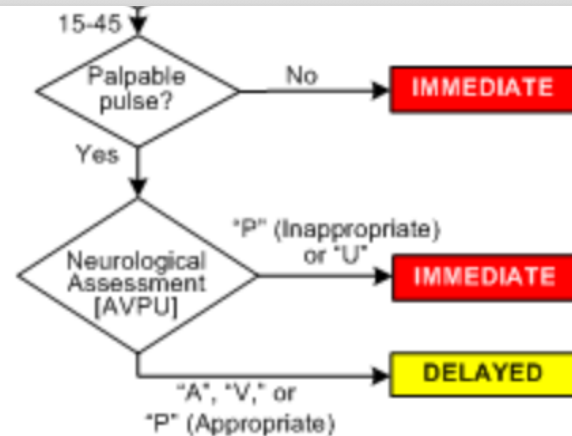
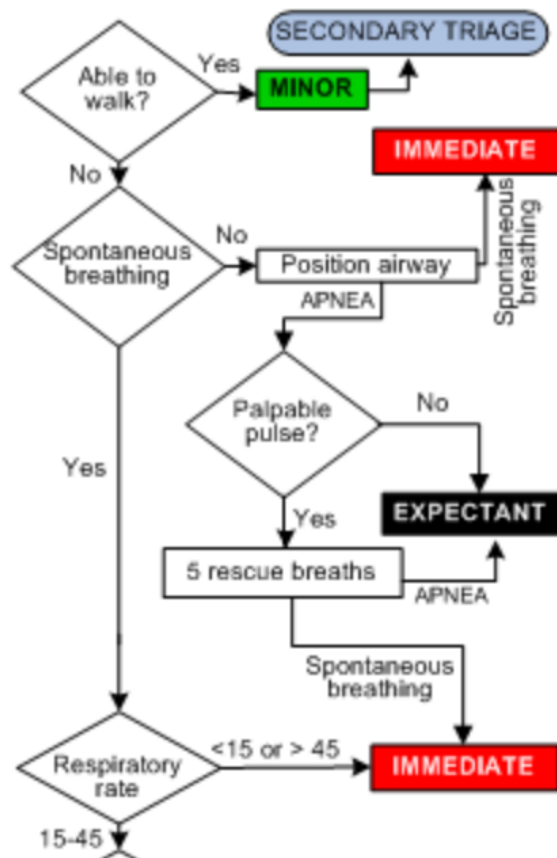
(Radiation  
Emergency Medical  
Management)



Back

## Mobile REMM

### JUMPSTART Triage Algorithm (Children)



Adapted from <http://www.jumpstarttriage.com>

### Neurological Assessment

A - Alert

V - Responds to verbal stimuli

P - Responds to painful stimuli

- Appropriate - e.g., withdrawal from painful stimulus
- Inappropriate - e.g., posturing

