

# NLM Consumer Health Resources for Caregivers



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4 Caregivers



## Resources that are highlighted through NLM 4 Caregivers include:

- **MedlinePlus Drugs, Supplements and Herbal Information**
- **Pillbox Beta**
- **DailyMed**
- **LactMed**
- **MedlinePLus**
- **Household Products Database**





## Drugs, Supplements, and Herbal Information



### Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

**Browse by generic or brand name**

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 0-9

For FDA approved labels included in drug packages, see [DailyMed](#).



### Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

**All herbs and supplements**



- [DailyMed](#) provides high quality information about marketed drugs. This information includes FDA labels (package inserts). This Web site provides health information providers and the public with a standard, comprehensive, up-to-date, look-up and download resource of medication content and labeling as found in medication package inserts.
- The National Library of Medicine (NLM) provides this as a public service and does not accept advertisements.



# Household Products Database

*Health & Safety Information on Household Products*

This database links over 11,000 consumer brands to health effects from Material Safety Data sheets (MSDS) provided by manufacturers and allows scientists and consumers to research products based on chemical ingredients.

[Household Products Database](#) is designed to help answer the following typical questions:

What's under your kitchen sink, in your garage, in your bathroom, and on the shelves in your laundry room?

Do these household products pose a potential health risk to you and your family?

What are the chemical ingredients and their percentages in specific brands?

Which products contain specific chemical ingredients?

Find out what's in these products and what are the potential health effects, and other safety and handling information.



## Two ways to identify an unknown pill



**Quick Search**  
(rapid identification, sort pills  
by color, shape, etc.)



**Advanced Search**  
(includes searching by drug name,  
inactive ingredients, and more)

**Pillbox enables rapid identification of unknown solid-dosage medications (tablets/capsules) based on physical characteristics and high-resolution images.**

**Once a medication is identified, Pillbox provides links to drug information and drug labels.**





[LactMed](#) is accessible, free of charge, via TOXNET.

Locate information regarding drugs and other chemicals to which breastfeeding mothers may be exposed.

## *ClinicalTrials.gov*

A service of the U.S. National Institutes of Health

ClinicalTrials.gov is a registry and results database of publicly and privately supported clinical studies of human participants conducted around the world. Learn more [About Clinical Studies](#) and [About This Site](#), including relevant [History, Policies, and Laws](#).

### Locations of Recruiting Studies



Total N = 29,272 studies  
Data as of December 09, 2012

**MedlinePlus** is the National Institutes of Health's Web site for patients and their families and friends. Produced by the National Library of Medicine, it brings you information about diseases, conditions, and wellness issues in language you can understand. MedlinePlus offers reliable, up-to-date health information, anytime, anywhere, for free. Also available in **Spanish**.

## School Health



Your child spends more time at school than anywhere else except home. Schools can have a major effect on children's health, by teaching about health and promoting healthy behaviors. The school building and environment should be a safe and healthy place for your child.

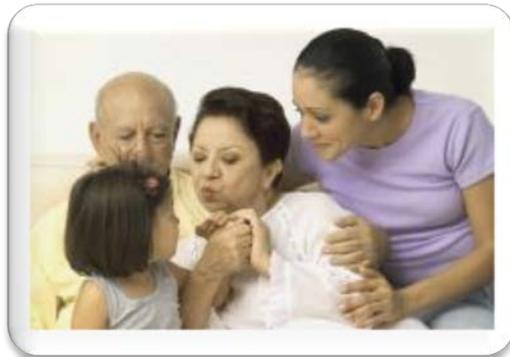
Schools work to prevent risky behaviors such as [alcohol](#) and [tobacco](#) use, inactivity or [bullying](#). They may also deal with specific health problems in students, such as [asthma](#), [obesity](#) and infectious diseases.

- **Interactive Tutorials**
- **Anatomy/Surgery Videos**
- **Calculators & Quizzes**
- **Games**



## Related Topics

- [Bullying](#)
- [Child Safety](#)
- [College Health](#)
- [Children and Teenagers](#)



Information from reputable agencies including:

- National Hospice and Palliative Care Organization
- National Cancer Institute
- Family Caregiver Alliance
- Administration on Aging
- National Family Caregivers Association

The MedlinePlus [Caregivers](#) page was created to provide those who take care of others with a place to locate trusted health information.

Links to reputable resources on the following topics can be found:

- Coping
- Specific Conditions
- Adult Day Care
- Caregiving
- LGBT Caregiver Concerns
- Lifting Techniques for Home Caregivers
- Questions to Ask a Veteran's Health Care Provider
- Long-Distance Caregivers Advice
- Caregiver's Rights



## Children's Page

The Children's Page within [MedlinePlus](#) was created with the child in mind. There are quizzes, games and lots of cool web sites for children to explore around a variety of health and environmental health topics. Also available in [Spanish](#).



Locate games and quizzes to supplement lessons plans from reputable sources such as NLM, CDC and more!



