Quality Health Information Resources for Your Patients

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Agenda

• Information Seeking Behavior
• Health Literacy
• Getting Quick Answers
• Researching In-depth Questions
• Resources
Patients Search for Information in Different Ways

The internet as diagnostic tool...

1. 59% of U.S. adults have looked online for health information in the past year.
2. 35% of U.S. adults say they have used the internet to try to figure out what medical condition they or another may have. We call them "online diagnosers."
3. 53% of online diagnosers talked with a clinician about what they found online.
4. 41% of online diagnosers had their condition confirmed by a clinician.
Health Literacy

Who’s at risk?

• older adults
• racial and ethnic minorities
• people with less than a high school degree
• people with low income levels
• non-native speakers of English
• people with compromised health status
NCI: Using Trusted Resources
www.cancer.gov/about-cancer/managing-care/using-trusted-resources

How do we know it’s good information?

- Who created the information? A reliable source?
- When was it published? Is it current?
- Where is the evidence? Is it based on scientific fact?
- What are they claiming? Is it too good to be true? Is it supported by facts?
Answering Questions at the Point-of-Care

- Patient Education Online: available through My MDAnderson
- UpToDate
- MedlinePlus
Answering Time Consuming Questions

- Library Databases
- Catalog of books for patients
Common Patient Questions

- Nutrition
- Complimentary Medicine
- Psychosocial
- Decision-Making
Nutrition Questions

Nutrition for managing
• Treatment side effects: constipation, dry mouth, post-op

Nutrition for Prevention
• Reducing cancer risk
• Reducing recurrence risk

Resources
• AICR Nutrition information
• Patient Education Classes
• Cookbooks
• MD Anderson Online Cookbook

Ask the Nutritionist App for Cancer
http://www.dana-farber.org/nutrition-app.aspx
Complementary Medicine Questions

Questions about...
• Natural products
• Acupuncture
• Yoga, Tai Chi, Qi Gong
• Guided Imagery
• Massage
• Progressive Relaxation

Resources
• National Center for Complementary and Integrative Health (NIH)
• American Cancer Society
• National Cancer Institute
• Natural Medicines
Green Tea

Common Names
- Chinese tea
- Green tea extract
- Green tea polyphenols
- Epigallocatechin gallate (EGCG)

For Patients & Caregivers

How It Works

- As an antioxidant

Studies have yielded mixed evidence.
Tea and Cancer Prevention

ON THIS PAGE

- What is tea?
- What are the ingredients of tea?
- How might tea help prevent cancer?
- Are there safety considerations regarding tea consumption?
- What evidence from human studies links tea to cancer prevention?
- Does the National Cancer Institute (NCI) recommend the use of tea to prevent cancer?

What is tea?

Tea is one of the most ancient and popular beverages consumed around the world. Black tea accounts for about 75 percent of the world’s tea consumption. In the United States, United Kingdom (UK) and Europe, black tea is the most common tea beverage consumed; green tea is the most popular tea in Japan and China. Oolong and white tea are consumed in much lesser amounts around the world.

Tea is made from the leaf of the plant Camellia sinensis. Shortly after harvesting, tea leaves begin to wilt and oxidize. During oxidation, chemicals in the leaves are broken down by enzymes, resulting in darkening of the leaves, and the well-known aromatic aroma of tea. This oxidation process can be stopped by heating, which inactivates the enzymes. The amount of oxidation and other aspects of processing determine a tea’s type.

Green Tea

Common Names
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For Patients & Caregivers

How It Works
- Purported Uses
  - As an antioxidant
  - Studies have yielded mixed evidence

Scientific Name

Family: Theaceae.

Background

Green tea is made from the dried leaves of Camellia sinensis, a perennial evergreen shrub. Green tea, black tea, and oolong tea are all derived from the same plant. According to secondary sources, green tea is produced by lightly steaming the freshly cut leaf, thus not allowing oxidation of the enzymes within the leaf to take place. Green tea is produced and consumed primarily in China, Japan, and countries in North Africa and the Middle East.


CAUTION: See separate listings for Black Tea, Caffiene, Cocoa, Coffee, Cola Nut, Guaranas, Oolong Tea, and Mate.
Psychosocial Questions

Patients want to...
- Read survivor stories
- Find advocates for their disease
- Sexuality
- End-of-life

Resources
- Advocacy or Support Organizations
- Patient Education Materials
- The Learning Center
- Social Work
- My Cancer Connection
Decision-Making Questions

The challenges are...
- Finding materials written for patients.
- Finding information on rare conditions.
- Sometimes you have to reframe the question.

Resources
- Treatment Guidelines
- MD Anderson algorithms
- Advocacy or Support Organizations
Accessibility

The challenges are...

• Video is hard to find.
• Language barriers.
• Finding materials at the appropriate reading level.

Resources

• Patient Education Online – Multiple Languages
• MedlinePlus – Tutorials
• MD Anderson YouTube Channel
Referrals

- The Learning Center – Librarians and Patient Education Specialists can help patients find specific information.
- Learning Center Recommended resources guides (under development)
Questions?