

HEALTHNET NEWS

A newsletter for public librarians and others interested in consumer health information services

Volume XXVI Number 1

Spring 2011

NETNEWS

SEARCHING FOR A SUMMER CAMP?

Parents who want to guarantee a spot for their child in a popular, appropriate summer camp need to plan far in advance. Long before the weather becomes warmer and the snow melts, they must consider the choices...by type of camp, age groups served, location, camp specialties, their child's needs, and cost.

Fortunately, there are directories of camps in Connecticut and guidelines to help in making a wise selection.

CONNECTICUT CAMPING ASSOCIATION DIRECTORY

The nonprofit Connecticut Camping Association has published the 2011 edition of its **Connecticut Summer Youth Camps Directory** at <http://tinyurl.com/4yj53k8>

The camps in the Directory are licensed by the Connecticut Department of Public Health. They are members of the Connecticut Camping Association and pay a fee to be listed in the Association's annual directory. Some are accredited by the American Camp Association.

According to this directory, parents may want to ask these questions of the representative of a camp they are considering for their child:

What is the director's background? What is the camp's philosophy? How many campers are assigned to each counselor? What are the ages of the counselors? What are their qualifications and how are they trained?

Alphabetically arranged, each camp's entry in the Directory includes a brief, enthusiastic description of the camp's activities and the type of camper it serves, as well as contact information.

A print copy may be requested by sending an email to: dmeizels@channel3kidscamp.org



Healthnet: Connecticut Consumer Health Information Network
Lyman Maynard Stowe Library ♦ University of Connecticut Health Center
PO Box 4003 ♦ Farmington CT 06034-4003
Telephone: 860/679-4055 ♦ email : richetelle@nso.uhc.edu
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211/INFOLINE DATABASE CAMP INFORMATION

The **211/Infoline** (24/7 Connecticut information and referral service) database includes a comprehensive list of Connecticut summer camps.

211 Child Care Referral Specialists are willing to help parents in selecting potential camps after parents have narrowed down their preferences by their child's needs, interests, previous camp experience, family budget, type of camp (day, overnight, specialty), location, and related criteria.

The introductory camp selection web page at <http://www.211childcare.org/summercamps.asp> offers questions to ask a camp director or representative, including....

“How long has the camp been operating? What percentage of campers return? What percentage of counselors return? How do you handle both minor medical needs as well as emergencies? Do you administer medication? What types of education and experience working with children do counselors have? Do you accept Care 4 Kids?”

Information about the Care4Kids program, the state child care subsidy program for eligible families, is online at <http://www.211childcare.org/documents/Payoptions.asp>

Additional questions to ask of camps being considered are suggested in the 211 Summer Camp Informational Guide at http://www.211childcare.org/docs/211_ChildCare_Summer_Camp_Flyer2007.pdf

Parents may choose to search 211's online Summer Camp program database at <http://search.211childcare.org/> They complete an online search form to help in narrowing their camp options.



During the search, Live Chat is available and parents are also encouraged to call 211 for assistance at any time during their search.

The brief results about each camp, or child care choice, list educational level of staff, hours, location, accreditation, special needs experience, and languages spoken. The Advanced Search option allows a parent to specify a child's special needs, whether or not only accredited programs are requested, and a range of maximum fees.

AMERICAN ACADEMY OF PEDIATRICS GUIDELINES

An article for parents from the American Academy of Pediatrics at <http://tinyurl.com/4xrzkf8> reminds parents to be sure that they brief the camp about their child's medical and psychological needs and be certain that their children are up to date on immunizations. The article advises parents to discuss with their children the experience of being away from home to prepare them for dealing with possible homesickness.

Camp staff should be prepared to care for children with common childhood illnesses and to administer first aid and CPR.

The article is based on an updated policy statement from the American Academy of Pediatrics, entitled, “Creating Healthy Camp Experiences.”

NEW WAYS TO SEARCH THE INFOLINE/211 DATABASE

Any time you are seeking community health resources or social service organizations in Connecticut, you can dial **211** to speak to an Infoline information specialist.

