

Informing Health: A Guide to Healthcare Information on the Web

Welcome!

Please fill out a survey.

Please take a folder.

Informing Health:

A GUIDE TO HEALTHCARE INFORMATION ON THE WEB



Presented by Northern Arizona University Doctor of
Occupational Therapy Practice Scholars

Fall 2017

About Us

- ▶ Practice Scholar Mentor - Dr. Amy Armstrong-Heimsoth, OTD, OTR/L
 - NAU Department of Occupational Therapy Assistant Clinical Professor
 - Pediatric occupational therapist for 20 years and owns her own business
- ▶ Health Sciences Librarian at PBC Library- Melissa L. Johnson, MSLS, AHIP
- ▶ Practice Scholar Apprenticeship Students
 - Ashley West, OTS
 - Ashley Sinnappan, OTS
 - Samantha Hageman, OTS

Objectives

- Learn how and where to look for reliable information
- Learn how to focus your personal questions to find the information that you're looking for
- Gain skills to communicate findings with healthcare providers
- Identify local community resources that can help with your search
- Learn short-cuts to getting up-to-date information quickly and easily



Ask Me 3 Questions

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?





Internet and Social Media

PROS, CONS, AND HOW TO KNOW WHAT TO TRUST

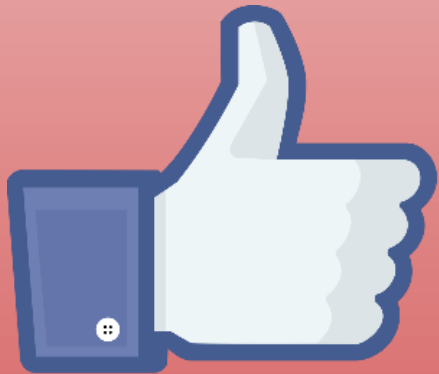


- Social networking
- Blogs and podcasts
- Crowdsourcing
- Media sharing
- Rating sites



Pros of Social Media

- ▶ Easy to access
- ▶ Share and compare experiences
- ▶ Support from others
- ▶ Increase awareness



Cons of Social Media

- ▶ Not fact-checked
- ▶ Personal stories
- ▶ Misleading information
- ▶ Privacy issues



How to Find Information

...and what to do with it





Choose Website or Database

	Websites	Databases
Uses	General information <ul style="list-style-type: none">• Symptoms• Information about conditions• Common treatments	Specific information <ul style="list-style-type: none">• Specific populations• Uncommon/new treatments• Treatment effectiveness (outcomes)• Treatment or medication side effects
Examples	WebMD Mayo Clinic National Institutes of Health (NIH) Barrow Neurological Institute	PubMed Central Google Scholar Medline Plus

Databases

▶ Pubmed Central

- Very scientific information → can be difficult to understand

▶ Google Scholar

- Large amount of results for searches

▶ Medline Plus

- Minimal jargon

What to look for on a website?

- Is it .com, .org, .gov, or .edu?
- Who wrote it?
- How old is it?
- Is it asking you to buy something?



Can We Trust These Websites?

Dihydrogen Monoxide - DHMO Homepage

Translations ▼

EAC United States Environmental Assessment Center

DHMO.org
Dihydrogen Monoxide Research Division

DHMO Special Reports

- [Dihydrogen Monoxide FAQ](#)
- [Enviro Impact of DHMO](#)
- [DHMO and Cancer](#)
- [DHMO Research](#)
- [DHMO in the Dairy Industry](#)
- [MSDS for DHMO](#)
- [DHMO Conspiracy](#)
- [Editorial: Truth about DHMO](#)
- [Fake Email SPAM Alert](#)
- [Linking to DHMO.org](#)
- [What is Dihydrogen Monoxide?](#)

WELCOME

Welcome to the web site for the Dihydrogen Monoxide Research Division (DMRD), currently located in Newark, Delaware. The controversy surrounding dihydrogen monoxide has never been more widely debated, and the goal of this site is to provide an unbiased data clearinghouse and a forum for public discussion.

