

CHIPIG CONNECTIONS

The Newsletter of Consumer Health Information Providers Interest Group Across Canada.

NOVEMBER
2006
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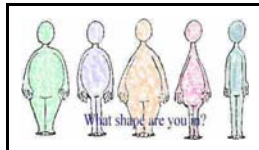
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**Health information for all
This is our mission and call
The public can ask
To find is our task
Winter, spring, summer or fall**



In October, Susan Murray CHIS, Toronto, was the successful winner with this limerick to celebrate Canadian Library Month: The World at Your Fingertips.



"Waist" No Time - "Gaitway" to Canada

Over the Summer and Fall, Trillium Health Centre ran a program for employees called "Waist" No Time – "Gaitway" to Canada. It was a joint initiative of Health Information and Wellness and Employee Health Safety and Wellness. The main objective of this initiative was to get people moving and in doing so, see a loss of inches around the waist. The original plan was that each participant receive a pedometer, a measuring tape and hand-outs explaining the competition, pedometer use, waist measurement and the relationship of waist circumference to chronic disease, specifically heart disease. However, the response was so overwhelming that we did not have enough pedometers to start and things had to be delayed a couple of weeks until more arrived. Over 200 people signed up for the program.

We asked that the participants form teams identifying a team captain and register as such. This was done so that the captain could report the team totals each week and the waist measurements every month, and we were able to keep track of the total steps and inches lost. The goal was to have each team eventually walk across Canada through the accumulation of steps, with incentives being provided in the form of coupons for juice. Health information such as tips on healthy eating, benefits of walking, and exercising in hot weather was emailed to participants on a regular basis.

Once underway, you could see employees out for walks at different times throughout the day. It was the talk of the building!! The competition ran over six months so that participants could slowly increase their level activity and notice a sustained loss of inches around the waist.

An evaluation is planned in the coming months, which will include a short survey enquiring about change in exercise and eating habits. Statistics will be calculated on inches lost and actual miles covered. We are planning to do it again next year with a slight twist and hopefully get even more staff involved.

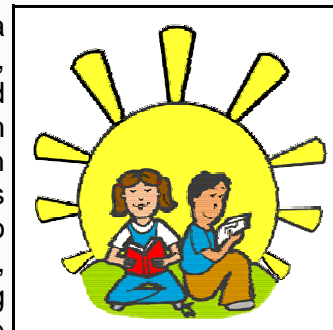
Submitted by: Marg Muir, Consultant
Trillium Health Centre - Mississauga

For more information on CHIPIG and for current events visit our Website at www.chipig.ca.

Health Education Material That Works for Parents

What is it?

Creation of a new health education resource is under way to support a public health program in Nova Scotia named Healthy Beginnings, Enhanced Home Visiting. Last year Nova Scotia Health Promotion and Protection (NSHPP) tendered Susan Lilley and Phyllis Price to perform a series of focus groups and key informant interviews regarding health education information for parents with children from birth to three years of age. A literature review was also to be conducted. We wanted to know not only what kinds of information parents in Nova Scotia want, but also when and how they would prefer to receive it. The resulting report ***Resource Material that Works for Parents*** is available on-line at:



http://www.gov.nc.ca/health/publichealth/content/pubs/report_HB_parent_resources_Aug_4.pdf

What do parents want?

Parents want information on a wide variety of topics. Their top priorities appear to be:

- Developmental stages and corresponding activities
- Breastfeeding
- Emotional and Physical Changes and self-care for new mothers
- Signs of illness in an infant
- Infant and Child Feeding

Most interesting was how parents said they would like to receive this information. Rather than the current practice of giving out a bundle of pamphlets in hospital after delivery, they would like to get the information either at pre-natal classes or visits, or after the birth when they are back at home. The Enhanced Home Visiting Program provides a great opportunity for this option. We also learned that parents wanted information on their 2-month-old at 2 months; this implies that the information must be provided in an age-paced format. Most importantly, the writing should use plain language principles and be written at a lower literacy level than our current practice.

The committee working on this project is creating it on the following premises:

- The information should be considered 'need-to-know' rather than 'nice-to-know'.
- A capacity building approach that builds on parents' ability to parent, not a prescriptive approach.
- Careful consideration of how the reader could interpret the content, to ensure the information does no harm.
- The content is to be as socially and culturally inclusive as possible for Nova Scotians.

Submitted by: Jen Macdonald
Health Educator
Nova Scotia Health Promotion and Protection

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www.chipig.ca***



HIDDEN GEMS

Health Information Search Engines



Two new health search engines, currently available in beta test versions:

Healia

According to Dr. Tom Eng, an international expert in eHealth and the founder of this new search engine, there is a consumer demand for more personalized health information.

<http://www.healia.com/healia>

Mamma.com

A Canadian health search engine which searches only authoritative, hand-picked health sources.

