

Technology And Health 2.0  
Kelli Ham, MLIS  
NN/LM Pacific Southwest Region

An Infopeople Webinar  
October 20, 2011

---

---

---

---

---

---

---

---

### Objectives

- Be aware of types of mobile devices
- Understand the differences between apps and mobile sites
- Be knowledgeable of authoritative mobile health and wellness resources for patrons
- Be familiar with the use of social networking for health information

---

---

---

---

---

---

---

---

### Agenda

- Introductions
- The mobile universe – devices, apps, content
- Mobile health and wellness resources
- Evaluating mobile resources
- The patron equation and library services

---

---

---

---

---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.

## Consumer Health Toolkit



- Developed in partnership with the California State Library
- PDF available for download
- Technology and Health 2.0 section on pages 71-77

[www.library.ca.gov/lrs/docs/HealthToolkit.pdf](http://www.library.ca.gov/lrs/docs/HealthToolkit.pdf)

---

---

---

---

---

---

---

---

## Definitions

- Mobile device
  - Smartphone, tablet, iPad, iTouch, PDA
- Mobile medical device/ mHealth
  - Devices and systems used by medical personnel to gather, transmit or analyze data or information
- Mobile app
  - Software that is downloaded to a device
- Mobile site
  - website designed for display on a small screen

---

---

---

---

---

---

---

---

## What's in your pocket, purse, briefcase or on your lap?



---

---

---

---

---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.

Poll - Please indicate any of the following devices you own:

- iPhone
- Android phone
- Other type of smartphone
- iTouch
- iPad
- Tablet
- PDA or Window CE device
- Kindle, Nook or other e-reader
- Other
- I don't own a mobile device

---

---

---

---

---

---

---

---

Trends In the Use of Mobile Devices for Health Information

- Growing trend, particularly among certain populations
- Some users are skipping the computer for Internet access altogether
- Apps and mobile sites are complementing traditional websites

---

---

---

---

---

---

---

---

What is Happening in Your Library?

- Are your users using mobile devices now to access library materials or reference content?
- What about e-readers?
- Do you see changes in library services due to the use of mobile devices and e-readers?

---

---

---

---

---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.

## Finding Quality Health Apps and Mobile Sites of Interest to Library Users

- National Library of Medicine
- Other government sites, such as the CDC and the Veterans Administration
- Directory of apps and sites at USA.gov
- Non-government, commercial offerings

---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---

## Free Content for **Emergency Responders**, **Health Professionals**, and **Consumers**

### Apps

- ✓ Wireless System for Emergency Responders (WISER)
- ✓ Radiation Emergency Medical Management (REMM)
- ✓ AIDSinfo HIV/AIDS Glossary
- ✓ Health Hotlines
- ✓ Reunite
- ✓ Embryo

### Mobile Sites

- ✓ Water Emergency Response for Libraries
- ✓ PubMed Mobile Beta and PubMed® for Handhelds
- ✓ DailyMed
- ✓ MedlinePlus Mobile
- ✓ AIDSinfo Mobile

---

---

---

---

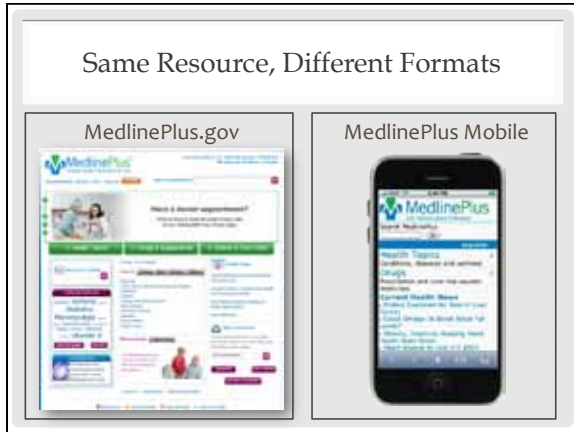
---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.



---

---

---

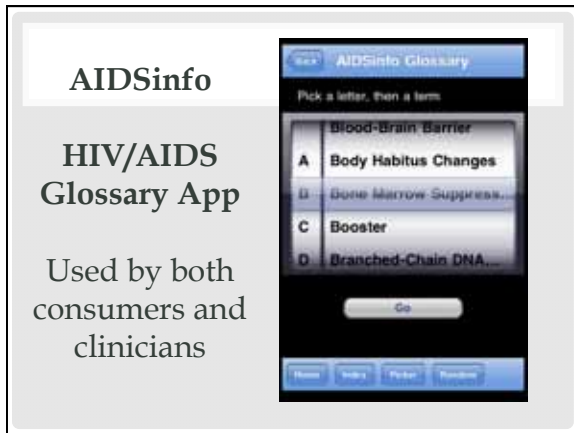
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.

