



# Conference Summary

MAY 26TH 2021



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## Health Insurance Portability and Accountability Act (HIPAA)

- HIPAA applies to “covered entities” defined as health care providers, health plans, and health care clearinghouses.
- Covered entities may not disclose protected health information (PHI) unless permitted by HIPAA.
- Covered entities may sometimes disclose PHI to public health authorities. Disclosing positive test results for COVID-19 to the CDC, for example, is allowable.
- Unless an employer is otherwise a Covered Entity as described above, it is not subject to HIPAA’s restrictions on disclosures of PHI.

For more information: <https://www.hhs.gov/hipaa/index.html>



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## Americans with Disabilities Act (ADA)

- ADA makes it unlawful to discriminate in employment against a qualified individual with a disability.
- Requires employers to maintain medical information about an employee in a confidential medical file and keep it separate from the employee’s personnel file.
- Employers are required to keep information about an employee’s medical diagnosis confidential.
- The confidentiality requirements under the ADA do not prohibit disclosure to state, local, or federal health departments.
- To be protected under the ADA, you must be regarded as having a substantial- as opposed to a minor- impairment.

For more information: <https://www.ada.gov>



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## Understanding Health Information

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vs



### Consumer Health Information

- Written in plain language
- Intended for non-medical professionals
  - Written by health professionals

### Published Research

- Brand new findings
- Written by- and intended- for scholars
- Uses technical terminology and jargon



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## Tips & Best Practices

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- When reading published research, read it twice to more fully understand.
- Scan the introduction, heading and subject titles, discussion, and conclusions for main points.
- Go back through and take notes the second time. Pay attention to graphs and figures. Look up unfamiliar words. Think critically about the sample size, findings, and conclusions.
- Skip research and statistical methodology
- When in doubt, follow up by asking your doctor.



## Understanding Commonly Used Medical Terminology

<b>Oste</b> bone	<b>Tachy</b> rapid	<b>Pathy</b> Disease or disease process
<b>Myo</b> muscle	<b>Benign</b> not cancerous	<b>Poly</b> many
<b>Neur</b> nerves	<b>Malignant</b> cancerous	<b>Plasty</b> surgical repair
<b>Ectomy</b> removal	<b>Acute</b> sudden, short in duration	<b>Pseudo</b> false
<b>Peri</b> around	<b>Chronic</b> recurring, persistent	<b>Retro</b> behind
<b>Endo</b> inside	<b>Edema</b> swelling	<b>Cardio</b> heart
<b>Brady</b> slow	<b>A or An</b> without	<b>Derma</b> skin
<b>Megal</b> large	<b>Dys</b> painful, abnormal	<b>Encephal</b> brain
<b>Micro</b> small	<b>Itis</b> inflammation	<b>Gastr</b> stomach
<b>Hyper</b> above	<b>Lysis</b> breaking down	<b>Hemat</b> blood
<b>Hypo</b> below	<b>Ology</b> study of a particular concentration	<b>Pulmon</b> lungs



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## Where to Learn More

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### CONSUMER HEALTH INFORMATION

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The [Centers for Disease Control](#) offers up-to-date information on critical health and science matters in multiple languages.



[MedicinePlus](#) offers information on health topics, medicines, genetics, and medical tests via articles, videos, and online tools.



The [NIH](#) conducts research and provides information about complementary health products and practices.

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### KIDS AND FAMILIES

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[Familydoctor.org](#) has physician-reviewed materials covering conditions, diseases, prevention, insurance, and prescriptions.



[Kids Enviroment](#) gives kids, parents, and teachers educational materials related to health, science, and the environment.



[KidsHealth](#) offers doctor-reviewed slides, videos, and articles on hundreds of physical, emotional, and behavioral topics.

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### SCHOLARLY HEALTH RESEARCH

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[PubMed](#) has over 30 million citations, abstracts, and links to full-text articles on biomedical and life sciences topics.



[Open-i](#) is a biomedical image search engine with millions of graphs, x-rays, illustrations, and charts from over a million articles.



[NIH's Digital Collections](#) is a free collection of public domain books, manuscripts, images, videos, and maps.

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### FACT CHECKING MISINFORMATION

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[iMediaEthics](#) is a not-for-profit, non-partisan site publishing investigations into the latest news on media ethics.



[Health Feedback](#) corrects misinformation about health & vaccine safety contained in news coverage or social media.



[FactCheck.org](#) is a non-partisan, nonprofit "consumer advocate" monitoring the factual accuracy of claims made by U.S. politicians.



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## Hierarchy of Trustworthy Information

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TRUSTWORTHY



**Peer-Reviewed Research**

**Information from Hospitals or Medical Institutions**

**Consumer Health Sites**

**Mainstream News**

**Social Media**

**Lifestyle + Celebrity Blogs**

**Apps**

UNRELIABLE



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## Evaluating Health Information and Sources

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- Who wrote the article?
- Who owns the site?
- Do they make sensational claims?
- Can you find other independent sources to verify the information?
- What information are they collecting about visitors?
- What are they doing with the information they collect?
- What ads are on the website, and what are they selling?
- Are they earning commissions by linking to products?
- How recently was the site updated?