

# Patient & Family Library



UHN



## Princess Margaret Hospital



Patient Education  
Improving Health Through Education

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University Health Network  
Toronto General Hospital | Toronto Western Hospital | Princess Margaret Hospital

## The Patient & Family Library

The Patient & Family Library is here to help you and your family find reliable, up-to-date and accurate information about cancer to help you make educated health decisions, maintain healthy behaviours and better cope with your diagnosis and treatment. The library is located on the main floor in the lobby of Princess Margaret Hospital.

### Hours of Operation

Monday to Thursday: 9:00 am to 5:00 pm

Friday: 9:00 am to 4:00 pm

### Our Collection – Pamphlets, Books and More!



The Patient & Family Library has a large collection of materials that are available for you and your family and the visiting public:

- ↪ Pamphlets on a wide variety of cancer and health-related topics
  - Available for free
- ↪ Health-related books, videos, DVDs and CD-Roms
  - Available for 3-week loan
- ↪ Cancer-related newsletters and magazines
  - Available for free and for 3-week loan
- ↪ Medical reference books
  - Available for use in the Patient & Family Library

Information is available in the following languages:

English

Chinese           \*Information in additional languages

Portuguese       is available upon request.

Italian            Please ask a library staff member for help.

French

## Computer Access For You and Your Family

There are two computers available for use in the Patient & Family Library and there are many more located throughout the Hospital in the Patient & Family Resource Centres (mini libraries) located in clinic waiting areas. Please ask a library staff member for other locations.



We understand that it is important for you to stay in contact with work, friends and family while visiting or staying at Princess Margaret Hospital. Please feel free to use the computers to access your personal or work e-mail accounts at any time. The computers can also be used for personal Internet research and to view the Oncology Interactive Education Series (OIES) CD-ROMs. The OIES contains hours of interactive video with information about specific cancers and is available on all of the computers for your use. The OIES CD-ROMs are also available for 3-week loan in the Patient & Family Library for use with your home computer.

Lists of recommended health information websites that have been reviewed by the Patient Education Librarian are available beside each computer to help you find reliable health information.

## The Patient & Family Resource Centres

### Mini-Libraries in the Hospital

More than 22 Patient & Family Resource Centres are located within waiting areas and on In-Patient floors throughout the hospital, where they are easily accessible to you and your family. Each Resource Centre has a collection of resources that focus on the cancer site and the treatment offered by the Clinic.

Visit the Resource Centre in your Clinic!

Breast Centre	Waiting Room, 2nd Floor
Chemotherapy Daycare (Temporary Location)	Waiting Room, 14th Floor
Gastrointestinal Clinic	Waiting Room, 4th Floor
Gerry and Nancy Pencer Brain Tumour Centre	Library, 18th Floor
Gynecology North & South	Waiting Areas, 1st Floor

Leukemia/Lymphoma Centre	Waiting Area, 2nd Floor
Lung/Skin & Sarcoma Clinic	Waiting Area, 4th Floor
Ocular Oncology (Eye Cancer) Clinic	Waiting Area, 18th Floor
Palliative Care Lounge	Patient Lounge, 16th Floor
Patient and Family Library	Main Floor Atrium/Lobby
Patient Lounge	Patient Lounge, 14th Floor
Princess Margaret Hospital Lodge	545 Jarvis Street
Prostate Centre/GU Clinic	Waiting Area, 4th Floor
Quiet Room	14th Floor, Quiet Room
Radiation Therapy	Waiting Areas, 1B & 2B
Short Stay Lounge	Patient Lounge, 18th Floor
Triage Room	Patient Lounge, 17th Floor
TV Room	Patient Lounge, 15th Floor
Wharton Head and Neck Centre	Waiting Area, 2nd Floor

### **Patient Education Sessions - Classes for Patients, Friends and Family**

The Patient & Family Library offers classes for you and your family members that focus on topics such as chemotherapy and radiation therapy. Signs are posted throughout Princess Margaret Hospital to advertise the classes, and the Patient & Family Library posts a monthly calendar of events that includes a schedule of all classes. Please pick up a free copy of the Patient Education Calendar in the Library or a Resource Centre.

## Classes include:

- Chemo Questions?
- Introduction to Radiation Therapy
- Managing Your Cancer Journey
- What to Eat When You Don't Feel Like Eating
- And many more!