This phone service is available twenty-four hours a day, every day of the year.

Accessible to speakers of many languages and to people with hearing loss who use a TYY phone, **Infoline/211** is a “confidential information and referral service” of the United Way of Connecticut, funded by the Connecticut Department of Social Services and the United Way.

You may also search the 211/Infoline Community Resources Database online at www.211ct.org .

The database includes a wealth of Connecticut-focused information on locating health coverage for the uninsured, finding assistance with prescription drug costs, home care programs for the elderly, help in financing needed eyeglasses, as well as many other health-related needs.

The **Infoline/211** database encompasses more than 4,600 Connecticut agencies offering more than 48,000 services to Connecticut residents.

To begin, select “211:Search for Services in Connecticut” at the top of the left hand column of the web page.

In addition to browsing by Service Category, including “Health Care,” “Disabilities/Older Adults,” and “Mental Health Care,” you may type the service you need and your town on one search page.

You may sort results by the name of the agency or organization, the town it is located in, or distance from the selected town. A “view map” link for each agency connects to a Google Map of the location. The “Text Size” button on the upper right corner of the results page allows you to change the font size.

A link to the agency/organization’s website and email address offer connections to additional information about the agency. There are also links to a few helpful search hints to help broaden or narrow the search.

A NEW WEBSITE LINKS TO FDA RECALLS

Are you wondering about the safety of that unopened package of turkey burgers as you rush to cook dinner? Did you hear a safety recall announcement about a certain brand of turkey burgers on the news last week? What brand did the newscast mention anyway?



A new Product Recall Page on the Food and Drug Administration website may make your search for information about recalled food products easier.

The Food and Drug Administration has modified its online display of recalls of FDA-regulated products to make searching for product recall information quicker and more straightforward.

In April 2011, the Food and Drug Administration posted a new website at <http://www.fda.gov/Safety/Recalls/ucm2005683.htm> that presents FDA-regulated product recall information in a searchable table format. The web page redesign was mandated by the 2011 federal food safety law.

The table includes the product brand name, date of the recall, a word or phrase describing the product, the reason for the recall, and the name of the company. There is a link to the press release announcing the recall, if issued within the last sixty days, and a photo of the product label. Not all product recalls are announced by press releases.

On this website, designed for health consumers, product recall information is classified by type (food, drug, animal health, biologics, medical devices). The website includes recalls since 2009.

The new law also gives the FDA authority to order product recalls whether a manufacturing company agrees or not.

Another quick source for recall information appears on the FDA's FoodSafety.gov website at www.foodsafety.gov. The newest food recall notices appear in the "Recalls and Alerts" box on this website.

On the FDA website at <http://www.fda.gov/Safety/Recalls/ucm2005683.htm> you may sign up to receive email updates about FDA recalls.

An explanation of the FDA recall process, written for health consumers, is published on the FDA website at <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm049070.htm> "FDA 101: Product Recalls - From First Alert to Effectiveness Checks" explains that product recalls are usually voluntary actions by manufacturers.

The FDA has posted a brief video about "Identifying Recalled Products" at <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm248864.htm>

Since not all recalls are announced in the news media, this website is an important source of product recall information.

HOW TO PRONOUNCE MEDICAL TERMS.....WITH SOME ONLINE HELP



The National Library of Medicine's MedlinePlus website for health consumers at <http://www.nlm.nih.gov/medlineplus/> now features audio pronunciations of challenging medical terms.

If you are not certain you are correctly pronouncing "actinic keratoses," "keratoconus," "uveitis," "haemophilus" or other medical terms that library users ask your help with, you may now hear accurate pronunciations from the MedlinePlus website's online dictionary.

Clicking on the red speaker icon adjacent to the medical term activates a clear audio pronunciation of the word.

The online dictionary offers print definitions as well as audio pronunciations.

Fortunately, MedlinePlus' online Merriam-Webster Medical Dictionary uses a spell-checker to help you if you are uncertain of the spelling of a medical term you are searching for.