## Teen Health

Also called: Adolescent health



This [Teen Health](#) page within MedlinePlus was created specifically for adolescents. It can be used to locate trusted and age appropriate information on a variety of topics:

- Nutrition
- Disease Prevention
- Self Esteem
- Mental Health
- Sexual Health
- Puberty

Links are provided to other reputable resources such as Nemours Foundation *TeensHealth* and much more. Also available in [Spanish](#).



- This [Seniors' Health](#) page within MedlinePlus was created specifically to address the health needs of seniors. It can be used to locate trusted and age appropriate information on a variety of topics:
- Nutrition
- Disease Prevention/Screening
- Disease Management
- Health Check Tools
- Tutorials
- Videos
- Also available in [Spanish](#).

# NIH Senior Health

Built with You in Mind



[NIH Senior Health](#) provides health and wellness information for older adults from the National Institutes of Health. If students are searching for information specific to geriatric populations this is an excellent resource.

This resource includes a “[Toolkit for Trainers](#)”, which are free, easy-to-use training materials to help older adults find reliable, up-to-date online health information on their own.



This online resource includes:

- Health Topics
- Exercise Stories
- Health Videos
- Trainer’s Toolkit





# Directory of Health Organizations

SPECIALIZED INFORMATION SERVICES

National Library of Medicine  
National Institutes of Health



## Search DIRLINE

**Search** **Clear**

(e.g. aging chronic diseases, scleroderma)

**Search:**  all of the words  any of the words  exact phrase

**Fields:** (if none checked, all fields will be searched.)

- Organization name or acronym
- MeSH Headings/Keywords

**Select records containing:**

- Only organizations with toll-free numbers
- Only organizations with services for the hearing impaired

**Search** **Browse the Index**



## Health Hotlines

Toll-free numbers for over 300 organizations



Get the App

## Find Disaster Organizations

**Search**

Limit to state (Optional)

Nat'l Library of Medicine || Get this widget

# Health Information Tutorials



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NIH National Institutes of Health

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Health Topics

Drugs & Supplements

Videos & Cool Tools

ESPAÑOL

Other Topics: [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [XYZ](#) [All Topics](#)

## Evaluating Health Information



Millions of consumers get health information from magazines, TV or the Internet. Some of the information is reliable and up to date; some is not. How can you tell the good from the bad?

First, consider the source. If you use the Web, look for an "about us" page. Check to see who runs the site: Is it a branch of the government, a university, a health organization, a hospital or a business? Focus on quality. Does the site have an editorial board? Is the information reviewed before it is posted? Be skeptical. Things that sound too good to be true often are. You want current, unbiased information based on [research](#).

*NIH: National Library of Medicine*

Get Evaluating Health Information updates by email



[What's this?](#)



### Related Topics

[Understanding Medical Research](#)  
[Personal Health Issues](#)  
[Wellness and Lifestyle](#)

# Other Health Resources for Caregivers



ALZHEIMER'S DISEASE EDUCATION AND REFERRAL CENTER

**The National Family Caregivers Association educates, supports, empowers and speaks up for the more than 65 million Americans who care for loved ones with a chronic illness or disability or the frailties of old age.**

**NFCA reaches across the boundaries of diagnoses, relationships and life stages to help transform family caregivers' lives by removing barriers to health and well being.**





## Advancing Family Caregiving

Through Research,  
Awareness & Advocacy

NATIONAL ALLIANCE FOR CAREGIVING



Established in 1996, The National Alliance for Caregiving is a non-profit coalition of national organizations focusing on issues of family caregiving. Alliance members include grassroots organizations, professional associations, service organizations, disease-specific organizations, a government agency, and corporations.

Provides information on the following:

- Research
- Resources
- Coalitions
- Legislation

# Organizations with Caregiver Resources

- American Heart Association
- American Stroke Association
- American Association of Homes and Services for the Aging
- American Association of Retired Persons
- American Cancer Society
- American Dietetic Association
- American Lung Association
- American Occupational therapy Association

# Organizations with Caregiver Resources

- CareFinder
- Centers for Medicare and Medicaid Services
- Eldercare Locator
- Family Caregiver Alliance
- Family Caregiving 101
- Foundation for Health Coverage Education
- Medicare
- National Association of Social Workers

# Organizations with Caregiver Resources

- National Alliance for Caregiving
- National Council on Aging
- National Family Caregivers Association
- National Heart, Lung, and Blood Institute
- National Highway Traffic Safety Administration
- National Institute of Mental Health
- National Organization for Empowering Caregivers
- Office of Special Education and Rehabilitative Services

# How to Reach Us (NN/LM MAR)

Web site: <http://nnlm.gov/mar>

Phone: 1.800.338.7657

1.412.648.2065

**Serving Delaware, New Jersey, New York and  
Pennsylvania**



E-mail: [nnlmmar@pitt.edu](mailto:nnlmmar@pitt.edu)

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