<http://www.mammahealth.com>

Recommended by:

Susan Murray, Consumer Health Information Service
Toronto Reference Library
(Source: Tom Fleming, Health Sciences Library
McMaster University)

Reports & Articles

"Internet Information-Seeking in Mental Health: Population Survey" by John Powell and Aileen Clarke. *British Journal of Psychiatry*, v. 189; 273-277, 2006.

A brief abstract of this excellent article is available at <http://bjp.rcpsych.org/cgi/content/abstract/189/3/273>. The full text is only available online by subscription, but it can be obtained by inter-library loan via DOCLINE, or by contacting Joyce Pharoah at Homewood Health Centre Library at (519) 824-1010, ext. 2148.

Recommended by:

Joyce Pharoah
Homewood Health Centre Patient Library
Homewood Health Centre, Guelph, Ontario

Books



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. Parents and caregivers will find practical advice on how to cope with common accidents and emergencies of childhood, along with medically sound information on the specific conditions that affect children.

Get a Healthy Weight for Your Child by Brian W. McCrindle. Toronto: Robert Rose & Hospital for Sick Children, 2005. ISBN 0-7788-0114-4.

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. It includes worksheets, weight charts, nutrition and activity guidelines, menu plans and exercise routines.

Recommended by:

Kimberley Meighan, Family Resource Centre
Hospital for Sick Children, Toronto

Other Resources

Break Through Tool Kit developed by Osteoporosis Canada.

This is a great resource which provides basic information on osteoporosis including diagnosis, drug treatments, physical activity, and calcium supplements. The kit includes an education program for prevention, treatment and management of osteoporosis. Copies are available free of charge. For more information contact Elizabeth Stanton, Ontario Osteoporosis Strategy, (416) 696-2663, ext. 281.
Email: estanton@osteoporosis.ca

Recommended by:

Carmen Alcalde, Health Resources Centre
Humber River Regional Hospital, Toronto

CHIPIG NEWS!

Trillium Health Centre

has changed the names of its two hospital sites, effective November 1st 2006. They will now be known as:

Trillium Health Centre – Mississauga (formerly Mississauga Site)

Trillium Health Centre – West Toronto (formerly Queensway Site)

Tom Baker Cancer Centre Library Moves Forward



The TBCC Library is undergoing some exciting changes this year.

Renovations to the Library were undertaken during the summer months and are nearing completion. New office furniture was installed in April, including a new circulation desk. The ergonomic furniture has made a noticeable difference in reducing muscle and joint discomfort.

A new hub of computer terminals connected to the Health Information Network at the University of Calgary Health Sciences Library, will provide much needed access to electronic journals and databases covering the health sciences literature. To facilitate this, approximately one third of back issues of the print journal collection were removed from the library and the area at the back of the stacks was cleared to improve the physical space layout of the clinical collection. The TBCC Library collection will be catalogued by university librarians and the collections will become part of the university library's SIRSI online catalog. During the renovations, the TBCC Library was closed for two weeks to minimize any risk that exposure to dust and paint fumes may pose to immune compromised cancer patients.

At present, we have 723 unique titles in the Consumer Health collection and 1356 in the Clinical Collection. As many titles were published in the eighties and earlier, we hope to purchase many new ones for both collections.



Submitted by:
Christine Marton
Tom Baker Cancer Centre Library

HELLOS and GOODBYES

HELLOS



Jacqueline Moreno

Community Education Coordinator
McMaster Children's Hospital, Hamilton

Penny Logan, Manager, Library Services
Capital Health, Halifax,

Connie Bolding, Child Health Information Specialist
Alberta Children's Hospital in the Family & Community Resource Centre, Calgary

Vicky Lynham, Information Specialist-Document
Delivery, Sidney Liswood Library
Mount Sinai Hospital, Toronto

Melanie Browne, Information Specialist,
Mount Sinai Hospital, Toronto,

Donna Macleod has a part-time bilingual position at
CHIS, Toronto Reference Library.

MOVED

Adam Krievens is now Patient Education Coordinator at Princess Margaret Hospital. Adam has worked at the Health Information & Wellness Centre at Trillium Health Centre Mississauga during the summers for the past five years.

GOODBYES

Despina Papadopoulos, previously Community Education Coordinator at McMaster Children's Hospital, has returned to school at York University. She is working on a Masters in Educational Psychology.

Wanda Zan, after more than ten years at CHIS at Toronto Reference Library, has left for a position in Main Reference.

Mary Robinson has left CHIS at Toronto Reference Library for other opportunities.

For more information about the CHIPIG newsletter contact any of our Newsletter Committee members: Liz Gibbon at egibbon@thc.on.ca, Judith Purdell-Lewis at chealth@stjosham.on.ca, or Jacqueline Moreno at morenoja@hhsc.ca.