



12,000点以上の患者教育資料を収録!!

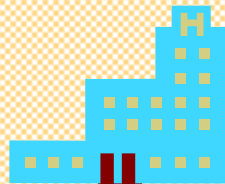
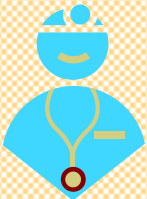
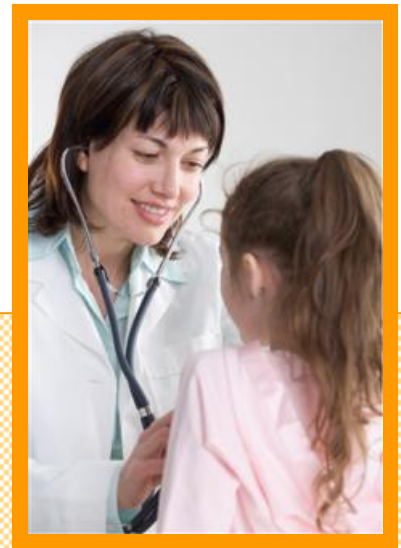
Patient Education Reference Center (PERC) は根拠に基づく患者教育情報ツールです。臨床現場で医療従事者がカスタマイズしたりプリントアウトしたりできるよう工夫されており、コンテンツに含まれる患者指導箋は多くのイラストを含んでいて読みやすく、患者の知識と理解を高めるよう設計されています。

Patient Education Reference Center (PERC)には以下の情報が収録されています。

- ◆4,000以上の疾病・症状に関する患者指導箋
- ◆750以上の検査・手術の患者説明資料
- ◆2,800以上の生活習慣トピック
- ◆1,500以上の医薬品情報(8,000以上の販売名と一般名)
- ◆退院時患者指導箋、在宅ケア情報 など

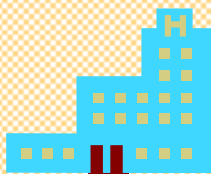
Patient Education Reference Center (PERC)の特徴

- 簡単な英語で書かれているので理解しやすい
- 電子カルテシステムに統合して患者レコードから直接アクセス可能
- コンテンツは全て一定の文献査読・編集プロセスを経て記述・更新



トップページ画面サンプル

The screenshot shows the website's main interface. At the top left is the logo and name 'PATIENT EDUCATION REFERENCE CENTER powered by EBSCOhost'. On the top right are navigation links: 'サインイン', 'フォルダ', 'ユーザー設定', 'ヘルプ', '終了'. Below the logo is a search bar with '検索' and 'クリア' buttons. A horizontal menu contains 'Basic Search', '症状と疾病', 'Procedures & Lab Tests', 'Discharge Instructions', and '医薬品情報'. The 'Basic Search' tab is active. Below the menu is a search input field with '検索条件:' and a search button. The main content area is divided into two columns. The left column, titled 'スポットライト', lists key features: '主な機能:', '症状と疾病: Evidence-based patient education handouts on diseases, health conditions and injuries', 'Discharge Instructions: Patient discharge handouts and how-to instructions with images', and 'Procedures and Lab Tests: Evidence-based patient education handouts for hundreds of procedures and lab tests'. It also includes links for 'Editorial Team & Policies' and 'Take our tour'. The right column, titled 'Health News', lists recent articles: 'Clinical Trials Update: Sept. 9, 2008', 'Air Pollution Harms Patients After Heart Attack', 'CDC Campaign Targets MRSA Infections', 'Lung Cancer Rates Among Nonsmokers Not on the Rise', and 'Formula Samples Hinder Breast-Feeding Efforts'. There is a small image of a doctor and a patient. At the bottom, there is an 'EBSCO HOST' logo, 'EBSCO サポート サイト', and links for 'プライバシーポリシー', '利用条件', and '著作権'. The footer contains the copyright notice: '© 2008 EBSCO Industries, Inc. All rights reserved.'



