

Reliable sources of health information

What	Where	Additional Information
NHS website	https://www.nhs.uk/	<p>About the NHS website The NHS website (www.nhs.uk) is the UK's biggest health website with more than 43 million visits per month. We strive to be a world-leading health information service putting people at the heart of everything we do.</p> <p>The website is funded by the Department of Health and Social Care (DHSC). The content, data and services on the website are commissioned by NHS England and delivered by NHS Digital for people in England.</p> <p>What's on the NHS website? There are thousands of freely available articles, videos, tools and apps to help you make the best choices about your health and wellbeing.</p> <p>You can find out more about support and social care services if you or someone you know needs help with day-to-day living because of illness or disability.</p> <p>Our service search helps you find, choose and compare health, support and social care services in England. We also publish reviews and ratings across health and social care services.</p> <p>The NHS website also publishes daily analysis of the health-related news stories hitting the headlines.</p> <p>Social media is an important part of the NHS website service. We reach millions of people a month via Facebook, Twitter and video channels such as YouTube.</p> <p>Each month, millions of people also access NHS content via partner websites, applications and other internet-connected</p>

		devices, including NHS organisations, local authorities and various well-known commercial companies.
Patient	https://patient.info/	UK's leading independent health site, established for over 15 years. A trusted source of information for patients containing over 4000 health information leaflets and a symptom checker
Medline Plus (American)	https://medlineplus.gov/	Produced by the U.S. National Library of Medicine. This is an American site and therefore costs, treatment options, statistics etc. may not be relevant to the United Kingdom
Nice Evidence Search	https://www.evidence.nhs.uk/	NICE is the National Institute for Health and Care Excellence NICE Evidence Search allows you to search good quality health related websites.
Patient Decision Aids	<a aids"]}]}&ps='50&sp=on"' decision="" ety":["patient="" href="https://www.evidence.nhs.uk/Search?om=[{">https://www.evidence.nhs.uk/Search?om=[{"ety":["Patient Decision Aids"]}]}&ps=50&sp=on	The aids are designed to support patients and clinicians to have informed conversations about treatment for their condition.
Drugs Information Sources	British National Formulary https://bnf.nice.org.uk/ British National Formulary for Children https://bnfc.nice.org.uk/	The leaflets in your packet of tablets in your medicine cabinet may not be the latest version. Provides drugs information, including updated the latest medicines information leaflets.
Clinical Knowledge Summaries	https://cks.nice.org.uk/	Provides short summaries of knowledge about conditions and how they are managed
NICE Pathways	https://pathways.nice.org.uk	Brings together everything NICE says on a topic in an interactive flowchart This tool helps you find our guidance and advice for health and social care quickly and easily. Select a topic, click the boxes and explore what NICE says.
NICE Guidance	https://www.nice.org.uk/guidance	Lists NICE guidance, including published guidance, in development and consultations
Google Advanced Search	Just go to Google and type in Google Advanced Search	Use the site or domain field to filter to .nhs.uk .gov.uk .ac.uk

We all want our health information to be:

- Good quality
- Reliable
- Unbiased
- Accurate
- Up to Date
- Understandable

Are there any symbols we can look out for that denote a website provides good quality health information?

