

Web Sitings

Physicians Answer Flu Questions

The American Medical Association (AMA) has partnered with Microsoft and personal health record-provider Healthy Circles to build a free, interactive web site (<http://www.amafluhelp.org>) offering information on seasonal and H1N1 pandemic flu. Launched in October 2009, the site was developed to help reduce the amount of calls received by physicians from worried parents and patients and to help identify those who should seek treatment from a health care professional.

After establishing a free account, visitors can browse through a directory of interactive health sessions that consist of a brief set of questions and answers, educational information specific to their symptoms, and immediate feedback and guidance based on their goals. Many of these health sessions are related to the H1N1 flu and help visitors assess whether they or their children need the H1N1 vaccine, if their symptoms are consistent with the H1N1 flu, and if they are healthy enough to return to work or school.

A unique feature of the site is "Health Team," which allows visitors to invite their family, friends, physicians, and other health care professionals to join their online team and receive reports and notifications based on their interactive health sessions. The established team also has access to a message board that allows members to post notes and recommendations to assure better coordination of care.

Another highlight is the "Health Vault," which stores visitors' personal health records. A list of medications, laboratory results, and x-rays can be stored and viewed here. Visitors can even upload and graph measurements

from home blood pressure monitors, glucose meters, and other medical devices.

Resources for Traumatic Brain Injury

"The mission of the Defense and Veterans Brain Injury Center (DVBIC) is to serve active duty military, their beneficiaries, and veterans with traumatic brain injuries (TBIs) through state-of-the-art clinical care, innovative clinical research initiatives and educational programs." One step in the process of achieving this goal was to develop a comprehensive web site for the center. This new web site (<http://www.dvbic.org>) was launched in November 2009.

One part of the site is designed for service members and veterans. This section provides information about TBI, such as ways to prevent it while in the combat theater or at home, descriptions of the various recovery and rehabilitation methods (includ-

ing occupational, physical, speech, and cognitive therapies), and advice on how to return to daily life in the community with long lasting or even lifelong symptoms. A second part of the web site is devoted to educating families and friends of people who have TBI. Information regarding TBI symptoms, as well as the role a loved one can play in the TBI rehabilitation process, is provided. A third section targets health care providers and discusses the screening tools necessary to assess TBI, as well as strategies for symptom management.

Elsewhere on the site is a newsroom that provides recent news stories and research related to TBI. Another highlight is a short listing of DVBIC-sponsored and other published research, which includes the abstracts of each article. A useful feature of the site is an interactive map providing the locations of all the DVBICs throughout the country, including the main headquarters and the centers located in military medical centers and VA hospitals. ●

The screenshot shows the homepage of [AMAFluHelp.org](http://www.amafluhelp.org). At the top, there is a navigation bar with the site logo and two buttons: "I am a Consumer" (Patients, Caregiver, Sponsor, etc.) and "I am a Professional" (Physician, Nurse, Pharmacist, etc.). Below the navigation bar is a purple banner with the text "Welcome to AMAFluHelp.org". The main content area is divided into two columns. The left column has a heading "Concerned about the flu? You came to the right place." and a sub-heading "HealthyCircles was created for patients like you who want to learn more about H1N1 and seasonal flu. This free public health resource can help assess your risk and determine the best course of action based on any symptoms you may have." Below this is a list of interactive health sessions: "Anonymous Adult Tool: Do I Have H1N1 Flu?", "Adult Tool: Do I Have H1N1 Flu?", "High Risk Tool: Do I Need the H1N1 Vaccine?", "Parent's Tool: Does My Child Have H1N1 Flu?", "Pregnancy Tool: Do I Need the H1N1 Vaccine?", "Post H1N1 Vaccine Tool: What Should I Look for?", and "H1N1 Flu Tool: Can I Return to School or Work?". The right column has a heading "Sign up Now" and a sub-heading "Create your free account or sponsor someone else." Below this is a "Register Here" button. Further down, there is a "Welcome Back" section for registered members with a "Sign In" button and a "Manage my Account" link. At the bottom of the page, there is a purple banner with the URL <http://www.amafluhelp.org>.