U - Unresponsive to noxious stimuli

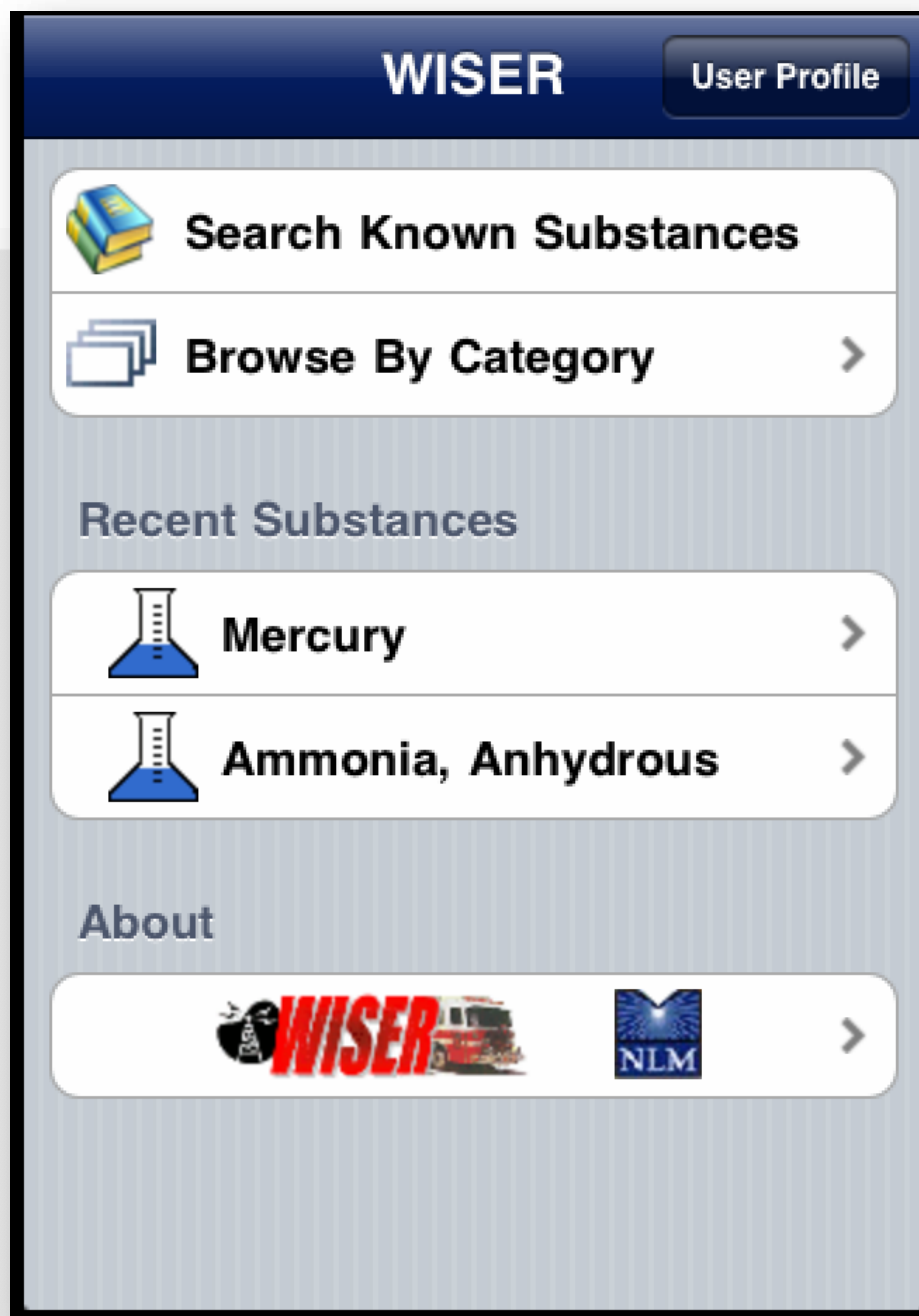
[Conventional triage categories definition](#)



# Hazardous Spill

What is it?

**WISER App**  
(Wireless System for  
Emergency Responders)



# Apps.USA.gov

[Home](#) | [FAQs](#) | [Site Index](#) | [E-mail Us](#)



[Get E-mail Updates](#) | [Contact](#)



SEARCH APPS

1-800-FED-INFO (333-4636)

## Mobile Apps

(Accessible Format)

[E-mail Alerts](#)

[Este tema en español](#)

The government apps and mobile sites allow you to access official information on various topics from the palm of your hand. [Learn more about apps.](#)

Sort: [Featured](#) | [Post Date](#) | [Alphabetical](#) | [All Apps](#)

### National Hurricane Center Mobile Site

Access critical hurricane advisories.

[Learn More](#) »



### My TSA

Travel wisely with this mobile app from the TSA.

[Learn More](#) »



### USAJOBS

Information and services on USAJOBS from U.S. Office of Personnel Management.

[Learn More](#) »



### Product Recalls

Stay informed, stay safe, check for product recalls.

[Learn More](#) »





# Your Online Resource for Recalls

Consumer Products

Motor Vehicles

Boats

Food

Medicine

Cosmetics

Environmental Products

**Recent Recalls**

To provide better service in alerting the American people to unsafe, hazardous or defective products, six federal agencies with vastly different jurisdictions have joined together to create www.recalls.gov -- a "one stop shop" for U.S. Government recalls.