Symbol

The Information Standard



The Health on the Net Code



HONcode

HONcode certification:
Improving the quality of
online health information

The Plain English Campaign



Charities: look for sites which end in .org (not for profit organisations) or .gov (government run)	
What	Where
Age UK	http://www.ageuk.org.uk/
Alzheimer's Society	https://www.alzheimers.org.uk/
Arthritis Research UK	http://www.arthritisresearchuk.org/
Asthma UK	https://www.asthma.org.uk/
Breast Cancer Care	https://www.breastcancercare.org.uk/
British Dietitian Association	https://www.bda.uk.com/
British Heart Foundation	https://www.bhf.org.uk/
British Liver Trust	https://www.britishlivertrust.org.uk/
British Lung Foundation	https://www.blf.org.uk/
Cancer Research UK	https://www.cancerresearchuk.org/
Core: fighting digestive diseases	http://corecharity.org.uk/
Crohns and Colitis UK	https://www.crohnsandcolitis.org.uk/
Diabetes UK	https://www.diabetes.org.uk/
Down's Syndrome Association	https://www.downs-syndrome.org.uk/
Epilepsy Action	https://www.epilepsy.org.uk/
Kidney Research UK	https://www.kidneyresearchuk.org/
Lymphoma Association	https://www.lymphomas.org.uk/
Macmillan	https://www.macmillan.org.uk/
Mencap	https://www.mencap.org.uk/
Meningitis Research Foundation	http://www.meningitis.org/
Mental Health Foundation	https://www.mentalhealth.org.uk/
Mind	https://www.mind.org.uk/
Miscarriage Association	https://www.miscarriageassociation.org.uk/
Motor Neurone Disease Association	https://www.mndassociation.org/
Multiple Sclerosis Society	https://www.mssociety.org.uk/
National Autistic Society	http://www.autism.org.uk/

What	Where
National Deaf Children's Society	http://www.ndcs.org.uk/
Orchid: fighting male cancer	https://orchid-cancer.org.uk/
Pancreatic Cancer Action	https://pancreaticcanceraction.org/
Scope: about disability	https://www.scope.org.uk/
Stroke Association	https://www.stroke.org.uk/

Specialist websites		
What	Where	Additional Information
British Association of Dermatologists	http://www.bad.org.uk/	Provides patient information leaflets and videos on a wide range of dermatological conditions
Care Quality Commission	http://www.cqc.org.uk/	Monitors, inspects and regulates services (such as care homes and hospitals) to make sure they meet fundamental standards of quality and safety and publish reports which contain the findings, including performance ratings to help people choose care.
Contact	https://contact.org.uk/	Provides information, advice and support, brings families together so they can support each other. Campaigns to improve their circumstances, and for their right to be included and equal in society.
Great Ormond Street Hospital for Children	http://www.gosh.nhs.uk/children/about-your-condition	Provides useful information on conditions and treatments relevant to children and young people
Healthy Wirral & the LiveWell Directory	https://www.thelivewelldirectory.com/Services/3336/Healthy-Wirral	The LiveWell Directory is a new partnership development that provides access to support and a broad range of activities that are available to citizens of the region. The Liverpool City Region Partnership is made up of Liverpool, Wirral, Knowlsey, Sefton and St Helens
Royal College of Surgeons	https://www.rcseng.ac.uk/patient-care/recovering-from-surgery/	Recovering from surgery provides a range of patient advice leaflets depending on the specific surgery that has been undertaken

When deciding on the quality of web based information which does not display any quality standard ...

Remember WWW

Who:

Who is the author or publisher of the website and what are their credentials?

Are they fair in what they are saying?

What are their reasons for publishing, for example, are they trying to give you information or sell you something?

Beware of bias –

What is the purpose of the website?

Who is providing the funding?

Do other websites link to them?

Look at the “About Us” section on the site. This should give you some of this information.

What:

What is on the website?

Does the information seem accurate?

Is it relevant and up to date?

Do they link the information to evidence?

Do they tell you where the information has come from?

Look for references or links to the evidence

Look at the last updated information (usually at the bottom of the web page) which should tell you when the information was added.

Check if the links to other information/websites work, or are they broken? (Too many of these may indicate the site is no longer being maintained).

Where:

Which part of the world is the website coming from?

Statistics, treatment, drug information and prices may not be relevant to the United Kingdom

Look at the web address information as this will often indicate the country of origin and type of organisation. The Uniform Resource Locator (URL) gives clues e.g.

.au = Australia

.ca = Canada

.de = Germany

.com or .org = an organisation

.ac = an educational site

.gov = a government site

Basically you need to be a “cybersceptic”. That means being wary and questioning.

- If the site makes health claims that seem too good to be true
- If the information uses deliberately obscure, “scientific sounding” language
- If it promises quick, dramatic, miraculous results
- If it is the only site making these claims
- Beware of claims that one remedy cures a variety of illnesses, is a “breakthrough”, or that it relies on a “secret ingredient”
- Get a second opinion – check more than one website.