



Finding Quality HEALTH INFORMATION Online



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HWB CYDLYNU YMCHWIL, ARLOESI A GWELLA
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NORTH WALES RESEARCH, INNOVATION AND
IMPROVEMENT COORDINATION HUB

LEARNING OUTCOMES

By the end of this session
you will be able to:

- Understand why using good quality health information is important
- Identify key websites to find good quality health information online
- Use a basic appraisal technique to appraise the quality of online health information

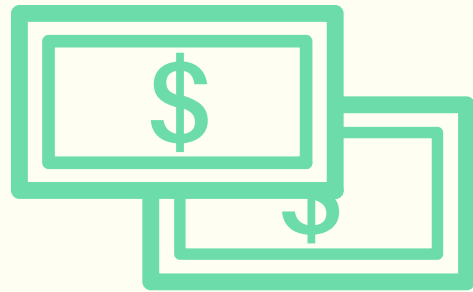


**It is recommended that you speak to
your GP or healthcare professional
if you have any concerns about your health.**

Why is it important to find good quality health information?



Anybody can post anything online



People can be just out to make money



Poor quality information can be harmful to your health



KEY WEBSITES



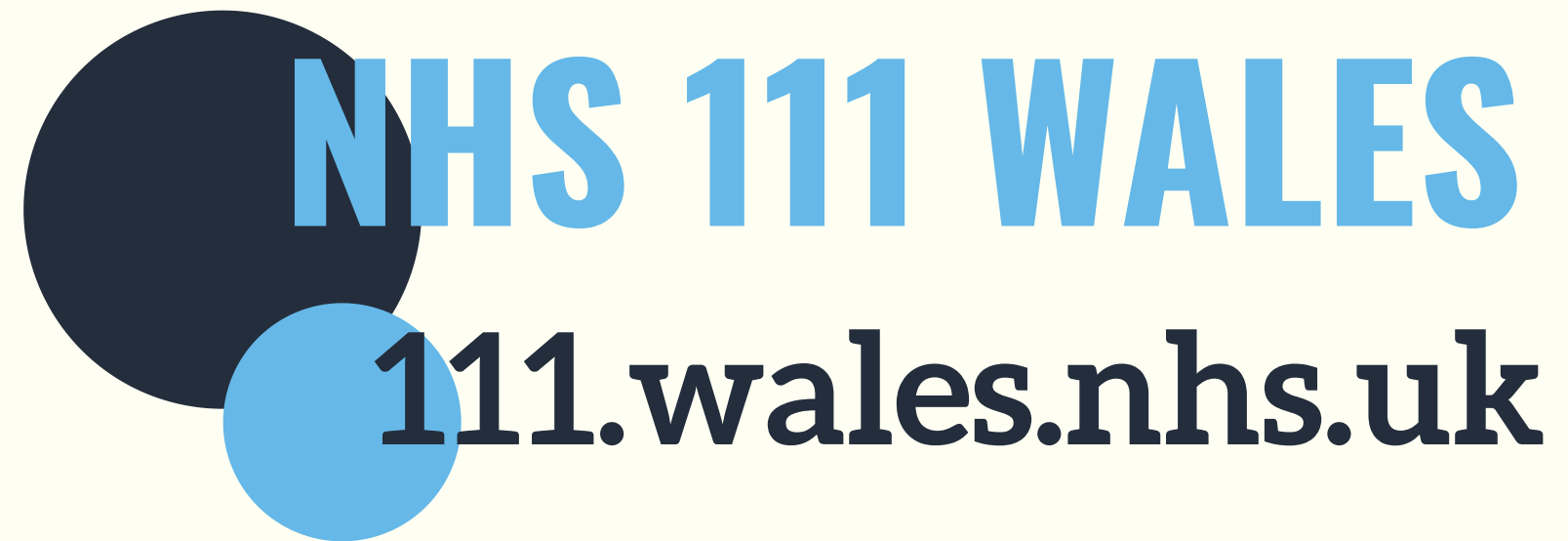
**NHS 111
WALES**



PATIENT



**HEALTH
IN WALES**

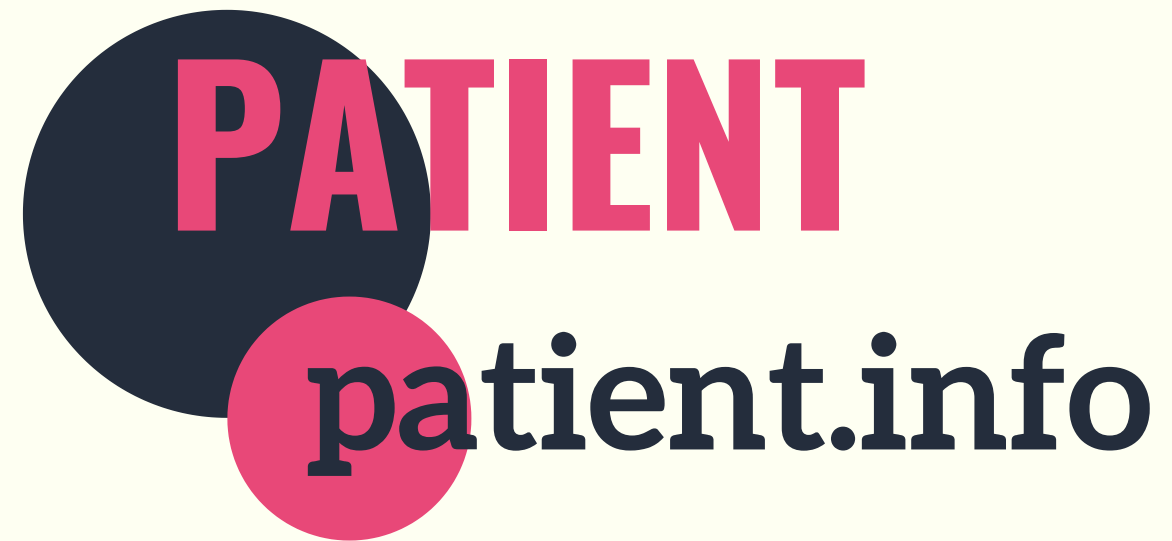


A health advice and information service provided
by Welsh Ambulance Services NHS Trust.

It includes:

- symptom checker
- search for local services
- encyclopaedia
- live well section
- ask a question function





Patient aims to help the world proactively manage its healthcare, supplying evidence-based information on a wide range of medical and health topics to patients and health professionals.

An independent website where you can search for conditions, symptoms and medicines.





Health in Wales was part of the Patient and Carer Empowerment project, to enable people in Wales to become far more involved in their health. Providing reliable health information.

It includes information on:

- local health services
- conditions
- publications
- statistics





CHARITY WEBSITES



**Charities can be a useful source
of information on a condition**



Here are some charity websites with features you may find useful

HEALTH TALK healthtalk.org

Health Talk has thousands of videos to allow you to hear what it is like to live with a health condition from someone who has or had the condition.

GREAT ORMOND STREET HOSPITAL gosh.nhs.uk

The website has a health dictionary that explains medical terms in a simple way that can be useful for children to understand their condition. There is a section detailing various procedures so children know what to expect.

MIND mind.org.uk

This website has information on mental health conditions, advice for families and friends, and has a section for children and younger people.