**Search for Recalls**

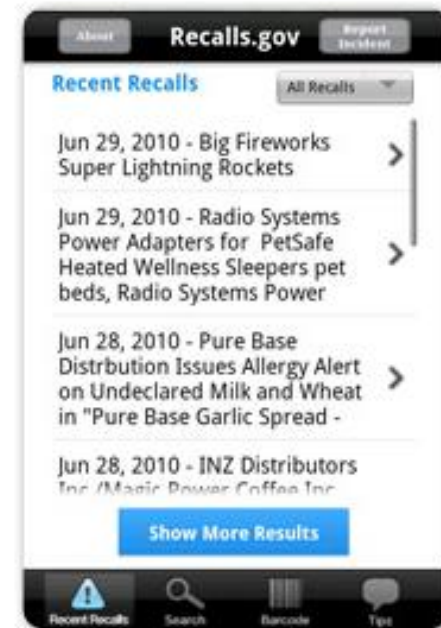
Follow the tabs above to obtain the latest recall information, to report a dangerous product, or to learn important safety tips.

**Sign Up for E-Mail**

### Recalls on the Go

**Información en Español**

When you're buying and using products, safety comes first. And now, with this product recalls application, you have vital safety information available whenever and wherever you need it - right on your mobile phone, thanks to the [RECALLS.GOV mobile application](#).



Whether you're at your child's day care center or a yard sale, whether you're at a store or at home, you can now type a product's name into your phone and learn immediately whether that product has been recalled because of a safety concern. You can also see photos of recalled products and learn what to do with recalled products in your homes.

Stay informed, stay safe, check for product recalls.







Your Online Resource for Recalls

Consumer  
Products

Motor  
Vehicles

Boats

Food

Medicine

Cosmetics

Environmental  
Products

Recent  
Recalls

Search for  
Recalls

Sign Up  
for E-Mail

Información  
en Español



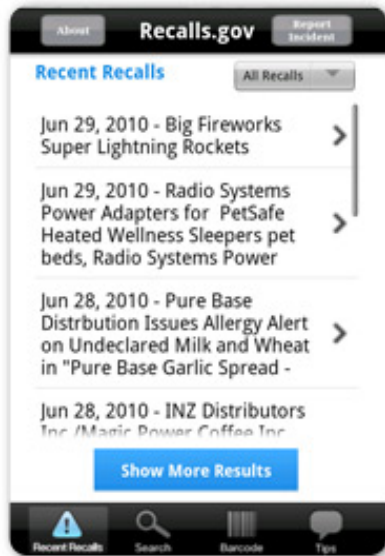
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# Recalls.gov - Website, Android App, and Mobile Web



## Product Recalls

Check food, drug, car, and product recalls from across the federal government.

**Android**  
Download Now

**Mobile Web**  
[www.recalls.go...](http://www.recalls.gov...)

*Note: To install the Recalls.gov App on an Android device outside of Android's App Market, you will need to enable Unknown Sources. On your Android phone, go to Settings > Application Settings and check the Unknown Sources checkbox. After the Recalls.gov App is downloaded and installed, you may uncheck the Unknown Sources checkbox.*

When you're buying and using products, safety comes first. And now, with this product recalls application, you have vital safety information available whenever and wherever you need it — right on your mobile phone.

# PTSD Coach

App developed for  
vets to help manage  
Post Traumatic  
Stress Disorder



# Health Apps, Sites and Services Outside the .gov Domain

- Some good, some questionable
- Apps and sites available for every imaginable use – reference, tracking, coaching, reminding, sharing
- Ever-changing landscape

# Text4Baby.org

[Home](#)[About](#)[Partners](#)[News](#)[Contact](#)

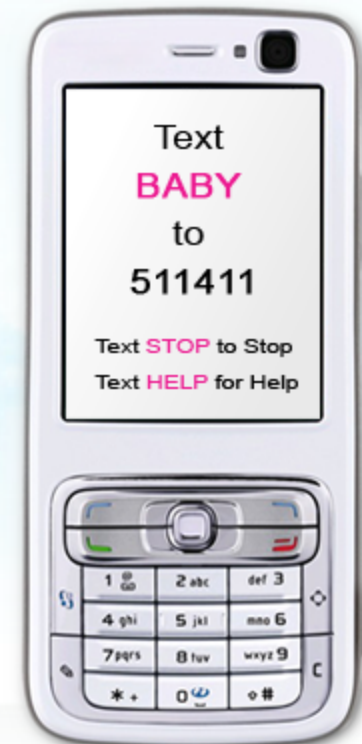
She's One Smart Mom, She's Got **text4baby**

Text **BABY** to 511411

Envia **BEBE** al 511411 para Español

Get **FREE** messages each week on your cell phone to help you through your pregnancy and your baby's first year.