 **Health Hotlines App**



Directory of health-related organizations that have 1-800 numbers

(from DIRLINE)  
<http://dirline.nlm.nih.gov/>

---

---

---

---

---

---

---

---

**Emergencies and Disasters**




---

---

---

---

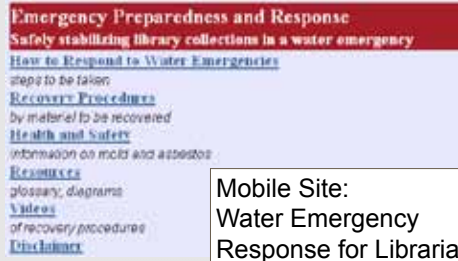
---

---

---

---

**Flood! Water damage to library collection – what do you do?**



**Mobile Site:  
Water Emergency  
Response for Librarians**

---

---

---

---

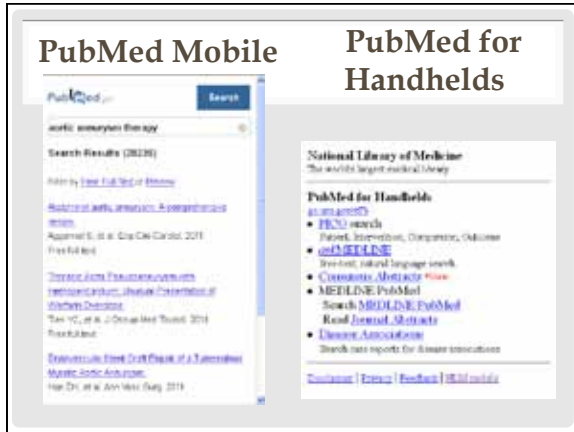
---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.




---

---

---

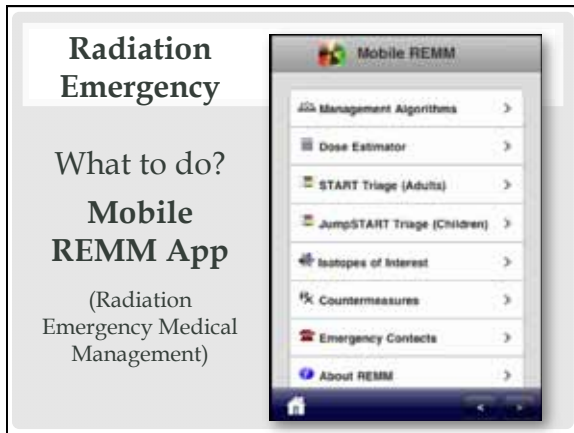
---

---

---

---

---




---

---

---

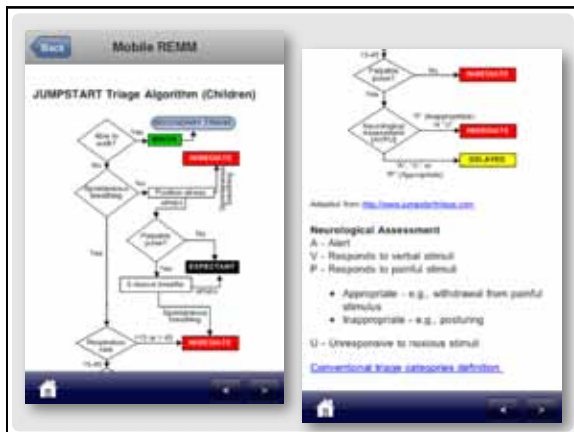
---

---

---

---

---




---

---

---

---

---

---

---

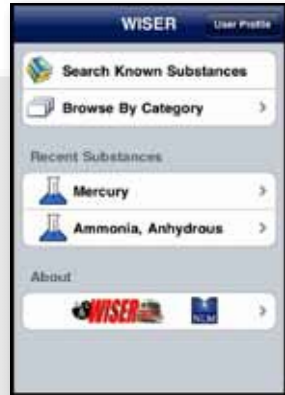
---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.

### Hazardous Spill

What is it?

**WISER App**  
(Wireless System for  
Emergency Responders)



---

---

---

---

---

---

---

---

### Apps.USA.gov



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.






