

INFOBYTES

From the Internet to Informatics

Finding Spanish patient-education materials online

Here's a quick guide to reliable—and free—patient-education handouts.

By Jane Benner, MS(LIS)

IF YOU HAVE Spanish-speaking patients who can't understand your current educational handouts, you'll be pleased to learn that a lot of resources are available online for them. Several sites let you translate from Spanish back into English, so you can review the contents before distributing them to your patients. Tap into these sites, print out what you need, and help educate your Spanish-speaking patients now.

Recursos en Español (Patient Education Materials)

<http://uuhs.utah.edu/pated/handouts/indexspan.cfm>

Funded by the National Library of Medicine, this project is a collaborative effort between the Spencer S. Eccles Health Sciences Library and the University of Utah Health Sciences Center. Topics covered include cancer, cardiology, diabetes, infectious diseases, neurologic/musculoskeletal/orthopedic, nutrition, obstetrics/gynecology/women's health, parenting and pediatrics, poison control, preventive care, psychology, and skin and wound care.

Información de salud para toda la familia (Health Information for the Whole Family) from FamilyDoctor.org

<http://familydoctor.org/online/famdoces/home.html>

Offered by the American Academy of Family Physicians, this site offers many topics for various audiences (women, men, seniors, parents, and kids) as well as over-the-counter guides and health tools. You can click a button to translate all of them into English to review the contents before distributing them.

Temas de salud (Health Topics)

<http://www.nlm.nih.gov/medlineplus/spanish/healthtopics.html>

At Medline Plus, you can access trusted health information in Spanish (or translate it back into English by clicking the yellow "English" button at the top right of the screen). Topics are sorted by body location and systems, disorders and conditions, diagnosis and therapy, demographic groups, and health and wellness.

Información rápida para su salud (Quick Information for Your Health)

<http://www.fda.gov/opacom/lowlit/spanlow.html>

The Food and Drug Administration (FDA) offers easy-to-read health information available in both English and Spanish. Some titles are available as printable PDFs and as printed brochures for ordering. (Request up to 50 free brochures by writing to FDA, HFI-40, Rockville, MD 20857.) Topics include bladder problems, diabetes, arthritis, giving medicine to children, protecting yourself from AIDS, and many others.

Patient Education Materials

http://www.ncfh.org/00_ns_rc_pateduc.php

The National Center for Farmworker Health, Inc., has a portfolio of low-literacy, bilingual presentations to supplement and enhance existing teaching methods in migrant health centers and in outreach programs. Topics include teens and sex, family planning, healthy eating, high blood pressure, skin emergencies, heat illness, reducing stress, and more. You can use a Patient Education Documentation Form

HELP FOR PATIENTS WITH AIDS

AIDSinfo, a U.S. Department of Health and Human Services project, has launched a Spanish-language version of its site called *infoSIDA* at <http://www.aidsinfo.nih.gov/infoSIDA>. Resources include consumer-based fact sheets about HIV treatment and clinical trials; fact sheets on medications; and interactive tools, including Live Help and the Glossary Translation Tool. Bilingual health information specialists are available online (Monday to Friday, noon to 4 p.m. EST) and at 1-800-448-0440 (Monday to Friday, noon to 5 p.m. EST) to help visitors navigate *infoSIDA* and find resources there.

to document what materials you've given the patient in his medical chart.

Multicultural Library: Recursos en Español (Spanish Resources)

<http://www.health.utah.gov/cmh/multilinguallibrary/language/Spanish.htm>

Offered by the Center for Multicultural Health of the Utah Department of Health, this site includes many printouts on asthma, breast-feeding, cancer (including breast, prostate, and lung cancer), diabetes, health insurance, Medicare and Medicaid, heart disease, immunizations, sexually transmitted diseases, and more.

Spanish Patient Education Materials

<http://www.americanheart.org/presenter.jhtml?identifier=1200025>

The American Heart Association has patient-education materials on physical activity, nutrition, and emergencies.

JAMA Patient Page

http://jama.ama-assn.org/cgi/collection/patient_page

The *Journal of the American Medical Association* has 400 patient-education pages at this site, many with impressive four-color clinical art. The most recent one published is on amyotrophic lateral sclerosis. Other topics include dementia, hypertension, lymphoma, and rubella.

**Para el paciente dental
(For the Dental Patient)**

<http://www.ada.org/public/espanol/patient/index.asp>

The American Dental Association prepared these patient-education handouts in Spanish on various topics including

common mouth sores, dental implants, and oral cancer.

**Información en Español
(Spanish information)**

<http://www.aHRQ.gov/consumer/espanoix.htm>

Provided by the Agency for Healthcare Research and Quality, this site includes materials about preventing medical errors, smoking, safer health care, having surgery, and choosing and using a health plan.

**The Flu Gallery: Patient and Provider
Education Materials**

<http://www.cdc.gov/flu/professionals/patiented.htm>

Designed for the 2007-2008 flu season, this site from the Centers for Disease

Control and Prevention will help you educate patients about preventing and treating the flu.

**Salud, nutrición y seguridad
(Health, Nutrition, and Safety)**

http://www.usa.gov/gobiernousa/Temas/Salud-Nutricion-Seguridad.shtml?toggleTo=en_Health

Offered through the FirstGov.gov site, this section focuses on basic health topics (there's a listing of health topics A to Z as well as health services in your community), health insurance, dietary guidelines, food safety, nutrition, fitness, exercise, weight loss, food stamps, and more. <>

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