PMH Patient Education		SCHEDULE OF EVENTS - March 2008					
SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
10:00-11:00 AM Introduction to Radiation Therapy 11:00-12:00 PM Chemo Questions 1:00-2:00 PM Managing Your Cancer Journey 2:00-3:00 PM What to Eat When You Don't Feel Like Eating	10:00-11:00 AM Introduction to Radiation Therapy 11:00-12:00 PM Chemo Questions 1:00-2:00 PM Managing Your Cancer Journey 2:00-3:00 PM What to Eat When You Don't Feel Like Eating	10:00-11:00 AM Introduction to Radiation Therapy 11:00-12:00 PM Chemo Questions 1:00-2:00 PM Managing Your Cancer Journey 2:00-3:00 PM What to Eat When You Don't Feel Like Eating	10:00-11:00 AM Introduction to Radiation Therapy 11:00-12:00 PM Chemo Questions 1:00-2:00 PM Managing Your Cancer Journey 2:00-3:00 PM What to Eat When You Don't Feel Like Eating	10:00-11:00 AM Introduction to Radiation Therapy 11:00-12:00 PM Chemo Questions 1:00-2:00 PM Managing Your Cancer Journey 2:00-3:00 PM What to Eat When You Don't Feel Like Eating	10:00-11:00 AM Introduction to Radiation Therapy 11:00-12:00 PM Chemo Questions 1:00-2:00 PM Managing Your Cancer Journey 2:00-3:00 PM What to Eat When You Don't Feel Like Eating	10:00-11:00 AM Introduction to Radiation Therapy 11:00-12:00 PM Chemo Questions 1:00-2:00 PM Managing Your Cancer Journey 2:00-3:00 PM What to Eat When You Don't Feel Like Eating	

## Tailored Information Packages - Need Information and Can't Find It?

If you can't find what you are looking for in our collection or if you are pressed for time, you and your family members can request health information tailored to your needs by placing a "Search Request". This can be done either in person at the Patient & Family Library, or by calling the PFL at 416-946-4501 x5383. The Librarian or a trained volunteer will ask you some questions about the information you need and the Librarian will research the topic and prepare an information package, which can be picked up, mailed or e-mailed to you when you need it.

## How to Place a Search Request for Information

- Visit the Patient & Family Library on the main floor of PMH or call the Library
- Ask a volunteer or staff member to help you place a Search Request
- Answer a few questions about yourself and the information you are looking for
- Indicate how you would like the information to be delivered to you

## Patient Education Website - Information at Your Fingertips!

The Patient Education Website can be used in the hospital and offers:

- ↵ **Library Catalogue:** Use it to search the entire library collection
- ↵ **Recommended Websites:** Evaluated by a librarian
- ↵ **Oncology Interactive Education Series:** A CD-Rom series about 25 different types of cancer
- ↵ **Princess Margaret Hospital Virtual Tour:** Tour the hospital from your computer
- ↵ **Patient Education Calendar:** A monthly listing of classes for you and your family

## Caring Voices - [www.caringvoices.ca](http://www.caringvoices.ca)

### ↵ **What is Caring Voices?**

Caring Voices is an online community for cancer survivors. At PMH, a “survivor” is anyone affected by a diagnosis of cancer, including patients, caregivers, family members, friends and health care professionals. You will find them all on [caringvoices.ca](http://caringvoices.ca)!



### **How to Join Caring Voices**

1. Go to [www.caringvoices.ca](http://www.caringvoices.ca)
2. Click on Register
3. Follow the steps to complete your profile
4. Start connecting with other survivors!

If you have questions about Caring Voices please contact the Caring Voices project lead at [patienteducationpmh@uhn.on.ca](mailto:patienteducationpmh@uhn.on.ca)

### ↵ **Features of Caring Voices**

#### **Resource Library**

You will find professionally reviewed resources about a variety of cancer-related topics that range from diagnosis to treatment to emotional support.

#### **Events**

An event is a scheduled online chat that is live and is lead by a community member, survivor, or healthcare professional. To see upcoming Events, click on the “Events” tab on the Caring Voices home page. All you have to do to join an event is register on Caring Voices or, if you are already a member, login and click on the title of the event that you’d like to join.

#### **Chats & Forums**

Chats and forums provide a way of sharing your stories or experiences with other Caring Voices members online. In a Chat you can send messages to people in real-time. Forums are like bulletin boards that are used to post questions, experiences or resources for other members to read and reply to at any time.

#### **People Matching**

The people matching feature of Caring Voices lets you find other members based on what you are looking for. When you register for Caring Voices you complete a profile that includes information about yourself and your experience with cancer. If

you choose, you can share this information with other members so that they can connect with you. This is a great way to make friends on Caring Voices!

## Volunteers

### Available to Help You!

Our library is mostly staffed by a dedicated and committed team of volunteers who are available to help you:

- ↵ Find support groups, support services and community organizations that can help you deal with your cancer experience
- ↵ Search the Internet for information about cancer and its treatment
- ↵ Search the Library Catalogue to find books, videos and other materials to support your information needs
- ↵ Find information pamphlets for you to take home containing up-to-date information about your diagnosis and treatments

## Contact Us

For more information about the Patient & Family Library:

☎ Call: 416-946-4501 x5383

💻 Email: [patienteducationpmh@uhn.on.ca](mailto:patienteducationpmh@uhn.on.ca)

📍 Visit: Main Floor Lobby, Princess Margaret Hospital

✉ Write:

Patient & Family Library  
Princess Margaret Hospital  
610 University Ave.  
M-508  
Toronto, ON  
M5G 2M9

**We Are Here for You!**

