



## **Websites**

### **Health Library Database (EBSCO)**

This provides evidence-based health and wellness information for consumers, written for the lay reader in English and Spanish. Various medical procedures and surgeries can be viewed through animations and videos. It contains Canadian content and Lexicomp drug information.

<http://tinyurl.com/6e7qap>

### **UpToDate**

This site, while designed to provide updates on clinical information for health professionals, also features an excellent Patient Information section. Over 375 journals and other resources are continuously monitored and the results are displayed in an easy-to-use format.

<http://www.uptodate.com>

### **Lab Tests Online**

Lab Tests Online offers comprehensive descriptions of many of the clinical lab tests which form part of routine care as well as diagnosis and treatment of many diseases and conditions. It can be searched by name of test, condition or disease, or screening category i.e. children, teens, adults etc.

<http://www.labtestsonline.org>

### **Unbound Medline**

This is a user-friendly way to search Medline.

<http://unboundmedicine.com/medline/ebm>

### **BandAides & BlackBoards**

A lively interactive site formulated for children and teens living with chronic illness. Topics include explanations of various conditions, how to deal with teasing, hospital tours, and much more.

<http://www.lehman.cuny.edu/faculty/jfleitas/bandaides>

### **The Patient UK**

This site has an excellent series of fact sheets on a wide range of conditions. They are two to three pages in length and clearly written for patients and families. Click on Health and Disease Leaflets at the homepage, and then choose a category from the many listed. The site also provides material in other languages and audio recordings.

<http://www.patient.co.uk>

### **Centre of Knowledge of Healthy Child Development**

The Offord Centre for Child Studies originated and maintains this website. It is dedicated to providing the latest and best information on how to identify, prevent and treat a variety of problems that impede the healthy development of children.

<http://www.knowledge.offordcentre.com>



## **Books**

***Freedom from Digestive Distress*** by Gary Gitnick. California: Three Rivers Press, 2000. ISBN: 0812932625

***Caring for Kids*** by Norman Saunders and Jeremy Friedman. Toronto: Key Porter & Hospital for Sick Children, 2006. ISBN 1-55263-732-8.

This is an authoritative guide to health and wellness during the first ten years of life.

**Get a Healthy Weight for Your Child** by Brian W. McCrindle. Toronto: Robert Rose & Hospital for Sick Children, 2005. ISBN 0-7788-0144-4.

This book provides practical guidelines for parents and families to help their children make necessary changes to their nutrition and lifestyle so they can become healthy and fit.

**The Mayo Clinic Book of Alternative Medicine** ed. by Brent Bauer. Rochester, MN: Mayo Foundation for Medical education and Research, 2007. ISBN 1-933405-92-9.

This looks at several alternative therapies and offers practical advice on their effectiveness and safety.

**The Opposable Mind: How Successful Leaders Win Through Integrative Thinking** by Roger Martin Boston, Harvard Business School Press, 2007.

Provides leadership ideas which can be applied to any discipline.