

SOME PRACTICAL PATIENT EDUCATION LINKS – updated 2019

1. Best Advice Guide on Health Literacy -
<http://patientsmedicalhome.ca/resources/best-advice-guides/best-advice-guide-health-literacy-patients-medical-home/>
2. From the CFPC:
Patient Education Committee links:
https://www.cfpc.ca/Patient_Ed_Comm_References/
<https://www.cfpc.ca/ProjectAssets/Templates/Resource.aspx?id=1539&langType=4105>

Prevention in Hand Patient Education links:
<http://www.preventioninhand.com/Articles/Practical-Patient-Education-Links>

3. Watch for Logo and check Logo for authenticity – Health on the Net



www.hon.ch

FOR PATIENTS AND RESIDENTS

1. Centre for Effective Practice - Resources on insomnia and low back pain, etc.
<https://thewellhealth.ca/>
2. CADTH – Example handout for cold symptoms
https://www.cadth.ca/sites/default/files/pdf/treatment_of_cough_associated_with_the_common_cold.pdf
3. Ottawa Decision Aids
<https://decisionaid.ohri.ca/decaids.html>
4. CV Risk calculator - <http://chd.bestsciencemedicine.com/calc2.html?basic=true>

LANGUAGE OPTIONS

For pamphlets in multiple different languages - For pamphlets in multiple different languages:

1. <http://www.nlm.nih.gov/medlineplus/languages/languages.html>
2. <http://rhin.org/>
3. <https://www.healthlinkbc.ca/>
4. HON and PubMed have multiple translation options for handouts

You can also access: <https://canopyapps.com/translator>

Patient Ed Resources from Journals and EBM sites – some require subscription

1. **BMJ Best Practice** <http://bestpractice.bmj.com/info/bmj-best-practice-patient-leaflets-awarded-the-information-standard/>
2. **Cochrane** www.thecochranelibrary.com – plain language summaries/consumer involvement
3. **JAMA Patient Page** www.jama.com
4. **UptoDate** www.uptodate.com
5. **DynaMed Plus** – can access through CMA

Government Sites –

1. **Public Health Agency of Canada** - <http://www.phac-aspc.gc.ca/>
2. **Health Canada** - <https://www.canada.ca/en/health-canada.html>
3. **Calendar of Health Promotion Days throughout the year**
<http://www.hc-sc.gc.ca/ahc-asc/calend/index-eng.php>

Provincial Government Sites and Regional Health Authorities –

1. www.healthlinkbc.ca
2. <http://www.health.gov.on.ca/en/public/>
3. <https://myhealth.alberta.ca/health/aftercareinformation/Pages/default.aspx>
4. Check out your provincial site(s)

Other Medical Organizations

1. **Canadian Pediatric Society** www.caringforkids.cps.ca
2. **Centre for Effective Practice** <http://www.effectivepractice.org>
3. **Foundation for Medical Practice Education** www.fmpe.org
4. **CMA - Clinical Key through Joule** - <https://joule.cma.ca/en/evidence.html>

Health-related Agencies

1. Canadian Cancer Society <http://www.cancer.ca>
2. Lung Association www.lung.ca
3. Canadian Diabetes Association www.diabetes.ca
4. Arthritis Society <http://www.arthritis.ca>
5. Thyroid Foundation of Canada <http://www.thyroid.ca/>
6. Canadian Heart and Stroke Foundation <http://www.heartandstroke.com>
7. From Hypertension Canada <https://guidelines.hypertension.ca/patient-resources/>
8. SOGC <https://www.sogc.org/en/public-resources/en/content/public-resources/public-resources.aspx?hkey=51a4ead6-c5c6-4bc4-8657-346aae6cd>
menopauseandu.ca; hpvinfo.ca; yourperiod.ca; Stay on schedule SOS; Itsaplan.ca; pregnancyinfo.ca; sexandu.ca
9. Women's Health Matters <http://www.womenshealthmatters.ca/>
10. The Canadian Pain Society www.canadianpainsociety.ca
11. Mindfulness for chronic pain <http://www.neuronovacentre.com/>
12. Mental Health <http://keltymentalhealth.ca/healthy-living>
13. Mental Health <http://strongestfamilies.com>
14. Mental Health http://www.camh.ca/en/hospital/health_information/Pages/default.aspx
15. Geriatrics <http://www.canadiangeriatrics.ca/> and <http://geri-em.ca>
16. Smoking cessation <http://www.cmaj.ca/content/cmaj/188/17-18/E484.full.pdf>
17. Smoking cessation <https://www.helpthemquit.ca/>

