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Himmelfarb Health Sciences Library

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Himmelfarb Library Liaison Letter - August 2022

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August 2022

August is National Immunization Awareness Month and National Breastfeeding Month. The crowded information landscapes for both topics are rife with misinformation. As librarians, we know it can be difficult to sift through vast amounts of information. As caregivers, partners, parents, and patients ourselves, we also know how difficult it can be to address evidence and emotions.

Inspired by ongoing concern about vaccination information and in recognition of the broader issue, Himmelfarb Library curates resources to help you [correct misinformation](#) with patients and the public.

In this August edition of the monthly liaison letter, we offer resources on correcting misinformation and locating consumer health information.

Correct Misinformation with Patients

Much misinformation circulates on the topics of vaccination and breastfeeding alike. Providers at the Breastfeeding Center for Greater Washington commonly encounter misconceptions. For example:

- Parents worry they won't produce enough to feed their newborns, especially in the first few days
- Cracked nipples are normal
- Parents worry breastfeeding will be too hard: it hurts and they won't get as much sleep as if they choose to formula feed
- Oral restrictions (tongue/lip ties) are just a fad
- Breastmilk doesn't have much value after a year and you should switch to

cow's milk

Consumers might be best served by directly addressing their challenges, directing frustrations away from misinformation and toward solutions. The US Department of Human Health and Services Office on Women's Health provides this [list of breastfeeding challenges](#), including over- and undersupply of milk, engorgement, mastitis, and other common concerns.

Addressing misinformation requires more than presenting facts. Himmelfarb's [Correcting Misinformation with Patient Guide](#) features recommendations for conducting difficult conversations, communication techniques, and resources for addressing misinformation with individuals from different cultural backgrounds. The guide links to podcasts and videos explaining ways to work with patients to arrive at shared, medically-sound decisions. Himmelfarb also offers access to [DynaMed Decisions](#), a support tool that helps professionals and patients evaluate options together.

Find Consumer Health Information

Amidst the innumerable blogs and websites, it can be hard to find credible consumer health information.

The National Library of Medicine develops and maintains both PubMed and the consumer-focused [MedlinePlus](#). Here, you can find [health information in multiple languages](#). Many pages, including the [MedlinePlus Breastfeeding page](#), are available in both English and [Spanish](#). Health resources like [KidsHealth® Breastfeeding FAQs](#) address various misconceptions related to breastfeeding.

Additional consumer health resources are available to guide working with specific populations. For example, the Office of Women's Health offers a list of [breastfeeding myths common in the African-American community](#).

Patient education materials can be found in familiar journals, e.g. [JAMA Patient Information](#), and Himmelfarb's subscription databases: [ClinicalKey: Patient Handouts](#), [AccessMedicine: Patient Handouts](#), [Lexicomp: Patient Education Module](#), [DynaMed's: Patient Information heading](#).

For more on navigating consumer health resources, look to the librarian and information science literature. A few articles pertinent to this month's health observances:

- [Information to Help Families Meet their Breastfeeding Goals \(Journal of Consumer Health on the Internet\)](#)
- [Newborn Health: Resources for New Mothers: A Webliography \(Journal of Consumer Health on the Internet\)](#)

Before sharing an unfamiliar resource, take a few moments to [evaluate health information](#). ([Checklist](#)) (Share these evaluation tools with patients, too!)

Continue Building Professional Knowledge

Caring professionals can learn from one another. Consultations may lead to worthwhile collaborations and lessons learned. The Breastfeeding Center hosts quarterly training sessions for GW and CNH residents. The CME catalog is always updated, e.g. [Vaccine Communication Strategies for Healthcare Providers](#). Other opportunities are listed on Himmelfarb's [CME Guide](#). Healthcare providers may also wish to seek out

interprofessional education. The [Academy of Breastfeeding Medicine](#) offers workshops and seminars to provide the latest in evidence-based care for breastfeeding.

New E-Books:

- **Alzheimer's Disease**
[Sex and gender differences in alzheimer's disease : the women's brain project](#)
- **Cannabis, Therapeutic Use**
[Medicinal cannabis : pearls for clinical practice](#)
- **Clinical Competence**
[Handbook of research on developing competencies for pre-health professional students, advisors, and programs](#)
- **Nutrition**
[Nutrition across life stages](#)
- **Physiology**
[Davidson's principles and practice of medicine](#)

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