Evidence summary: Patient education

Informed patients are better able to participate as partners in their health and engage in the shared decision-making process. Access to easy-to-read evidence-based health information increases the likelihood that patients will understand treatment recommendations and adhere to your recommendations. Patients who are active members of their health care team are more satisfied with the care they receive, and the exchange of information also leads to increased patient safety.

With the proliferation of online consumer health resources it can often be difficult for patients to find reliable evidence-based information. Literacy, language and culture can also be a barrier to understanding. Time constraints and not knowing where to look or what materials exist may prevent you from directing your patients to resources you can trust.

A librarian is in a unique position to provide support in this area. Arlene Greenberg and Francesca Frati can facilitate the process by evaluating and recommending easy-to-read resources to you and by providing health information in multiple languages directly to patients and families. Use this InfoRx pad to refer your patients to us. You can also contact us anytime if you feel your patient would benefit, or keep this sheet handy and access the resources yourselves (see verso).

Consumer health resources:

(please see the Patient & Family Resource Centre website for more websites and stay tuned for the upcoming PEN collection, a database of patient education materials)

**MedlinePlus** – National Library of Medicine  
[www.medlineplus.org](http://www.medlineplus.org)  
English  
Spanish  
Multiple languages

**CiSMeF**  
[www.chu-rouen.fr/cismefp](http://www.chu-rouen.fr/cismefp)  
French

**MayoClinic**  
[www.mayoclinic.com](http://www.mayoclinic.com)  
English

**Family Doctor** – American Academy of Family Physicians  
[www.familydoctor.org](http://www.familydoctor.org)  
English  
Spanish

**Heart and Stroke Foundation**  
[www.heartandstroke.qc.ca](http://www.heartandstroke.qc.ca)  
English  
French

**Caring for Kids // Soin de nos enfants** - Canadian Paediatric Society  
[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)  
English  
French

**NSW Multicultural Health**  
Multiple languages

**SPIRAL**  
[www.library.tufts.edu/hsl/spiral](http://www.library.tufts.edu/hsl/spiral)  
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