検査・手術の患者説明資料

生活習慣トピック・指導箋

Patient's Name: John Q. Patient
Healthcare Provider's Name: First Hospital
Department: cardiology
Phone: xx-xxxx-xxxx

Coronary Stenting
by: Editorial Staff And Contributors
[En Español \(Spanish Version\)](#)

Definition
The procedure involves the placement of a stent, which is a mesh, metal tube placed in an artery in the heart (a coronary artery) to help keep the artery open after an [angioplasty](#) procedure.

In April 2003 the US Food and Drug Administration (FDA) approved a new type of coronary stent, called a drug-eluting stent. This type of stent is coated with a medication that is slowly released and helps decrease the rate of reblockage in the artery in which it is inserted.

Early experience with the stent suggested that there may be an increased early risk of clotting with the stent. This seems to be confirmed by review of four years of data gathered from clinical trials.

A small percentage of patients treated with drug-eluting stents, especially those with blockages in more than one vessel and/or diabetes, might be at higher risk for reblockage after one year since the time the stent was put in. This, in turn, may lead to an increased rate of [heart attacks](#) in this group. Talk to your doctor to see whether those types of stents might be appropriate for you.

Coronary Artery: Stent Procedure

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Parts of the Body Involved

- Coronary arteries
- An artery in the groin
- Arteries leading to the heart

Reasons for Procedure
To hold open a blocked artery in the heart, allowing more normal blood flow through that artery

Risk Factors for Complications During the Procedure



Patient's Name: John Q. Patient
Healthcare Provider's Name: First Hospital
Department: cardiology

Heart Healthy Diet
Sodium, Fat, and Cholesterol Controlled Diet
by: Maria Adams, MS, MPH, RD
[En Español \(Spanish Version\)](#)

What is a Heart Healthy Diet?
A heart healthy diet is one that limits **sodium**, **fat**, and **cholesterol**. This type of diet is recommended for:

- People with any form of cardiovascular disease (eg, [coronary heart disease](#), [peripheral vascular disease](#), [previous heart attack](#), [previous stroke](#))
- People with risk factors for cardiovascular disease, such as [high blood pressure](#), [high cholesterol](#), or [diabetes](#)
- Anyone who wants to lower their risk of developing cardiovascular disease

Sodium
Sodium is a mineral found in many foods. In general, most people consume much more sodium than they need. Diets high in sodium can increase blood pressure and lead to edema (water retention). On a heart healthy diet you should consume no more than 2,300 milligrams of sodium per day—about the amount in one teaspoon of table salt. The foods highest in sodium include table salt (about 50% sodium), processed foods, convenience foods, and preserved foods.

Cholesterol
Cholesterol is a fat-like, waxy substance in your blood. Our bodies make some cholesterol. It is also found in animal products, with the highest amounts in meat, egg yolks, and organ meats. On a heart healthy diet, you should limit your intake of cholesterol to less than 300 milligrams per day. However, avoiding unhealthy fats has more effect on your cholesterol level.

It's normal and important to have some cholesterol in your bloodstream. But, too much cholesterol can cause plaque to build up within your arteries, which can eventually lead to a heart attack or stroke.

The two types of cholesterol that are most commonly referred to are:

- Low-density lipoprotein (LDL) cholesterol**—Also known as "bad" cholesterol, this is the cholesterol that tends to build up along your arteries. Bad cholesterol levels are increased by eating fats that are saturated or hydrogenated. Optimal level of this cholesterol is less than 100. Over 130 starts to get risky for heart disease.
- High-density lipoprotein (HDL) cholesterol**—Also known as "good" cholesterol, this type of cholesterol actually carries cholesterol away from your arteries and may, therefore, help lower your risk of having a heart attack. You want this level to be high (ideally greater than 60). It is a risk to have a level less than 40. You can raise this good cholesterol by eating olive oil, canola oil, avocados, or nuts. Exercise raises this level, too.

...lot of calories into a small amount of food. Even though fats should be limited due to their high calorie content, some fats are quite healthful. Fat can be broken down into four main types.

疾病・症状の患者指導箋

Patient's Name: John Q. Patient
Healthcare Provider's Name: First Hospital
Department: Cardiology
Phone: xx-xxxx-xxxx

Heart Attack
(Acute Myocardial Infarction [AMI], Myocardial Infarction [MI], ST-Segment Elevation MI [STEMI], Transmural Myocardial Infarction)
by: Rosalyn Carson-DeWitt, MD
[En Español \(Spanish Version\)](#)
[More In-Depth Information on This Condition](#)

Definition
A heart attack occurs when blood flow to the heart muscle is interrupted. Oxygen can't get to the heart muscle, causing tissue damage or tissue death.