Explore our many Special Reports, including the DHMO FAQ, a definitive primer on the subject, plus reports on the environment, cancer, current research, and an insider exposé about the use of DHMO in the dairy industry.

DHMO Related Info:

- [National Consumer Coalition Against DHMO](#)
- [Environmental Protection Agency](#)
- [NIH National Toxicology Program](#)
- [Centers for Disease Control & Prevention](#)
- [National Cancer Institute](#)
- [Green Party, New Zealand](#)
- [Sandia National Laboratories](#)
- [Sierra Club](#)
- [Greenpeace](#)

[Send Email to Your Representative](#)

Press Kit - press only

Username: **press**
Password: **press**

Alerts & Advisories NEW
Sign-up to receive periodic safety

ABOUT THE TOOLKIT | SUGGEST A TOOL OR RESOURCE | CONTACT US | REFERENCES

RESOURCES

HEALTH CARE FOR ADULTS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES
Toolkit for Primary Care Providers

HOME | GENERAL ISSUES | PHYSICAL HEALTH ISSUES | HEALTH WATCH TABLES | BEHAVIORAL AND MENTAL HEALTH ISSUES

An invitation to Tennessee medical professionals: Join one, two or three live one-hour videoconferences on health care for adults with intellectual and developmental disabilities this fall. CME credit is available. [Click here for information.](#)

GENERAL ISSUES

- [Communicating Effectively](#)
- [Informed Consent](#)
- [Informed Consent Checklist](#)
- [Adaptive Functioning and Different Levels of IDD](#)
- [Office Organizational tips](#)
- [Today's Visit Form](#)

PHYSICAL HEALTH ISSUES

- [Cumulative Patient Profile](#)
- [Female Preventive Care Checklist](#)
- [Male Preventive Care Checklist](#)

HEALTH WATCH TABLES

- [Autism](#)
- [Down Syndrome](#)
- [Fetal Alcohol Spectrum Disorder \(FASD\)](#)
- [Fragile X Syndrome](#)
- [Prader-Willi Syndrome](#)
- [Williams Syndrome](#)
- [22q11.2 Deletion Syndrome](#)

BEHAVIORAL AND MENTAL HEALTH ISSUES

These tools, except for Autism table, were developed by the Developmental Disabilities Primary Care Initiative (DDPCI) (2009-2014), Surrey Place Centre, Toronto, Canada, funded by Ontario Ministry of Community and Social Services and Ontario Ministry of Health and Long-Term Care, Surrey Place Centre, and Surrey Place Centre Charitable Foundation. The DDPCI published Tools for the Primary Care of People with Developmental Disabilities to complement the Primary care of adults with developmental disabilities: Canadian consensus guidelines. All tools © 2011 Surrey Place Centre. Adapted for use in the U.S. by the Developmental Disabilities Health Care E-Toolkit Project.

ONLINE TRAINING IS AVAILABLE USING THE FOLLOWING LINKS

Trust It or Trash It?

About | Contact | Español

1 Who said it?

2 When did they say it?

3 How did they know?

What is Trust It or Trash It?

This is a tool to help you think critically about the quality of health information (including websites, handouts, booklets, etc.). Click on *Who said it?* *When did they say it?* and *How did they know?* to guide you through the process.

Have questions, comments or suggestions? [Send us a note.](#)

[Click here for a printer friendly version.](#)

The Quality Assessment Toolbox is for educational purposes only. Read our [disclaimer language](#).

Creating a resource? [Click here for the developer version.](#)

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DESIGN & DEVELOPMENT BY - UAAU PROJECTS.NET

What do these statistics really mean?

- This BLT sandwich has an 80% chance of going bad in 5 days.
- This BLT sandwich has a 20% chance of staying good for 5 days.

