

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



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?

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



HWB CYDLYNU YMCHWIL, ARLOESI A GWELLA
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NORTH WALES RESEARCH, INNOVATION AND
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Finding Quality HEALTH INFORMATION Online

KEY WEBSITES

NHS 111 WALES 111.wales.nhs.uk

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 patient.info

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 wales.nhs.uk

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 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.



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.



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

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

1. To find simply Google -
Google Advanced Search

2. Enter what you are looking for into 'all these words' field, for example migraine

3. Enter one of these into site of domain field to limit to these types of sites:

- For NHS websites enter - **nhs.uk**
- For charities enter - **org.uk**
- For academic institutions enter - **ac.uk**