Text4baby is an educational program of the National Healthy Mothers, Healthy Babies Coalition.

[Click 2 Register](#)[How it Works](#)[FAQs](#)

# Other Health and Wellness Apps



# Like Having a Personal Trainer

Apps can help people track their workouts, set goals and try new things. The best ones have a website that syncs with data entered on other devices. Some are free, some you buy.

- [HundredPushups.com](http://HundredPushups.com)
- [SportyPal.com](http://SportyPal.com)
- [Stretch Guru](#)
- [Daily Yoga](#)



# Diet and Activity Tracking

- Weight Watchers Mobile and full app
  - some free content, much more for members
- MyFitnessPal
  - Free app and website: Set goals, track calories, exercise, generate reports, build food database, share with friends, participate in community
- Livestrong
  - Similar to above, free and pay versions
- Many others



# Health and Medical

- Medication reminders
- Blood pressure tracker
- Blood glucose and diet diary
- Migraine trigger journal
- Chemo treatment diary
- First aid reference for people and pets

# Example - Tracking Glucose

© 2008-2011 SkyHealth LLC

Rated 4+

Requirements:  
Compatible with iPhone, iPod touch, and iPad.  
Requires iOS 3.0 or later

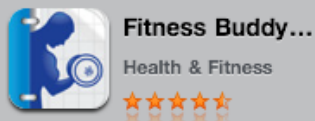
[Developer Web Site](#)

[App Support](#)

## Top In-App Purchases

- 1 BP + WT add-on \$3.99
- 2 Multi-Device Cr... \$12.99
- 3 No Ads add-on \$3.99

More iPhone Apps by  
oneAppOneCause



- Integration w/ CalorieTrack, a full featured calorie/nutrition & exercise app to make logging food and activities much easier. (over 100,000+ food items, 200+ exercise activities and the ability to create custom items for food and activity)
- Graph Food & Activity against your BG values!...



# Example for Diabetic Kids

The image displays four screenshots of the 'Lenny's Food Guide' app interface, which is designed for diabetic children. The app features a cartoon lion character named Lenny and is developed by Medtronic.

**Screenshot 1: Home Screen**  
Title: Carb Counting With Lenny!  
Main heading: Lenny's FOOD GUIDE  
Action: PLAY ALL THE CARB GAMES!  
Buttons: WHY COUNT CARBS?, WHO IS Lenny?  
Footer: Medtronic, CONTACT US

**Screenshot 2: Food Guide**  
Title: Lenny's FOOD GUIDE  
Categories: Starches, Fruit/Veg, Dairy, Meats & Fats, Other  
Grid of food items: pasta, chocolate, cupcake, soda, donut, burger, sandwich, tomato, apple, jam, juice, cereal, milk, nuts, meat, cookies.  
Action: ADD A FOOD ITEM

**Screenshot 3: Game Menu**  
Title: PLAY ALL THE CARB GAMES!  
Game options:  
● Carb or No Carb?  
● Compare the Carbs!  
● Guess the Carbs!  
● Build a Meal!  
Score: HIGH SCORE: 0  
Footer: Lenny Contests and Cool Prizes, Medtronic, CONTACT US

**Screenshot 4: Compare the Carbs Game**  
Title: COMPARE THE CARBS  
Score: SCORE: 0  
Question: Which item has more carbs?  
Option 1: Macaroni and cheese (Serving size = 1 cup)  
Option 2: OR Hamburger bun (Serving size = 1 bun)  
Score: 3

# What's On Your Device?

- Please use the chat box to share the names of some good apps or sites you personally use and why you like it.



Remember – You can use many of these tools using a computer, even if you don't have a mobile device!