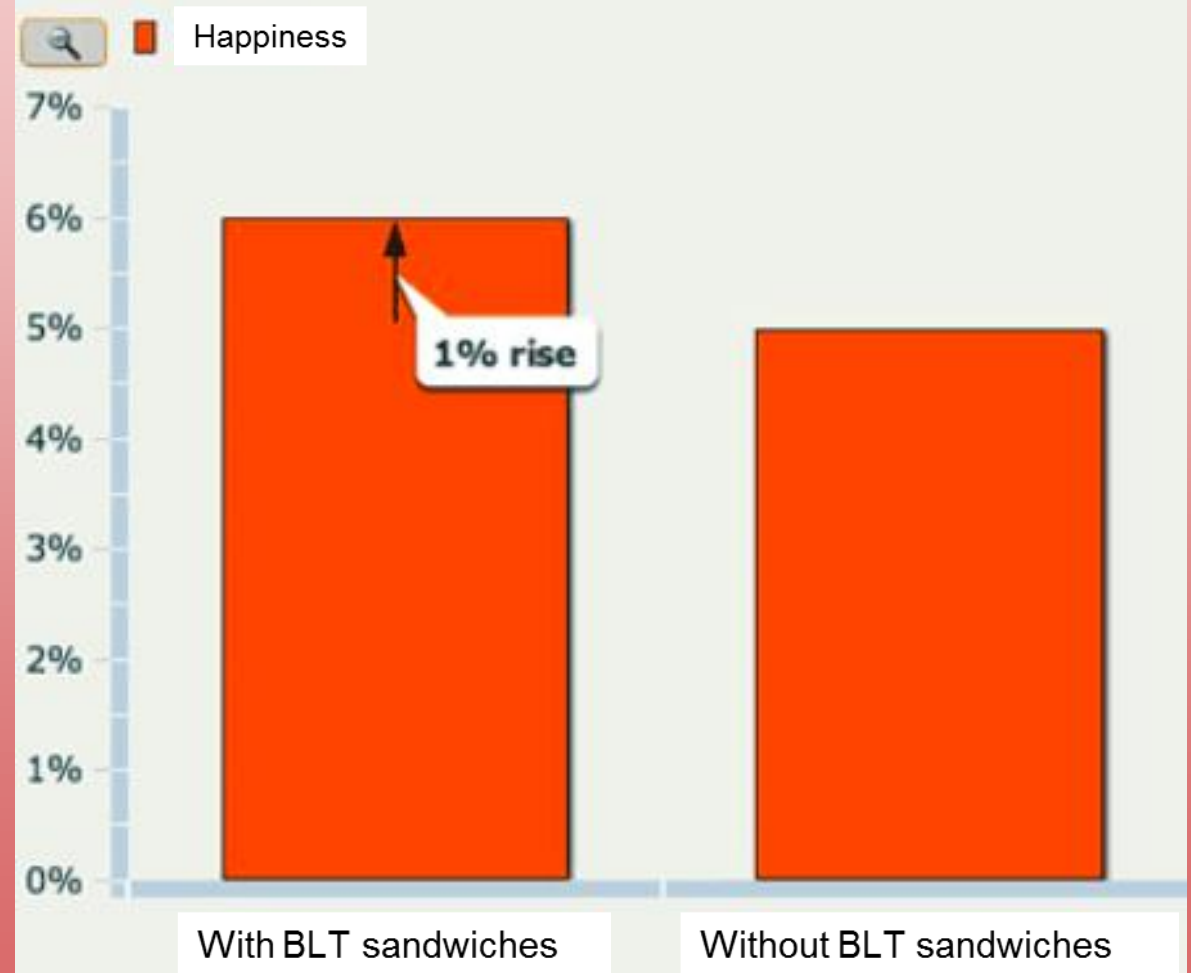
- BLT sandwiches increase your chance of being happy by 20%
- Without BLT sandwiches 5% of participants were happy. 6% of participants were happy with BLT sandwiches.

Graphs can be misleading

BLT sandwiches increase your chance of being happy by 20%



Without BLT sandwiches 5% of participants were happy. 6% of participants were happy with BLT sandwiches.



