

## My Information Space

Please use the following questions to help you track your health information

1. **What are my questions?**
2. **Web sites I visited**
3. **What answers have I found?**
4. **What do I want to talk to my healthcare provider about?**

For more information about this Brochure, please contact:



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## Health Information from the Web

Assessing its Quality



A Guide to Assist You!

## Why consider the quality of online health information?

It is vital that you evaluate the quality of online health information before applying it to yourself or to your loved ones because:

- Too many people trust the web without regard to the source of the health information
- Anyone can publish health-related information on web
- Information is often posted for commercial / marketing purposes
- There is potential for information/ identity theft using the web
- It can be difficult to tell the difference between true and false information on the web
- You may increase your health problem if you can not interpret the information correctly
- If you find good quality information it may help you
- Finding quality information may serve as a basis for discussion with your healthcare practitioners

### Some Good General Health Sites:

Healthy Ontario

<http://www.healthyontario.com/women.aspx>

NICE\_UK

<http://www.nice.org.uk/>

National Library of Medicine

<http://www.nlm.nih.gov/>

Medline Plus

<http://medlineplus.gov/>

### My provider recommends (write the name of the sites):

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## Quality Checklist

Consult the following checklist to help you assess the quality of online health information:

Item Topic	Yes	No
<b>Authorship</b>		
Is the author of the information clearly identified?		
Can you tell if qualified professionals are giving the advice?		
<b>Content</b>		
Does it appear that the topic is well covered?		
Does the web site provide clear reference of sources of information (includes scientific studies)?		
<b>Currency</b>		
Does the information indicate the date of publication?		
<b>Usefulness</b>		
Do you find the information usable & understandable?		
<b>Disclosure</b>		
Can you tell who owns this website?		
Does the website identify its funding source?		
<b>User Support &amp; Feedback</b>		
Is there any contact information provided?		
<b>Privacy &amp; Confidentiality</b>		
Can you use the website anonymously?		

### Cautions:

- Opinions or biases are evident
- Specific treatments / diagnosis given (without consulting a health professional)

**Note:** You should consult with your healthcare provider about the information on the Internet.