---

---

---

---

---

---

---

---




---

---

---

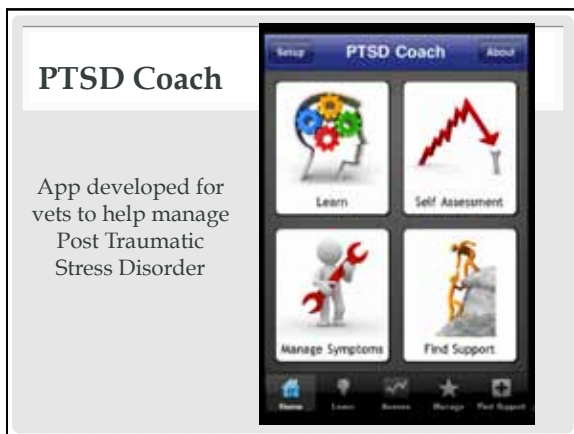
---

---

---

---

---



### PTSD Coach

App developed for vets to help manage Post Traumatic Stress Disorder

---

---

---

---

---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.

**Health Apps, Sites and Services  
Outside the .gov Domain**

- Some good, some questionable
- Apps and sites available for every imaginable use – reference, tracking, coaching, reminding, sharing
- Ever-changing landscape

---

---

---

---

---

---

---

---

**Text4Baby.org**

---

---

---

---

---

---

---

---

**Other Health and Wellness Apps**

---

---

---

---

---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.

### Like Having a Personal Trainer

Apps can help people track their workouts, set goals and try new things. The best ones have a website that syncs with data entered on other devices. Some are free, some you buy.

- HundredPushups.com
- SportyPal.com
- Stretch Guru
- Daily Yoga




---

---

---

---

---

---

---

---

### Diet and Activity Tracking

- Weight Watchers Mobile and full app
  - some free content, much more for members
- MyFitnessPal
  - Free app and website: Set goals, track calories, exercise, generate reports, build food database, share with friends, participate in community
- Livestrong
  - Similar to above, free and pay versions
- Many others

---

---

---

---

---

---

---

---

### Health and Medical

- Medication reminders
- Blood pressure tracker
- Blood glucose and diet diary
- Migraine trigger journal
- Chemo treatment diary
- First aid reference for people and pets

---

---

---

---

---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.

### Example - Tracking Glucose




---

---

---

---

---

---

---

---

### Example for Diabetic Kids




---

---

---

---

---

---

---

---

### What's On Your Device?

- Please use the chat box to share the names of some good apps or sites you personally use and why you like it.



Remember – You can use many of these tools using a computer, even if you don't have a mobile device!

---

---

---

---

---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.

### Finding Apps by Operating System

- Android operation system
  - Android Marketplace
  - Amazon Appstore for Android
- Apple: iPad, iPhone, iTouch
  - iTunes Store
  - MacWorld AppGuid
- Blackberry phones
  - BlackBerry App World

---

---

---

---

---

---

---

---

### Should You Download That App?

- Look for clues - is there a track record, user reviews and feedback?
- Does the developer have a website? Check it out and apply quality criteria.
- Is there a fee? Better to try free version or free trial before shelling out the dough!
- Does it provide something unique or useful to have on a mobile device?

---

---

---

---

---

---

---

---

### Evaluation Recap

- Trustworthy developer/publisher
- User reviews
  - iTunes, Android Marketplace, PCWorld, CNet, many others
- Content
  - Appropriate for needs/use
  - Current, accurate, non-biased
- Cost
  - Check out trial or free versions if available first

---

---

---

---

---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.



---

---

---

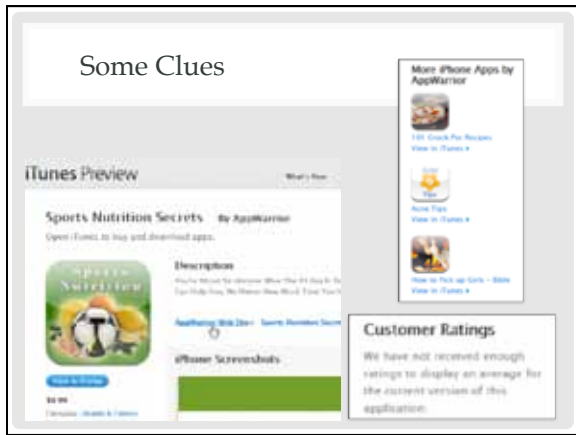
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.




