

Do they tell you where the information has come from? Look at the last updated information (usually at the bottom of the web page). This will tell you when the information was added. Look for references or links to the evidence. Also check if the links to other information /sites work. If not, this may indicate the site is no longer being maintained.

**Where:** What part of the world is the website coming from? Statistics and treatment information 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 end of the web address will also give clues. See below for examples:

.au = Australia  
.ca = Canada  
.de = Germany  
.com or .org = an organisation  
.ac = an educational site  
.gov = a government site

### Contact details

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# *Finding Good Quality Health Information on the Internet*



## *A Guide for the Public*





*You will find a lot of information on health by searching the internet. However, we recommend that you concentrate on the information which is available from reliable UK sources.*

*Some of these are listed below in alphabetical order – this is not meant to suggest any particular ranking.*

### **Behind the Headlines**

Health news stories unspun. A guide to the science behind the latest headlines  
<http://www.nhs.uk/news/Pages/NewsIndex.aspx>

### **Learn My Way**

Short easy online courses for beginners to help you start searching the internet safely. There is a health section that is easy to find, or get started and build your confidence with the general section first  
<https://www.learnmyway.com/>

### **NHS Choices**

This site is funded by the Department of Health. It is committed to providing trustworthy information and guidance on all aspects of health and healthcare. NHS Choices ensures its content is evidence-based and includes the best scientific knowledge available. It is accredited by The Information Standard.

<http://www.nhs.uk/pages/home.aspx>

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### **NHS Evidence**

Includes patient information that is up to date and compiled from hundreds of trusted sources

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

### **Patient.co.uk**

With more than 8 million visits a month, it is a trusted source of information for both patients and health professionals nationwide.

The site contains over 4000 health information leaflets, a wellbeing centre, a free health check, and thousands of discussion forums. It has been established for over 15 years  
<http://www.patient.co.uk/>

### **General Tips**

When you are looking at a website, remember W W W

**Who:** Who is the author or publisher of the site and what are their credentials? Are they fair in what they say? What are their reasons for publishing, for example, are they trying to give you information or sell you something? 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 site? Does the information seem accurate? Is it relevant and up to date? Do they link the information to evidence?