# Finding Apps by Operating System

- Android operation system
  - Android Marketplace
  - Amazon Appstore for Android
- Apple: iPad, iPhone, iTouch
  - iTunes Store
  - MacWorld AppGuid
- Blackberry phones
  - BlackBerry App World

# Should You Download That App?

- Look for clues - is there a track record, user reviews and feedback?
- Does the developer have a website? Check it out and apply quality criteria.
- Is there a fee? Better to try free version or free trial before shelling out the dough!
- Does it provide something unique or useful to have on a mobile device?

# Evaluation Recap

- Trustworthy developer/publisher
- User reviews
  - iTunes, Android Marketplace, PCWorld, CNet, many others
- Content
  - Appropriate for needs/use
  - Current, accurate, non-biased
- Cost
  - Check out trial or free versions if available first

## Sports Nutrition Secrets By AppWarrior

[View More By This Developer](#)

Open iTunes to buy and download apps.

[View In iTunes](#)

**\$0.99**

Category: [Health & Fitness](#)

Released: Jun 26, 2010

Version: 1.0

iOS 4.0 Tested

Size: 0.2 MB

Language: English

Seller: NAY MIN THU

© AppWarrior

[Rated 4+](#)

**Requirements:** Compatible with iPhone, iPod touch, and iPad.  
Requires iOS 2.0 or later

### Customer Ratings

We have not received enough ratings to display an average for the current version of this application.

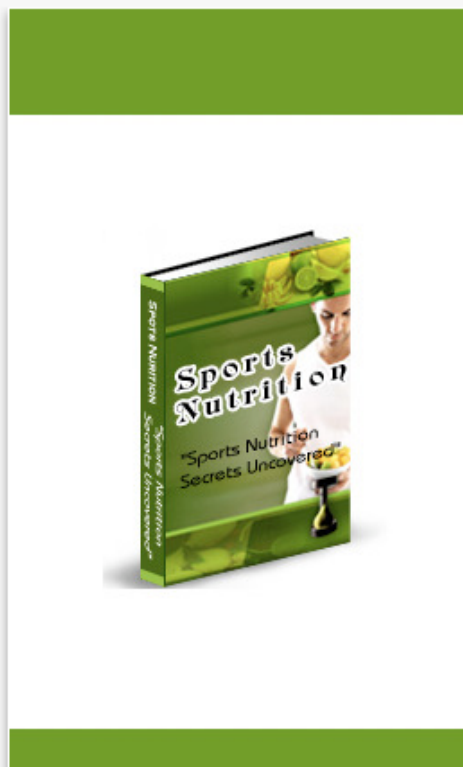
### Description

You're About To Uncover What The #1 Key Is To Sports Nutrition And Exactly What Sports Nutrition Is And How It Can Help You, No Matter How Much Time You Have Had To Prepare!

[AppWarrior Web Site](#) > [Sports Nutrition Secrets Support](#) >

[...More](#)

### iPhone Screenshots



### Sports Nutrition Secrets

**Chapter 1: Introduction**

**Chapter 2: What Is Sports Nutrition?**

**Chapter 3: Hydration Is Key**

**Chapter 4: Fueling Your Body**

**Chapter 5: Carbohydrates Role**

**Chapter 6: The Need For Protein**

**Chapter 7: The Story With Fats**

**Chapter 8: Meal Planning For You...**



# Some Clues

## iTunes Preview

What's New

### Sports Nutrition Secrets By AppWarrior

Open iTunes to buy and download apps.



[View In iTunes](#)

**\$0.99**

Category: [Health & Fitness](#)

#### Description

You're About To Uncover What The #1 Key Is To Can Help You, No Matter How Much Time You H

[AppWarrior Web Site](#) > [Sports Nutrition Secrets](#)