---

---

---

---

---

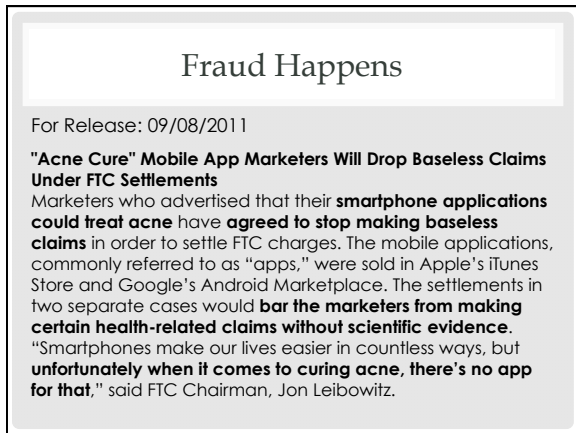
---

---

---

---

---




---

---

---

---

---

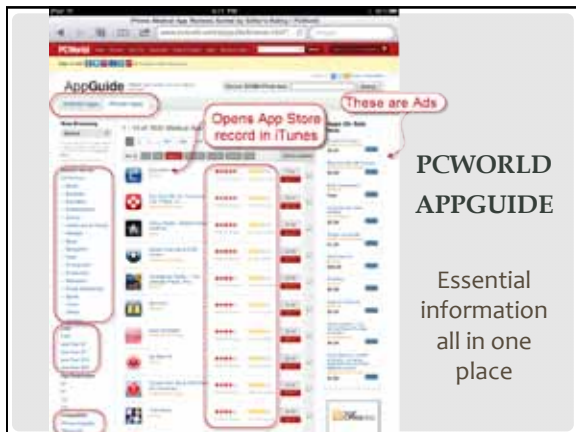
---

---

---

---

---




---

---

---

---

---

---

---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.

**Social Health Networking**

Please answer in the chat box:

- Would you feel comfortable recommending a health-related social networking site (such as Patients Like Me) to a library user?

Answer Yes or No and brief reason why

---

---

---

---

---

---

---

---

**Something to Think About**

“Who then can so softly bind up the wound of another as he who has felt the same wound himself?”

---

---

---

---

---

---

---

---

**Use of Social Sites for Health Information**

- The use of social networking for finding and sharing health information
  - Information about diseases and treatments
  - Group support system
  - Benefits and caveats
- Sites for sharing updates on patient status
  - Allows family and friends to create private websites for sharing information about the patient’s health and to receive messages of support

---

---

---

---

---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.






---

---

---

---

---

---

---

---

- ### More Sites
- DailyStrength
    - Privacy policy looks okay, but last updated in 2007
    - <http://www.dailystrength.org/>
  - CureTogether
    - Launched in 2008 to help people living in chronic pain
    - <http://curetogether.com/>
  - Inspire
    - Health and wellness communities for patients and caregivers
    - <http://www.inspire.com/>

---

---

---

---

---

---

---

---

- ### Sites for Sharing Patient Updates
- CaringBridge**  
 “Free, personal and private websites that connect people experiencing a health challenge with family and friends”.  
[www.caringbridge.com](http://www.caringbridge.com)
- Lotsa Helping Hands**  
 “Free, private, web-based communities for organizing friends, family, and colleagues – your ‘circles of community’ – during times of need”.  
[www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

---

---

---

---

---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.

What is the Librarian’s Responsibility?

- If a person requests information about social health networking and support sites, what are some possible responses?

Please use the chat box to share your strategy!

---

---

---

---

---

---

---

---

Tips for Library Staff

- Know your own collection – eReader content
- Know reliable authoritative sites and the mobile counterparts
- Stay current with technology and user trends
- Educate users about evaluating sites and understanding privacy issues when sharing personal health information on a social site

---

---

---

---

---

---

---

---

Discovery and Keeping Current



- NLM Gallery of Mobile Sites  
<http://nlm.nih.gov/mobile>



- US Government Apps  
<http://apps.usa.gov>



- NNLM.gov regional blogs  
<http://nnlm.gov/news/newsletters.html>

---

---

---

---

---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.



---

---

---

---

---

---

---

---

*Thank You!*

Kelli Ham  
kkham@library.ucla.edu  
<http://nnlm.gov/psr/>  
1-800-338-7657



---

---

---

---

---

---

---

---

This material has been created for the Infopeople Project [infopeople.org], and has been supported *in part* by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.