WELL BABY CARE –

1. <http://www.rourkebabyrecord.ca/>
2. <http://www.caringforkids.cps.ca/>
3. <http://www.beststart.org/>(Ontario)
4. <http://www.aboutkidshealth.ca/En/Pages/default.aspx>

SELF CARE –

1. <http://www.wikidoc.org//index.php/WikiPatient>
2. <http://www.caringbridge.org/>
3. <http://www.patientslikeme.com/>
4. <http://www.inspire.com/>
5. <http://www.medhelp.org/>
6. <http://consumers.cochrane.org>

CHOOSING WISELY CANADA

<http://www.choosingwiselycanada.org/materials/>

<http://www.youtube.com/watch?v=FqQ-JuRDkl8&feature=youtu.be>

<https://www.youtube.com/watch?v=8c7qTsVVxXw> -- Mike Evans video

Other Canadian Sites

1. Mood disorders - <http://www.heretohelp.bc.ca/>
2. General Health issues - www.familyhealthonline.ca
3. Mental Health - <https://www.onlinetherapyuser.ca/> + others now for CBT
4. For Nutrition : Dieticians of Canada - national info re: nutrition - <http://www.dietitians.ca/>
5. NutriSTEP - screening for toddlers and preschooler nutrition adequacy - <http://www.nutristep.ca/>
6. Eat Right Ontario - dieticians giving advice on a variety of topics - <http://www.eatrightontario.ca/en/default.aspx>

Additional Sites – US

1. AAFP - <http://familydoctor.org>
2. Health Finder www.healthfinder.gov
3. CDC www.cdc.gov
4. MedlinePlus <http://medlineplus.gov/>
5. FDA www.fda.gov/cder
6. AHRQ <http://www.ahrq.gov/patients-consumers/index.html>
7. <http://www.goaskalice.columbia.edu>
8. <http://health.nih.gov/>

Additional Sites – UK

1. <http://www.patient.co.uk/>
2. NICE Guidelines with consumer information <https://www.nice.org.uk/guidance>

Test Information for Patients

1. Lab tests online www.labtestsonline.org
2. Test information at Medline Plus (from US National Library of Medicine)
<https://medlineplus.gov/laboratorytests.html>

Doing a Family History

<http://www.cdc.gov/genomics/famhistory>

Prescribing Sites – Rx files www.rxfiles.ca

Rx files – Patient Resources:-

1. <http://www.rxfiles.ca/rxfiles/uploads/documents/RxFiles-ABX-Public.htm>
2. <http://www.rxfiles.ca/rxfiles/uploads/documents/Deprescribing-PPI-Patient-Tool.pdf>

Deprescribing Resources <https://deprescribing.org/resources/deprescribing-information-pamphlets/>

Using YouTube as a resource

<http://www.youtube.com/user/DocMikeEvans>

<http://www.youtube.com/user/NHSChoices?blend=2&ob=1>

<http://www.youtube.com/watch?v=WWv8rg353XQ>

Preparing for your doctor's visit - www.askme3.org

Medical APPS

1. <https://immunize.ca/>
2. <http://www.bugsanddrugs.ca/>
3. <https://www.mumshealth.com/>
4. <https://practicalapps.ca/> - finding the best apps to recommend to patients