#### iPhone Screenshots



#### More iPhone Apps by AppWarrior



101 Crock Pot Recipes

[View In iTunes](#) >



Acne Tips

[View In iTunes](#) >



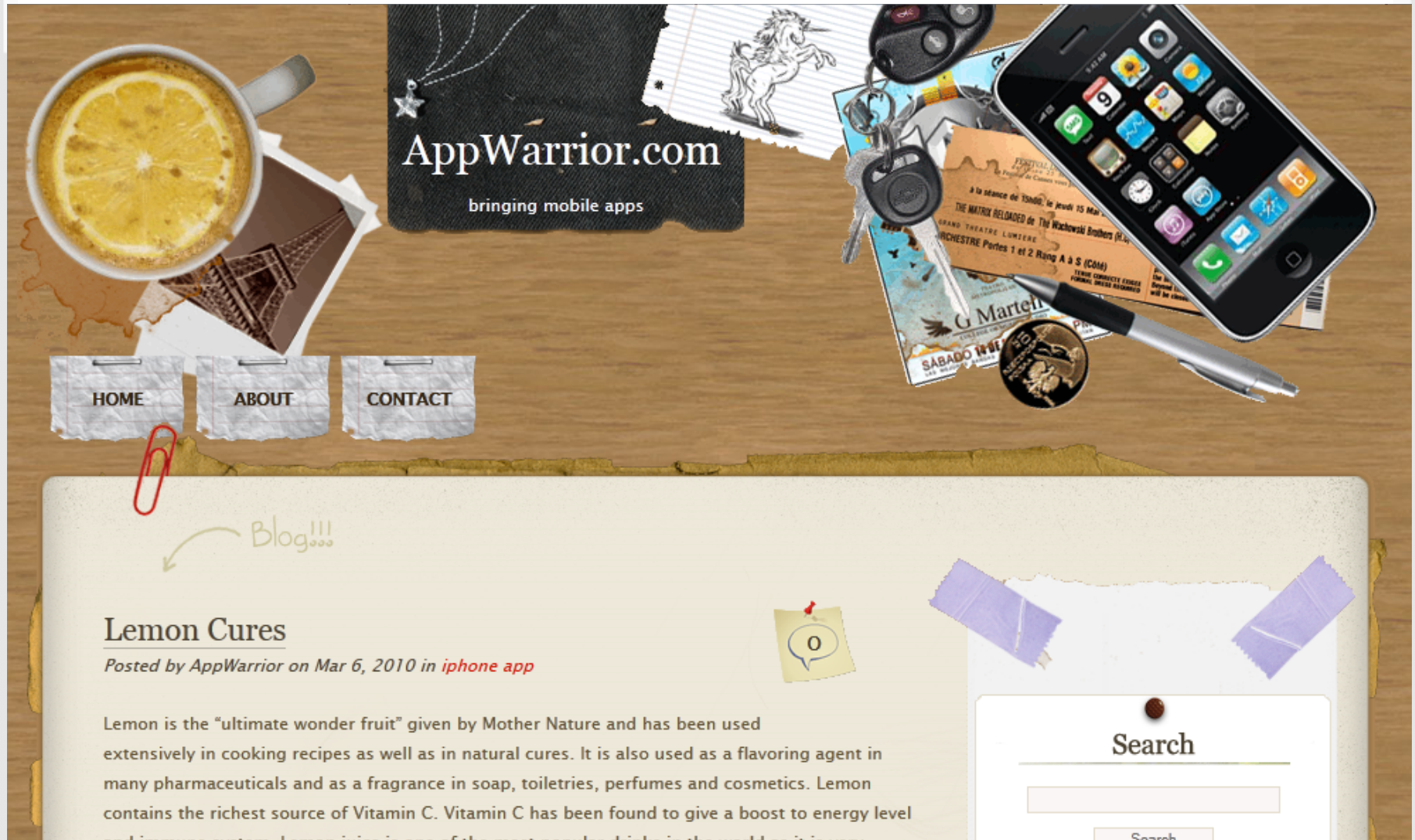
How to Pick up Girls - Bible

[View In iTunes](#) >

## Customer Ratings

We have not received enough ratings to display an average for the current version of this application.

# Developer Website



Lemon juice is one of the most popular drinks in the world as it is very healthy, tasty and low cost.

In this app, you will find how you can cure the following diseases with lemon:

- Acne
- Alzheimer's and Dementia
- Anxiety
- Arthritis, Gout and Rheumatism
- Asthma
- Bad Breath
- Bloating
- Calluses and Corns
- Cellulite
- Cold and Flu
- Diarrhea
- Eczema (Skin Rash)
- Fatigue
- Gum Disease
- Hangover and Headache
- High Blood Pressure
- High Cholesterol
- Insect Bite



I've seen enough; I'm outta here!

