Handout 20.2 (PATIENT VERSION)

Online resources for both mental health professionals and their patients with gastrointestinal conditions

General medical information sites:

Health and medical information: http://www.medicinenet.com/
Health and medical information sponsored by the Victorian state government of Australia: http://www.betterhealth.vic.gov.au/
MIMS – Publication used by doctors, specialists, chemists; it provides specific knowledge on medications: http://www.mims.com.au/
U.S. National Library of Medicine: http://www.nlm.nih.gov/medlineplus/
Medical news and information: http://www.webmd.com/
General information about traveling with medical conditions: http://www.travelmedicine.com.au/
Medical news and information: http://healthfinder.gov/
National Institute for Health and Care Excellence (NICE): https://www.nice.org.uk/
Guide to medicines information resources: http://www.nps.org.au/
Healthinsite: http://www.healthinsite.gov.au/
Better Health Channel: http://www.betterhealth.vic.gov.au/
eMedicine: http://emedicine.medscape.com/
Medical-Conditions.org: http://www.medical-conditions.org/
Online medical dictionary: http://www.mondofacto.com/
Mayo Clinic find diseases and conditions: https://www.mayoclinic.org/

Irritable bowel syndrome (IBS) related resources:

International Foundation for Functional Gastrointestinal Disorders: http://www.iffgd.org/
About.com IBS: http://ibs.about.com/
The Association of Gastrointestinal Motility Disorders (AMGD): http://www.agmd-gimotility.org/
The IBS Network: http://www.theibsnetwork.org/
IBS Impact: http://ibsimpact.wordpress.com/
IBS Self Help and Support Group: http://www.ibsgroup.org/

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IBS Tales – Personal experiences of IBS sufferers: http://www.ibstales.com/
IBS Dating: http://www.ibsgroup.org/node/388

Inflammatory bowel disease (IBD) links:

Australia:
https://www.crohnsandcolitis.com.au/
http://www.ibdaustralia.org/

Austria:
http://www.oemccv.at/

Belgium:
http://www.ccv-vzw.be/

Association Crohn-RCUH:
http://www.mici.be/

Canada:
http://www.crohnsandcolitis.ca/

Denmark:
http://www.ccf.dk/

Euro Federation:
http://www.efcca.org/

ECCO – European Crohn´s and Colitis Organisation (ECCO):
https://www.ecco-ibd.eu/

Finland:
http://www.crohnjacolitis.fi/

France:
http://www.afa.asso.fr/

Germany:
http://www.dccv.de/

Great Britain:
http://www.crohnsandcolitis.org.uk

Hungary:
http://www.mccbe.hu/

Ireland:
http://www.iscc.ie/

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Italy:
http://www.amicilom.org/

The Netherlands:
http://www.crohn-colitis.nl/

Norway:
http://www.lmfnorge.no/

Portugal:
http://www.apdi.org.pt/

Slovakia:
http://www.crohnclub.sk/

Spain:
https://www.accuesp.com/

Sweden:
http://www.magotarm.se/

Switzerland:
http://www.smccv.ch/

USA:
http://www.ccfa.org/

Other IBD related links:

Voices of Progress: CCFA Research Series: http://www.youtube.com/playlist?List=PL2E1D84C04FDACAC7
Crohn's zone: http://www.crohnszone.org/news.php
Crohn's & Me: http://www.crohnsandme.com/
The American College of Gastroenterology: http://www.gi.org/patients
We Care is an organization for women whose work concerns IBD: http://www.wecareinibd.com/
Get Your Guts in Gear's cycling events connect a supportive community of people affected by IBD: http://www.ibdride.org/
Crohn's Patient Advocate: https://www.crohnsandcolitis.com
Webring for Crohn's & colitis and related sites (e.g., parents of babies with IBD): http://hub.webring.org/hub/ibdring
Jewish Crohn's and Colitis Support Group (JCCSG): http://www.jccsg.blogspot.com.au/
Own your IBD www.ownyouribd.com.au (original) or New Zealand version: (www.ownyouribd.co.nz)

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Ostomy related links:

The Australian Association of Stomal Therapy Nurses Inc: http://www.stomaltherapy.com/
United Ostomy Associations of America – Ostomy, Colostomy: http://www.ostomy.org/
UncoverOstomy: http://uncoverostomy.org/

Child and adolescent links:

The Children's Digestive Health and Nutrition Foundation: http://www.kidsibd.org/
The North American Society for Pediatric Gastroenterology, Hepatology and Nutrition (NASPGHAN) Family Resource: http://www.naspghan.org/
CCFA.org: Kids & Teens: http://www.justlikemeibd.org/
Pediatric IBD Consortium: http://www.pedsibd.org/
The Crohn's in Childhood Research Association (CICRA): http://www.cicra.org/

Adolescent to Adult healthcare transition eHealth services:

www.gottransition.org/ (NON-GI -specific; USA)
www.young.constant-care.com/ (German)
www.IBDtransition.org.au (Australian)
myIBD app (available for free in the iTunes and Google Play stores)
Doc4Me app (available for free in the iTunes and Google Play stores)

Finding a toilet:

Sit or Squat can locate a restroom anywhere in the world: http://www.sitorsquat.com/
Australian Public Toilet Map: http://www.toiletmap.gov.au/
New Zealand Public Toilet Map: http://www.toiletmap.co.nz/
The Great British Public Toilet Map: https://www.toiletmap.org.uk/
Flush – Toilet Finder & Map app: (available for free on iTunes)
Flush – Crowdsourced Toilets app: (available for free in Google Play Store)
GoHere: Washroom Locator app: (for Canadians; available for free in the iTunes and Google Play stores)

This handout was written by Dr Andrew McCombie and Dr Simon Knowles based upon their chapter entitled "The role of eHealth in psychogastroenterology" (Chapter 20) from Knowles, S.R., Keefer, L., & Mikocka-Walus, A. (2019). Psychogastroenterology with Adults: A Handbook for Mental Health Professionals. Oxon, UK: Routledge Press.

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