

CaCoon Health Notes

Topical Bulletins for CaCoon Nurses



Finding Health Information on the Internet

It can be difficult for health professionals and families alike to find credible, current information about healthcare online. The following suggestions are designed to help healthcare providers navigate the world of internet searching.

Learn more about Evaluating Web-Based Health Information:

Online tutorial on evaluating health information on the web: www.nlm.nih.gov/medlineplus/webeval/webeval.html

Information and list of links from MedlinePlus on evaluating health information: www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html

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Tips for locating reliable health information on the Internet:

- ✓ **Look for an "About Us" section** to see who owns the site. Commercial sites often have their own interests, and they may be biased. Web addresses ending in ".org," ".edu," or ".gov" are more likely to contain unbiased information.
- ✓ **Watch for advertising.** Although some very good sites have advertising, just to stay solvent, many sites are trying to sell their own products.
- ✓ **Be a skeptic.** Watch for sites that claim "miracle cures." If it seems too good to be true, it's probably not true.
- ✓ **Look for evidence.** If studies or people are mentioned, see if the papers are cited, or seek more information on the person mentioned.
- ✓ **Make sure the information is current.** Health care changes. A site that isn't updated regularly may contain outdated information.
- ✓ **If you opt to "google" a specific condition,** try searching for "health care guidelines for CONDITION NAME" or "critical elements of care for CONDITION NAME." These phrases are more likely to turn up credible information than simply searching for the name of the condition alone.

...see next page for more tips

✓ **Ask a Librarian.**

- **OHSU has an email/mail service** to provide health information to all Oregonians: www.ohsu.edu/xd/education/library/research-assistance/health-information-by-mail.cfm
- **Some medical libraries** are accessible to the public. To find medical libraries in your area go to www.nlm.gov/members/adv.html. Search by geographic location, and select “Only institutions that serve health care consumers.”

✓ **Consult a reliable website.** Some legitimate websites with information relevant to caring for CYSHN are listed below:

American Academy of Pediatrics www.aap.org	Offers current information on a broad array of topics relevant to providers and families of children with special health care needs.
Center for Children with Special Health Care Needs at Seattle Children’s Hospital: www.cshcn.org/diagnosis-information	
EthnoMed www.ethnomed.org	Provides information on health care beliefs and issues for the immigrant population. The patient education section has information in many languages
MedlinePlus www.medlineplus.gov	Provides good basic health information, much of which is available in Spanish
National Guideline Clearinghouse www.guideline.gov	Is a resource for evidence-based clinical practice guidelines
National Organization for Rare Disorders (NORD) www.rarediseases.org	
New York Online Access to Health (NOAH) www.noah-health.org	Includes a good selection of Spanish-language information
OHSU Library Consumer Health www.ohsu.edu/xd/education/library/research-assistance/consumer-health/childrens-health.cfm	Has a section specific to children’s health.
Oregon databases for licensed health practitioners: www.ohsu.edu/xd/education/library/orhp.cfm	
PubMed www.pubmed.gov	An excellent source of medical information for health care practitioners
Washington State Medical Home Leadership Network www.medicalhome.org/diagnoses	Offers in-depth information on treating and managing six frequently-diagnosed chronic child health conditions