# Fraud Happens

For Release: 09/08/2011

## **"Acne Cure" Mobile App Marketers Will Drop Baseless Claims Under FTC Settlements**

Marketers who advertised that their **smartphone applications could treat acne** have **agreed to stop making baseless claims** in order to settle FTC charges. The mobile applications, commonly referred to as "apps," were sold in Apple's iTunes Store and Google's Android Marketplace. The settlements in two separate cases would **bar the marketers from making certain health-related claims without scientific evidence.**

"Smartphones make our lives easier in countless ways, but **unfortunately when it comes to curing acne, there's no app for that,**" said FTC Chairman, Jon Leibowitz.

6:11 PM 96%

iPhone Medical App Reviews Sorted by Editor's Rating | PCWorld

www.pcworld.com/appguide/browse.html?...

PCWorld News Reviews How-To's Downloads Shop & Compare Apps Business Center Search Sign in | Join Us | Newsletters

Sign in with or Create a New Account.

Follow us: Feeds & Newsletters

AppGuide iPhone app reviews from our editors—and you! Discover 311394 iPhone apps Search

Android Apps iPhone Apps

Now Browsing Medical

Too few results? You can remove a filter by clicking on the "X" next to the filter name, or remove all filters.

Select from the list below to refine your search.

Medical Genres

- All Medical
- Books
- Business
- Education
- Entertainment
- Games
- Healthcare & Fitness
- Lifestyle
- Music
- Navigation
- News
- Photography
- Productivity
- Reference
- Social Networking
- Sports
- Travel
- Utilities
- Weather

Cost

- Free
- less than \$1
- less than \$5
- less than \$10
- less than \$20

Age Restrictions

- 4+
- 9+
- 12+
- 17+

Compatibility

- iPhone (original)
- iPhone 3G

1 - 15 of 1630 Medical App

Sort by A.Z. New Rating User Rating On Sale Updated Price Click to compare

App Icon	App Name	Category	PCWorld Review	User Reviews	Price	GET IT
	Epocrates	Medical	★★★★★	42218 user reviews	Free	GET IT
	Pet First Aid: for Your Dog, Cat, Puppy, or...	Healthcare & Fitness	★★★★★	175 user reviews	\$3.99	GET IT
	Police Radio - Mobile Police Scanner	News	★★★★★	6437 user reviews	\$1.99	GET IT
	ResQr First Aid & CPR Coach	Healthcare & Fitness	★★★★★	20 user reviews	\$3.99	GET IT
	Emergency Radio - The Ultimate Police, Fire,...	Medical	★★★★★	10721 user reviews	\$2.99	GET IT
	Eponyms	Medical	★★★★★	119 user reviews	\$1.99	GET IT
	pzizz energizer	Healthcare & Fitness	★★★★★	772 user reviews	\$9.99	GET IT
	My Med ID	Medical	★★★★★	26 user reviews	\$0.99	GET IT
	Pocket First Aid & CPR from the American...	Healthcare & Fitness	★★★★★	1026 user reviews	\$3.99	GET IT
	Total Baby	Medical	★★★★★	1341 user reviews	\$4.99	GET IT
	CPR Buddy	Medical	★★★★★	...	...	...

Apps On Sale Now

- Cholesterol Coach Healthcare & Fitness \$0.99 GET IT
- BMI Calculator Premium Healthcare & Fitness \$0.99 GET IT
- Body Temperature Medical Free GET IT
- Colorblind Simulator: Hueility Photography \$2.99 GET IT
- Weight Log Simple Healthcare & Fitness \$1.99 GET IT
- MedCodes-09 Medical \$99.99 GET IT
- ShotRecs Medical \$0.99 GET IT
- Swine Flu Detector Medical \$0.99 GET IT
- Swine Scanner - The Funnest Swine Flu App Available! Entertainment \$0.99 GET IT
- Food Observer - health protection, complete foodstuffs info and food additives search Healthcare & Fitness \$2.99 GET IT

Microsoft Office 2010

Opens App Store record in iTunes

These are Ads

# PCWORLD APPGUIDE

Essential information all in one place

# Social Health Networking

Please answer in the chat box:

- Would you feel comfortable recommending a health-related social networking site (such as Patients Like Me) to a library user?

