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## Provider Resource List – 2023

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### General Public Health Training & Resources

- [Northwest Center for Public Health Practice](#) – Variety of free courses for public health practice
- [EthnoMed](#) – Resources for culturally responsive services
- [Strategies to Address Racism and Belonging - NWCPHP](#)
- [Advanced Cultural Competence Certificate - SUNY](#) – CME eligible, free
- [Foundational PH Certificate](#) – CME eligible, free public health fundamentals course
- [Evidence Based Public Health](#)
- [Engagement for People Experiencing Homelessness](#)
- [Self-Care Curriculum](#)
- [Psychological First Aid - NACCHO](#)

### One Health

- [Lancet Countdown: Policy Brief for the United States of America](#)
- [University of Washington One Health Research](#)
- [One Health - CDC](#)

### Trauma Informed Care

- [HCA Training](#)
- [Psychological First Aid - NACCHO](#)

### Maternal Child Health (MCH)

#### Patient MCH Resources

- [Help Me Grow/Within Reach](#)
- [ABCD Dental](#)
- [Perinatal Support Washington](#)
- [HRSA Maternal Mental Health Hotline](#)

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- [SNAP Benefits](#)
- [Market Match and Produce Match](#)
- [WIC](#)
- [Healthy Children – AAP Parenting Website](#)

### Breastfeeding & Lactation

- [Breastfeeding Coalition of Washington](#)
- [Lactation, Breastfeeding, and Chestfeeding - DOH](#)
- Learn why breastfeeding is important from the [American Academy of Pediatrics](#)
- [Learning how to breastfeed \(WIC USDA\)](#)
- [Common breastfeeding challenges](#) (Women's Health)
- [Common questions about breastfeeding and pain](#) (Women's Health)
- [Frequently Asked Questions about breastfeeding](#) (CDC)

### Provider MCH Resources

- [ACES Provider Toolkit](#) - Screening & responding to the impact of ACEs and Toxic Stress.
- [Universal screening – Edinburgh](#) or [PHQ-9](#) PMADS
- [Disabilities and Special Healthcare Needs Publications](#)
- [Bright Futures](#) - The Bright Futures Guidelines provide theory-based and evidence-driven guidance for all preventive care screenings and health supervision visits
- [National Maternal Child Oral Health Resource Center](#)
- [National Resource Center for Child Care and Early Education](#)
- [Newborn Screening](#)
- [Oral Health Promotion Materials](#)
- [Parents and Families - Services and Resources](#)
- [Pediatric Environmental Health Specialty Group](#) (PEHSU) - Healthcare provider information about protecting children from environmental hazards.
- [Reach Out and Read Washington](#) - Works with medical clinics to promote early childhood literacy.
- [Start Early Washington](#) - Early learning programs and support.
- [Zero To Three](#) - Infant and Toddler development.

### Chronic Disease

#### Data

- [Washington Chronic Disease Profiles](#)
- [Interactive Data Applications](#)
- [Washington Asthma Data](#)
- [Washington Cancer Data](#)

#### Mind-Body Health

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- [Physical Activity Guidelines - Health.gov](#) - Based on the latest science, the Physical Activity Guidelines for Americans is a flagship resource for health professionals and policymakers that provides recommendations on how everyone can improve their health through regular physical activity.
- [Sleep Hygiene - CDC](#) - Good sleep habits (sometimes referred to as “sleep hygiene”) can help you get a good night’s sleep.
- [American Lifestyle College - 6 Ways to Take Charge of Your Health](#) - This 7-page booklet is an easy-to-read resource that outlines each of the six lifestyle medicine pillars, shares guidelines in support of healthful lifestyle practices and offers additional resources
- [Duke University - Wheel of Health](#) - An interactive tool to assess your current state of well-being and find resources for better health.
- [Nature and health - Kaiser Permanente](#) - One simple way to manage stress - spending time in nature.

### Nutrition Tips, Recipes, Videos

- [Healthy Eating on a Budget](#) – MyPlate
- [Nutrition.gov](#) – Print Materials and Patient Handouts
- [Food Hero](#) - Nutrition recipes, activities, tips, and resources.
- [MyPlate](#) - Tips, recipes, and resources for healthy eating.
- [Old Ways](#) - Non-profit providing recipes and resources for cultural food traditions. Learn about the [Mediterranean Diet](#) and the [Latin American Heritage Diet](#), and learn about the health benefits.
- [Seasonal Produce Guide](#) - Explore seasonal fruits and vegetables.
- [Dr. Yum Recipes](#) - Non-profit that helps overcome barriers to eating well. Check out their great recipes, cooking videos, and other resources!
- [A Bite of SNAP-Ed Recipe Cards](#) - Quick, easy, tasty and healthy recipes.