Relative Risk vs. Absolute Risk

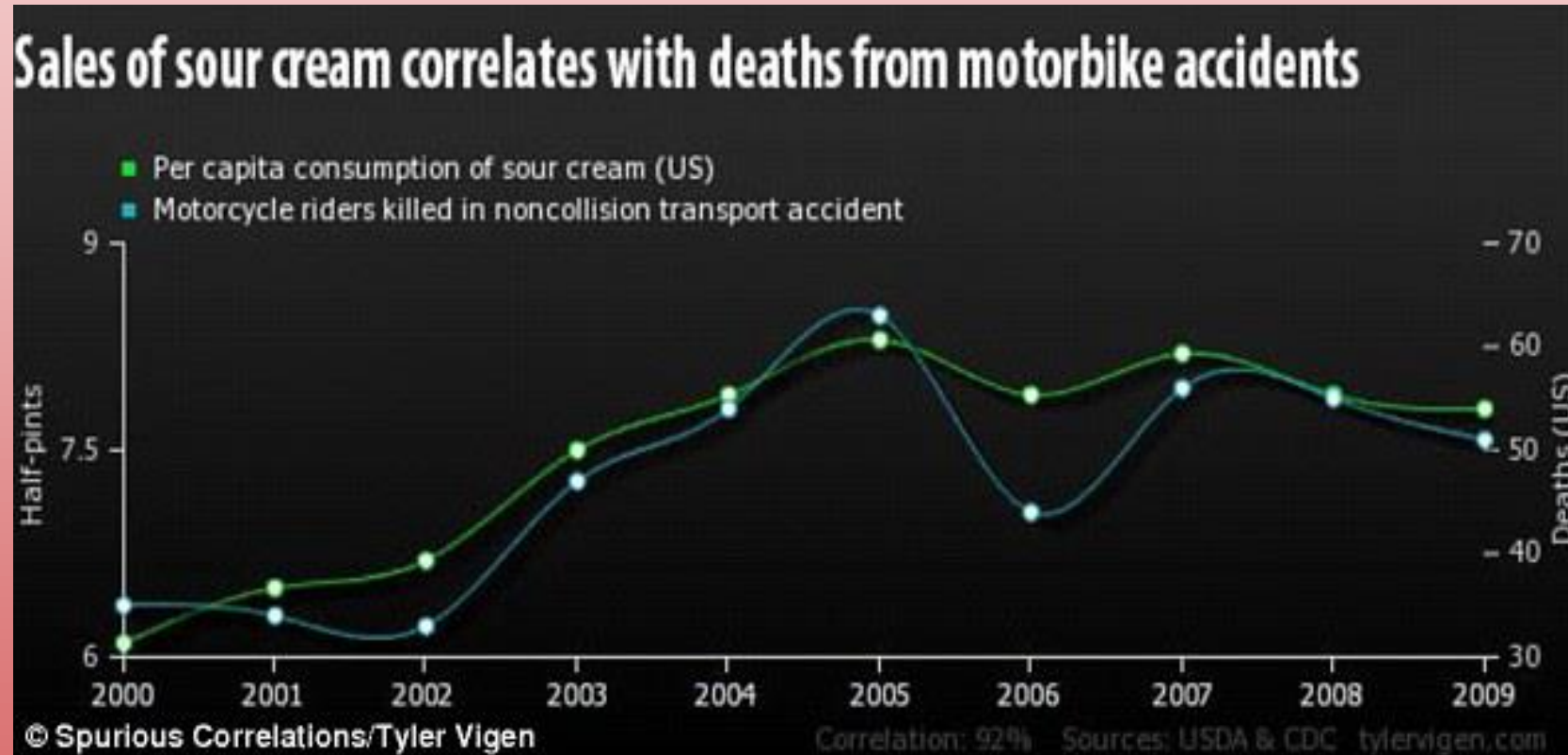
Relative Risk = Used when comparing the likelihood of an event occurring BETWEEN two groups.

→ You are looking at the outcome compared to the general population

Absolute Risk = Percentage of people with the outcome WITHIN a group

→ You are looking at the outcome compared to people who are like you (same gender, age range, symptoms, etc.)

Graphs can be misleading



Make a Question to Search in a Database

In order to find good information, we need to know what we are looking for:

Who?

Who is involved?

What?

What are they doing?

Why?

Is it worth it?