The online Merck Manual /Home Edition for Patients and Caregivers at <http://tinyurl.com/4epyflg> also offers an extensive alphabetical dictionary list of medical terms with clear audio pronunciations. Place your cursor over the term to hear the term read aloud.



FOR YOUR CONSIDERATION

The following titles are recommended to public libraries and other libraries providing consumer health information services. They are not part of the UCONN Health Center Library collection.

AARP Guide to Revitalizing Your Home. Beautiful Living for the Second Half of Life. Reimagine. Redesign. Remodel. Rosemary Bakker. New York, Lark Books/Sterling Publishing Co., 2010. 208 p (ISBN 978-1-60059-280-5).

Could making changes to your current house allow you to remain in a home filled with memories, in a caring neighborhood, near enough for family to visit?

A new guide, published by AARP, national advocacy organization for adults 50 and older, offers practical suggestions for making this plan a reality.

Enriched by many color photographs, this attractive book offers specific recommendations for “aging in place.” It focuses on using the principle of “universal design” that makes a home manageable for individuals using wheelchairs, walkers, or canes, as well as for those able to walk independently.

It is intended as a guide to planning for practical living accommodations as an individual ages. The guide emphasizes safety and accessibility without sacrificing beautiful, comforting surroundings. There are also recommendations for making environmentally-sound modifications.

Some of the recommendations involve small changes that can make a great difference in the quality of life of the homeowner. Among the proposals are color contrasts between furniture and floor, a comfortable chair in the kitchen, “low-pile carpeting” or “nonslip flooring,” walk in/wheel in shower, first floor bedroom and bathroom, a remote video system to determine who is at your front door, sinks with adjustable heights, recessed lighting under kitchen cabinets, well-lit outdoor pathways, and gently sloping ramps and pathways to the house.

Author Rosemary Bakker, a certified interior designer, has a master’s degree in gerontology. She is a Research Associate in Gerontologic Design in Medicine at the Weill Cornell Medical College, New York City.

Her website, <http://thiscaringhome.org/>, focuses on home safety for adults with dementia.

Allergies and Asthma. What Every Parent Needs to Know. Michael J. Welch, editor-in-chief. Elk Grove Village, American Academy of Pediatrics, 2011. 174 p. (ISBN 978-1-58110-445-5).

For parents of children with seasonal allergies, spring may not be a welcome time of year.

When long awaited blossoms appear on trees and plants, their children may experience almost constant sneezing, inflamed itchy eyes, and nasal congestion and discharge. If their children have already been diagnosed with seasonal allergies, parents may not be surprised at the appearance of these symptoms each spring.

For some children, hypersensitivities of the immune system may also be precipitated by reactions to mold, dust mites, animal dander, and certain foods. For certain children, these reactions to allergens are not only disruptive and annoying, they may also precipitate life-threatening anaphylactic reactions, causing parents to be vigilant in protecting their children from allergic reactions.

Allergies affect about 50 million Americans, about twenty per cent of the U.S. population.(p. 4) They may appear in adulthood, but more often are evident “during childhood or young adulthood.” (p. 6)

This American Academy of Pediatrics publication, written for parents, is a revision of the ten year old first edition. It discusses diagnosis of allergies, day to day management, and treatment. Its content was reviewed by pediatricians who specialize in treating children with allergies and asthma. The book includes lists of specific hidden food allergens, a glossary, and a guide to resource organizations and publications.

The book incorporates "new guidelines for monitoring asthma from the National Heart, Lung, and Blood Institute as well as the latest information on the treatment of allergies, specifically food allergies." Stories of hypothetical young patients illustrate allergy and asthma conditions. It describes symptoms and explains how allergic reactions occur in the body. There are recommendations on preventing attacks, managing symptoms, and responding to a life-threatening allergic or asthma reaction.

Dr. Michael J. Welch, editor of the book, is a board-certified specialist in allergy and immunology. He co-directs the Allergy and Asthma Medical Group and Research Center in San Diego. In addition, he is a clinical professor at the University of California–San Diego.