### Injury Prevention

- [Drowning Prevention](#)
- [Bicycle Helmet Safety](#)
- [TIPP Injury Prevention Handouts](#) - Injury prevention patient handouts for different ages.
- [Falls Prevention in Older Adults](#)
- [Falls Prevention Intervention Recommendations for Community Dwelling Older Adults](#) - USPSTF
- [Firearm Injury Prevention](#)
- [Healthy People 2030: Injury Prevention Objectives](#)

### Communicable Disease

#### Notifiable Conditions

- Review WA DOH [notifiable conditions page](#) that includes disease-specific guidelines.
- [Notifiable Conditions and the Health Care Provider](#)

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### General Provider Resources

- [Annual CD Report – DOH](#)
- [WA Provider Resources Website](#)
- [Influenza Surveillance Data](#)
- [Specimen Submission Forms](#) - DOH
- [epiTRENDS](#) – DOH communicable disease newsletter
- [Notifiable Conditions Page](#)
- [EthnoMed](#) – Resources for culturally responsive services
- [Hepatitis](#) - CDC
- [Traveler's Health](#) - CDC
- [Rabies](#) – CDC
- [Immunizations](#) – DOH
- [CDC Infection Control Continuing Medical Education](#)

### Tuberculosis

- [Curry Center International](#) advanced physician series for Tuberculosis
- [Adult TB Risk Assessment](#) (WA DOH) - Use this tool to identify asymptomatic adults for latent TB infection (LTBI) testing.
- [Pediatric TB Risk Assessment](#) (WA DOH) - Use this tool to identify asymptomatic children for LTBI testing.
- [Tuberculosis Symptom Screening](#) (WA DOH) - Used when performing symptom screening for patients with prior TB infection or disease.
- [USPSTF Final Recommendation Statement for Latent Tuberculosis Infection: Screening](#) - U.S. Preventive Services Task Force (USPSTF) recommends screening for TB infection in populations at increased risk.
- [ATS/IDSA/CDC Clinical Practice Guidelines: Diagnosis of Tuberculosis in Adults and Children](#) - Recommendations about the diagnosis of TB infection and TB disease in adults and children.
- [The BCG World Atlas](#) - Information on BCG policies and practice for over 180 countries to assist clinicians with interpretation of TB diagnostics.
- [TB Laboratory Diagnostics Summary](#) (WA DOH) - Provides an overview of the various laboratory tests used in the diagnosis and treatment of TB
- [TST in 3D](#) - This online TST/IGRA interpreter estimates the risk of active tuberculosis for an adult based on his/her reaction to a tuberculin skin test (TST) or IGRA
- [TST Ruler](#) - Used to measure the raised skin reaction from a TST. Available to order from [Centers for Disease Control and Prevention \(CDC\)](#).
- [Tuberculin Skin Test Record](#) - Template for documenting TST information.
- [Treatment for TB Disease - CDC](#)

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### COVID-19

#### *Provider Resources*

- State data: [WA DOH](#)
- Updates on [clinical considerations for COVID-19 treatment in outpatients](#)
- [Risk factors for severe COVID – CDC](#)
- [WA DOH COVID Vaccine](#) Guidance
- [WA FORWARD](#) – DOH endemic response plan
- [Power of Providers](#) – DOH
- [ECHO – Long COVID](#) – CE for managing long COVID

#### *Patient Resources*

- How to access, [use and interpret](#) at-home COVID-19 test kits.
- [How to care for their mild to moderate illness at home and when to go to the emergency department.](#)
- Visit [Vaccine Locator](#) to find and schedule an appointment.

### HIV & STDs

- [Find a testing location](#)
- [Prepare Before You're There - CDC](#)
- [Clinical and non-clinical education and training](#)—CDC
- Free condoms! [WA Condom Map](#)

#### *Provider Alerts*

- [Syphilis Health Advisory -PHSKC \(PDF\) 1/21/2021](#)
- [Hepatitis A Among Persons Living with HIV \(PDF\) 7/2020](#)
- [HIV Among PWID \(PDF\) 1/2019](#)

#### *Disease information*

- [STI Treatment Guidelines](#)—CDC
- [National STD curriculum self-study training modules](#)— CDC and University of Washington
- [National HIV Curriculum](#) – UW free training, CME eligible
- [Hepatitis C Online](#) – UW free training, CME eligible
- [CDC Hepatitis Training](#)
- [CDC HIV Website](#)
- [MPV Data & Resources](#) - WA DOH
- [STD data and information](#)—DOH
- [STD Clinical Consultation Network](#)
- [Bacterial Vaginosis](#)
- [Chlamydia & LGV](#)
- [Gonorrhea](#)

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- [Genital Herpes](#)
- [Pelvic Inflammatory Disease](#)
- [Syphilis](#)
- [Trichomoniasis](#)
- [CDC Spanish STD Fact Sheet](#)
- [Human Papilloma Virus \(HPV\)](#)

### *PEP and PREP*

- [PrEP for HIV clinical practice guideline](#)—CDC.
- [PrEP and PEP for HIV prevention](#)—DOH.