Heart Attack

Death of heart tissue due to blocked coronary artery.

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Causes
A heart attack may be caused by:

- Thickening of the walls of the arteries feeding the heart muscle (coronary arteries)
- Accumulation of fatty plaques in the coronary arteries
- Narrowing of the coronary arteries
- Spasm of the coronary arteries
- Development of a blood clot in the coronary arteries

Risk Factors
These factors increase your chance of developing heart attack. Tell your doctor if you have any of these:



患者氏名・問い合わせ先など
印刷時にカスタマイズ可能!

Patient's Name: John Q. Patient
Healthcare Provider's Name: First Hospital
Department: Cardiology
Phone: xx-xxxx-xxxx

医薬品情報

Patient's Name: John Q. Patient
Healthcare Provider's Name: First Hospital
Department: Cardiology
Phone: xx-xxxx-xxxx

Metoprolol
[En Español \(Spanish Version\)](#)
Last modified: 2/4/2008

The following information is an educational aid only. It is not intended as medical advice for individual conditions or treatments. Talk to your doctor, nurse or pharmacist before following any medical regimen to see if it is safe and effective for you.

Pronunciation
(me toe PROE lee)

Pharmacologic Category
Beta Blocker, Beta1 Selective

U.S. Brand Names
Lopressor®, Toprol-XL®

Canadian Brand Names
Apo-Metoprolol®, Betaloc® Durules®, Betaloc®, Dom-Metoprolol, Gen-Metoprolol, Lopressor®, Metoprolol Tartrate Injection, USP, Metoprolol-25, Novo-Metoprolol, Nu-Metop, PHL-Metoprolol, PMS-Metoprolol, Sandoz-Metoprolol, Toprol-XL®

Mexican Brand Names
Lopresor, Meziol®, Nipresol, Promiced, Seloken-Zok

What key warnings should I know about before taking this medicine?
Do not suddenly stop taking this medicine. To avoid side effects, you will want to slowly stop it.

Reasons not to take this medicine

- If you have an allergy to metoprolol or any other part of this medicine.
- Tell healthcare provider if you are allergic to any medicine. Make sure to tell about the allergy and how it affected you. This includes telling about rash; hives; itching; shortness of breath; wheezing; cough; swelling of face, lips, tongue, or throat; or any other symptoms involved.
- If you have a severely weakened heart or a slow heartbeat without a working pacemaker.



退院時患者指導箋

Patient's Name: John Q. Patient
Healthcare Provider's Name: First Hospital
Department: Cardiology
Phone: xx-xxxx-xxxx

Discharge Instructions for Heart Attack
by: Deanna M. Ieff, MPH
[En Español \(Spanish Version\)](#)

A **heart attack** occurs when blood flow to the heart muscle is interrupted. This deprives the heart muscle of oxygen, causing tissue damage or tissue death. Common treatments include lifestyle changes, oxygen, medications, and surgery.

Steps to Take

Home Care

- Rest until your doctor says it is okay to return to work or other activities.
- Take all medications as prescribed by your doctor. Beta-blockers, ACE inhibitors, and antiplatelet therapy (aspirin and clopidogrel) are often recommended.
- Attend a cardiac rehabilitation program if recommended by your doctor.

Diet
Eat a heart-healthy diet:

- Limit your intake of fat, cholesterol, and sodium. Foods such as ice cream, cheese, baked goods, and red meat, in large amounts, are not the best choices.
- Increase your intake of whole grains, fish, fruits, and vegetables.
- Consume alcohol in moderation: one to two drinks per day for men, one drink per day for women. One drink equals 12 ounces of beer, four ounces of wine, or 1.5 ounces of liquor.
- Increase your intake of vitamins C, E, beta-carotene, folic acid, B6, and B12. Discuss supplements with your doctor.

Your doctor may refer you to a dietitian to advise you on meal planning.