

Online Health Resources

Some questions to ask yourself when reading health information on the Internet

- **Who runs the website?** Are they experts on the topic? Is the website UK based, or elsewhere?
- **Who pays for the website?** Is it a charity, a support group, a commercial company?
- **Who is the website written for?** Is it for patients, carers, healthcare professionals?
- **What is the website's purpose?** Why was the website created?
- **What is the original source of the website's information?** Is the information on this website based on reliable evidence?
- **How does the website document the evidence supporting its information?** Can you find references to the sources used by the website?
- **How current is the information on the website?** Medicine is changing all the time, is the website up to date?
- **How does the website owner choose links to other sites?** Does the site link to a range of other useful pages or does it cherry pick specific ones?

Websites you can trust

<p>NHS http://www.nhs.uk/pages/home.aspx * To find local health services * Reliable patient information (Health A-Z) * Behind the Headlines (Health news stories unspun) http://www.nhs.uk/news/Pages/NewsIndex.aspx * Healthy Living * Care and Support (Social Care Info)</p>	<p>Patient.Info www.patient.info * Patient Information (includes PDF versions to print out) * Information on drug therapies * Symptom checker</p>
<p>Fit for travel http://www.fitfortravel.nhs.uk/home.aspx Travel health alerts Info on required vaccines for different countries/holiday destinations</p>	<p>NICE (National Institute for Health and Care Excellence) https://www.nice.org.uk/ National Guidelines on Health policies/procedures</p>

COVID -19 Information

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Databases and Search Engines

NHS Evidence

<http://www.evidence.nhs.uk/>

"Evidence search provides access to selected and authoritative evidence in health, social care and public health. Sources include: British National Formulary, Clinical Knowledge Summaries, SIGN, the Cochrane Library and Royal Colleges, Social Care Online and GOV.UK."

TRIP Database

<https://www.tripdatabase.com/>

"Trip is a clinical search engine designed to allow users to quickly and easily find and use high-quality research evidence to support their practice and/or care. Trip has been online since 1997 and in that time has developed into the internet's premier source of evidence-based content. Our motto is 'Find evidence fast' and this is something we aim to deliver for every single search. As well as research evidence we also allow clinicians to search across other content types including images, videos, patient information leaflets, educational courses and news."

<http://www.knowledge-nw.nhs.uk>



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