Searchable Question Example

- ▶ For adolescents with intellectual disability, does occupational therapy help with transition programs?

Who? Adolescents with ID

What? Occupational Therapy

Why? Transition programs

Search

- ▶ Live search in Medline plus
- ▶ Go to <https://medlineplus.gov/>
- ▶ Live search Pubmed Central
- ▶ Go to <https://www.ncbi.nlm.nih.gov/pmc/>

Did You Find Good Information?

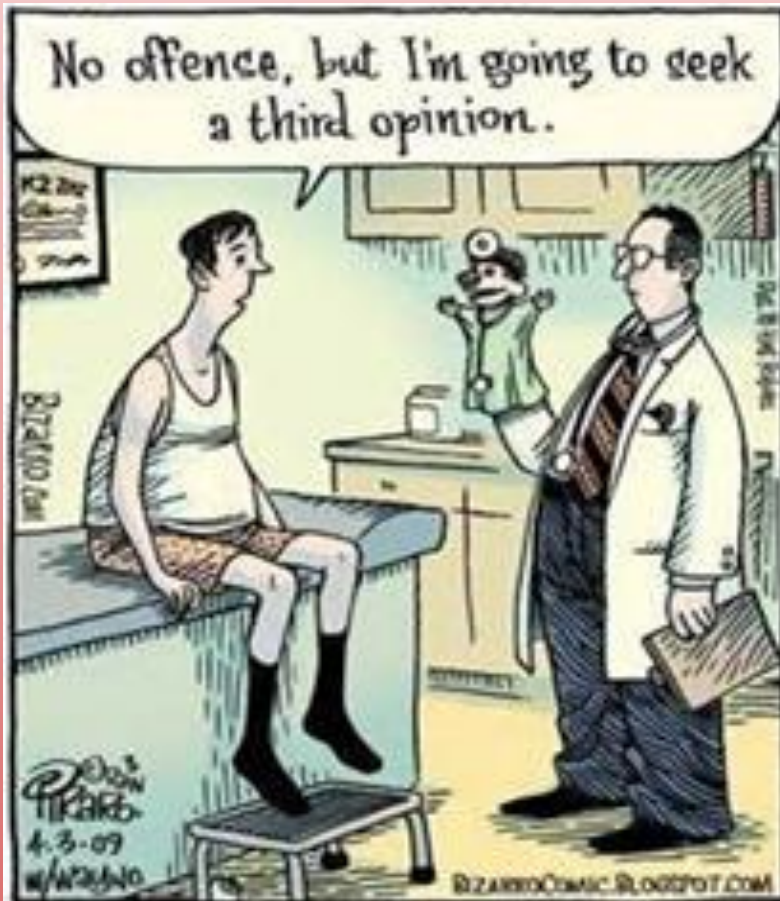
Questions to ask:

- How old is the article?
- Where did it come from?
- Who was involved?
- What were the results?
- Are the results relevant?
- Did they answer your question?