Mayo Clinic Book of Home Remedies. What To Do For The Most Common Health Problems. Phillip Hagen and Martha Millman, medical editors. New York, Mayo Foundation for Medical Education and Research , 2010. 206 p. (ISBN 1-60320-159-9).

Bronchitis...a painful cold sore...a toothache....swimmer's ear.....Do these ailments warrant an urgent trip to the doctor? Or will a home remedy relieve your discomfort temporarily?

The Mayo Clinic Foundation has published an attractive, colorful guide to common ailments and to the home remedies that may suffice until medical help is available.

Each brief, one to three page chapter describes an illness or injury, possible home remedies, and recommendations for seeking medical help. (e.g. "If hoarseness lasts for more than two weeks, seek medical help." "Seek medical care immediately if you develop a fever and the joint becomes hot and inflamed.") . Some recommendations are based on "anecdotal reports."

Conditions are alphabetically arranged. Each entry includes an explanation of the condition and its causes. Some are ailments that affect children as well those that affect adults.

Among the medical conditions discussed are cough, diaper rash, colic, headache, burns, toenail fungal infection, toothache, menstrual cramps, corns and calluses, acne, hiccups, flu, and high blood pressure.

A section at the end of the book focuses on emergency care for allergic reactions, burns, bleeding, choking, fracture, heart attack, poisoning, seizure, shock, and stroke. This section includes instructions for performing CPR. Its purpose is to describe "basic steps [to] take...until medical help arrives."

Wheels Down. Adjusting to Life After Deployment. Bret A. Moore and Carrie H. Kennedy. Washington, American Psychological Association, 2011. 282 p. (ISBN 1-4338-0872-2).

Returning home after a lengthy deployment overseas is an occasion for joy. Service men and women and their families anticipate this event eagerly for many months.

But transitions to civilian life or to a new assignment may not always proceed smoothly, as many service men and women assume they will. The stressful, perilous experience a serviceman has endured was very challenging but familiar. The responsibilities of civilian life are quite different.



On their return, service men and women are sometimes confronted by unexpected adjustments on the home front: financial problems, relationship changes, children who have grown and seem transformed.

In this informal, compassionate book, two psychologists provide guidance to returning soldiers. Both authors have extensive experience counseling servicemen and women. Dr. Moore has been an active duty U.S. Army psychologist and Dr. Kennedy is an aerospace psychologist for the U.S. Navy.

The book includes many specific, helpful examples about how to readjust to civilian life. Topics include coping with lack of sleep, dealing with financial problems, managing anger, handling the unique challenges faced by returning servicewomen, dealing with substance abuse, recognizing symptoms of post-traumatic stress disorder and mild traumatic brain injury and understanding how they are treated, experiencing suicidal thoughts, coping with the death of a comrade, and facing personal guilt over deaths caused during combat.

Brief case histories of servicemen and women's difficulties and possible solutions enhance the book.

The book presents an encouraging approach to returning service men and women. Advice includes: "There is help out there, but if you don't ask for it, nobody can help you." and..."develop an identity outside the military." (p. 17)

A book with a related theme, **The Military Father. A Hands-on Guide for Deployed Dads**, is reviewed on page 5 of the Fall 2009 issue of the Healthnet News at <http://library.uchc.edu/departm/hnet/fall09.pdf>

Additional resources for military families are described in the book's appendix and on page 2 of the Winter 2008-2009 issue of Healthnet News at <http://library.uchc.edu/departm/hnet/winter0809.pdf>

The United States Department of Veterans Affairs offers a comprehensive webpage about "Where to Get Help for PTSD/Posttraumatic Stress Disorder" at <http://www.ptsd.va.gov/public/where-to-get-help.asp>



*Healthnet News is written by Judith Kronick and Alberta Richetelle
If you have questions about anything in the newsletter or about Healthnet services for Connecticut public libraries,
please call 860/679-4055; e-mail address: richetelle@nso.uchc.edu*

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ISSN: 1526-8624