Google ADVANCED SEARCH

Allows you to apply limits to your google search, for example by site or domain

To find simply Google - Google advanced search

Site or Domains you may want to use:

- **NHS Websites** are an excellent source for health information
- **Charities** can be good sources of information on a specific condition
- **Academic Institutions** can be good sources as they are concerned with the truth rather than profit

For NHS websites use- **nhs.uk**

For charities use - **org.uk**

For academic institutions use - **ac.uk**



USING Google ADVANCED SEARCH

Advanced Search

Find pages with...

all these words:	<input type="text"/>		
this exact word or phrase:	<input type="text"/>	Put exact words in quotes: "rat terrier"	
any of these words:	<input type="text"/>	Type OR between all the words you want: miniature OR standard	
none of these words:	<input type="text"/>	Put a minus sign just before words that you don't want: -rodent, -"Jack Russell"	
numbers ranging from:	<input type="text"/>	to <input type="text"/>	Put two full stops between the numbers and add a unit of measurement: 10..35 kg, £300..£500, 2010..2011

Then narrow your results by...

language:	<input type="text" value="any language"/>	Find pages in the language that you select.
region:	<input type="text" value="any region"/>	Find pages published in a particular region.
last update:	<input type="text" value="anytime"/>	Find pages updated within the time that you specify.
site or domain:	<input type="text"/>	
terms appearing:	<input type="text" value="anywhere in the page"/>	Search for terms in the whole page, page title or web address, or links to the page you're looking for.

All these words

Type what you are looking for here
Example: **migraine**

Site or domain

Enter web address ending here
Example: **nhs.uk**
NHS websites - **nhs.uk**
Charities - **org.uk**
Academic institutions - **ac.uk**



GOOD QUALITY?

Consider these questions to determine if information can be trusted

Who? Who runs the website? Can you trust them?

What? What does the site say? Does it seem too good to be true?

When? When was it posted/updated? Is it up to date?

Where? Where does the information come from? Is it scientific research?

Why? Why have they written it? Are they selling something?



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WHAT WE HAVE COVERED

- Why good quality health information is important
- Key websites for good quality health information
- Appraising health information



Brought to you from...



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