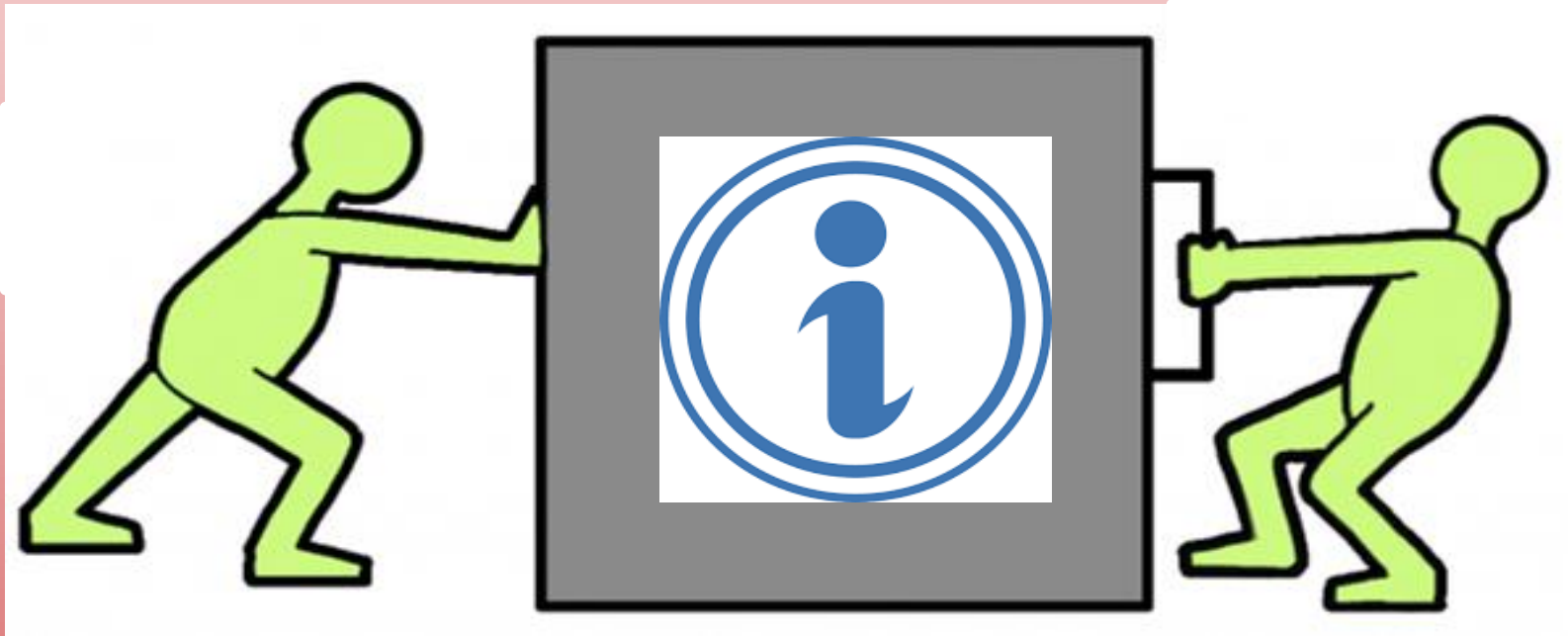
Write Down What You Found



What to prepare before your appointment:

- What you searched
- What you found
 - Fill out and bring website/database handout
 - Prepare to have a professional conversation
- Questions to ask
- Speak up for yourself in a professional way

The Push vs. Pull of Information



Creating a Google Alert



1. Go to www.google.com/alerts.
2. Sign in if you have a Gmail account. If not, just fill out the form.
3. Enter the search terms separated by commas (you can change this later).
4. Choose the type of results you want to find and have shared with you.
News Blogs Videos Discussions Book Everything
5. Choose how often you'd like to receive your alerts.
6. Choose how many results you want.
7. Click “create alert” and finish.

Alerts


Monitor the web for interesting new content



🔍 Create an alert about...

Creating a Medline Plus Alert

1. Go to: <https://medlineplus.gov/listserv.html>
2. Enter your email address and click GO
3. Confirm your email, pick how often you want to receive updates
4. Pick a password and submit
5. You can now sign up for topics of interest under 'subscriptions' and click submit

Creating a Medline Plus Alert (continued)

 **MedlinePlus**[®]
Trusted Health Information for You

 U.S. National Library of Medicine
 National Institutes of Health

New Subscriber

Subscription Type

Primary Email Address

You must enter a primary email address. You will use this to access and update your subscriptions or modify your subscriber preferences.

Email Address ★

Confirm Email Address ★

Creating a Medline Plus Alert (continued)

Email Delivery Preference

If you would like to change how subscription updates are delivered to you, select an option below.

- ☒ Send updates immediately by email
- ☐ Send updates daily by email
- ☐ Send updates weekly by email

Certain high priority updates may be sent regardless of your delivery preferences.

Optional Password

Enter an optional password to add password protection to your subscriber preferences.

Password

Confirm Password

SUBMIT

CANCEL

Your contact information is used to deliver requested updates or to access your subscriber preferences.

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Special Thanks

Thank you to The Arc!



Please fill out a post-survey.