Answer Yes or No and brief reason why

## Something to Think About

“Who then can so softly bind up the wound of another as he who has felt the same wound himself?”

# Use of Social Sites for Health Information

- The use of social networking for finding and sharing health information
  - Information about diseases and treatments
  - Group support system
  - Benefits and caveats
- Sites for sharing updates on patient status
  - Allows family and friends to create private websites for sharing information about the patient's health and to receive messages of support



# Examples of Social Health Sites

The screenshot shows the homepage of PatientsLikeMe. At the top, there is a blue navigation bar with the logo 'patientslikeme' on the left and a login section on the right. The login section includes input fields for 'Username or Email' and 'Password', a 'Login' button, and links for 'Remember me', 'Forgot password?', and 'Secure login'. Below the navigation bar is a horizontal strip of user profile pictures, with a notification that 'daddytom shared a comment'. The main content area is divided into several sections. On the left, a blue box displays '117,422 patients' and '500+ conditions', followed by a section titled 'Who's like you?' with a 'Share your experience.' prompt. The central part features a large graphic with a green circle containing a question mark and medical icons, and a row of blue human figures. Text next to the graphic says 'Get your health in order. Join PatientsLikeMe.' Below this is a blue bar with the 'patientslikeme' logo and a 'your profile' link. On the right side, there is a search bar and a list of navigation links: 'Find Patients Like You', 'Explore our Treatment Reports', 'Learn about Symptoms', 'Review our Research', 'Check for your Conditions', and 'Patient Testimonials'. A testimonial quote is visible: '"PLM empowers us." -PatientsLikeMe member'. At the bottom, there is a section for 'About PatientsLikeMe' with a link to 'Read about the company'.

patientslikeme®

Username or Email Password Login

Remember me | Forgot password? | Secure login

daddytom shared a comment

117,422 patients  
500+ conditions

Who's like you?

Share your experience.  
The more you share, the easier it will be to find patients like you. Start by adding a condition, symptom or treatment.

I have

Type at least 3 letters

your profile

Search this site Search

Find Patients Like You

Explore our Treatment Reports

Learn about Symptoms

Review our Research

Check for your Conditions

Patient Testimonials

"PLM empowers us."  
—PatientsLikeMe member

About PatientsLikeMe

Read about the company

the money

team

Get your health in order.  
Join PatientsLikeMe.

patientslikeme®

<http://www.patientslikeme.com/>

# More Sites

- DailyStrength
  - Privacy policy looks okay, but last updated in 2007

<http://www.dailystrength.org/>
- CureTogether
  - Launched in 2008 to help people living in chronic pain

<http://curetogether.com/>
- Inspire
  - Health and wellness communities for patients and caregivers

<http://www.inspire.com/>

# Sites for Sharing Patient Updates

## **CaringBridge**

“Free, personal and private websites that connect people experiencing a health challenge with family and friends”.

[www.caringbridge.com](http://www.caringbridge.com)

## **Lotsa Helping Hands**

“Free, private, web-based communities for organizing friends, family, and colleagues – your ‘circles of community’ – during times of need”.

[www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

# What is the Librarian's Responsibility?

- If a person requests information about social health networking and support sites, what are some possible responses?

Please use the chat box to share your strategy!

# Tips for Library Staff

- Know your own collection – eReader content
- Know reliable authoritative sites and the mobile counterparts
- Stay current with technology and user trends
- Educate users about evaluating sites and understanding privacy issues when sharing personal health information on a social site

# Discovery and Keeping Current



- NLM Gallery of Mobile Sites  
<http://nlm.nih.gov/mobile>



- US Government Apps  
<http://apps.usa.gov>



- NNLM.gov regional blogs  
<http://nnlm.gov/news/newsletters.html>



# To Do List

- Explore
- Try
- Use
- Enjoy!

# Thank You!

Kelli Ham

kkham@library.ucla.edu

<http://nnlm.gov/psr/>

1-800-338-7657

