HSLG
HEALTH SCIENCES LIBRARIES GROUP

HEAR *(Health Evidence Awareness Report)*

Focus on Online Medical Resources

The purpose of HEAR newsletter is to provide specialised information to health professionals and patients about specific health topics.

HEAR is now in its second year and is a result of collaboration between librarians from a variety of Irish health organisations.

This August 2016 issue focuses on quality online medical resources, including Irish and international websites, guidelines and standards, blogs and podcasts as well as search tips on how to find reliable health & medical information.

Image courtesy of http://farm4.static.flickr.com/3394/3526522573_8f40a675b6.jpg

Where possible, we include links to freely available resources. This issue of HEAR is a useful starting point for anyone new to researching in the health sciences or it can be used as a reference & refresher tool. Included also are quality resources for patients.

Should you wish to make any suggestions for future editions of HEAR, we would love to hear from you, please Email Us.

> *"The notion that information is enough, that more and more information is enough, that you don't have to think, you just have to get more information - gets very dangerous."*
> - Edward de Bono

Checking Out a Health Web Site: The Five "W Questions"

1. Who? Who runs the Web site? Can you trust them? Read the "About Us" part

2. What? What does the site say? Do the claims seem too good to be true?

3. When? When was the site last updated? Is the information up-to-date and timely?

4. Where? Where did the information come from? Is it based on scientific research?

5. Why? Why does the site exist? Is it selling something?

Check the URL: .org, **.edu**, **.gov**, **.ac** can usually be trusted.

.com or .net sites may have an agenda

NHS

This NHS site looks at the evidence behind the headlines:

http://www.nhs.uk/News/Pages/NewsArticles.aspx

EVALUATING HEALTH INFORMATION

With so many health and medical websites out there, how do you know the information you find is trustworthy? Here are some signs that a site is reliable:

- ✓ The address ends in .gov, .edu, .ac or .org.
- ✓ The person or group that developed the site is an expert on that topic.
- ✓ The purpose of the site is clear.
- ✓ The site is not there just to sell you something.
- ✓ The site is updated on a regular basis.
- ✓ The privacy policy is easy to find.

More information on how to evaluate a Web site can be found at:

Evaluating health Web sites (National Network of Libraries of Medicine)
Five criteria for evaluating Web pages (Cornell University)
Guide to healthy Web surfing (Medline Plus)
User's guide to finding and evaluating health information on the Web (Medical Librarians Association)

While many online health resources are useful, others may present information that is inaccurate or misleading, so it's important to find sources you can trust and to know how to evaluate their content. Always ask the five W questions on page 1.
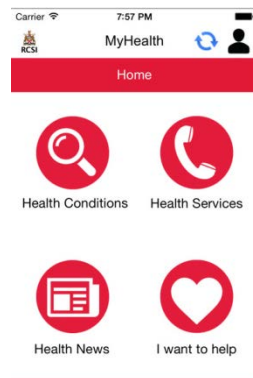
@HON

The "Health on the Net" site identifies useful and reliable health information for both patients and health professionals.

www.healthonnet.org/

CONSUMER HEALTH AND PATIENT RELATED SITES

Get advice about **common ailments** with: http://undertheweather.ie/ from the HSE

Information for patients on **medicines available in Ireland** is available at http://www.medicines.ie . Search by drug name under "PILS" (Patient Information Leaflets)

Download the new **RCSI patient information app** from: http://rcsimyhealth.ie

Easyhealth has 'accessible' health information that uses easy words with pictures: http://www.easyhealth.org.uk/

Mayo Clinic *www.**mayoclinic**.org*

KidsHealth has information about health, behavior, and development from before birth through the teen years. http://kidshealth.org/

MedlinePlus from the National Library of Medicine Read about symptoms, causes, treatment and prevention for over 975 diseases, illnesses, health conditions and wellness issues at *https://**medlineplus**.gov/*

Top 15 Most Popular Health Websites as of August 2016 http://www.ebizmba.com/articles/health-websites

SEARCH TIPS

Quick tips : Search for an exact word or phrase using quotes e.g., "healthy weight"

Search for variations of a word using * e.g., institut* will pick up institute, institution institutionalised

Search for one or more word using the Boolean operator OR (in capitals) e.g., (adolescent OR youth OR teen)

Exclude a word from your search using the Boolean operator NOT (in capitals) e.g., child NOT infant

Searching for an article by the author's surname if you know it is often the easiest way.

[How to use search like a pro: 10 tips and tricks for Google and beyond](#)

- The Guardian, Jan 2016

To find synonyms and analyse your search, try PubMed PubReMiner:

http://hgserver2.amc.nl/cgi-bin/miner/miner2.cgi

Scope your PubMed search with Venn diagrams:

http://pubvenn.appspot.com/

Browse the internet's archives with the wayback machine:

http://archive.org/web/

Free "tips and tricks" search modules from:

https://sites.google.com/site/smartsearchinglogical/home

Symplur hashtag project to find healthcare hashtags and influencers

http://www.symplur.com/healthcare-hashtags/

FINDING FREE FULL TEXT ARTICLES

Google Scholar at http://scholar.google.com/ Here you can find articles from a wide variety of academic publishers, professional societies, preprint repositories and universities, as well as scholarly articles available across the web. Check the links on the right side of screen for fulltext and also click on the versions link as there may be a free version there also
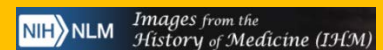
You can also search mainstream search engines such as **Google or Bing** for a specific article. It is often easiest to search for the title of an article in quotations and use the search operator filetype: e.g. "title of article" filetype:pdf OR filetype:doc. The chances of getting the fulltext of the article are higher when the search engines returns a pdf or Word file.

FREE IMAGES

Free image database at the Wellcome Library at

http://wellcomelibrary.org/search-the-catalogues/search-images

Images from the History of Medicine (IHM)

https://www.nlm.nih.gov/hmd/ihm/

Health/Medical Images from Pixabay

https://pixabay.com/en/photos/?cat=health

Medical Tools

"Calculate" is a clinical calculator and point-of care-tool.
The app is free to download for both iphone or android.

STANDARDS AND GUIDELINES

🇮🇪 **Ireland:**

NCEC National Clinical Effectiveness Guidelines
http://health.gov.ie/patient-safety/ncec/national-clinical-guidelines-2/

🇬🇧 **UK:**

Guidelines, standards, care pathways etc. by the National Institute for Health & Care Excellence (UK) are available from: http://www.nice.org.uk

Scotland:

SIGN Guidelines
http://www.sign.ac.uk/

EUROPE:

EUnetHTA provides methodological guidelines and also Rapid assessment of other health technologies such as medical devices, surgical interventions or diagnostics:
http://www.eunethta.eu/outputs

🇺🇸 **USA:**

The Agency for Healthcare Research and Quality U.S. http://www.ahrq.gov/ provide links to guidelines, research reports and patient information.

Free Peer-Reviewed Resources

PubMed comprises more than 25 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites. www.pubmed.gov

PubMed Central http://www.ncbi.nlm.nih.gov/pmc/ (PMC) is a free full-text archive of over 4 million free articles from biomedical and life sciences journal literature.
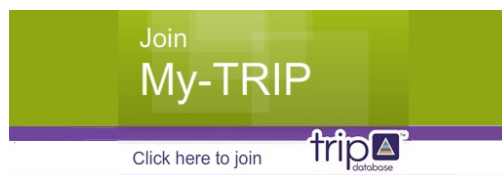
Free Medical Journals http://www.freemedicaljournals.com/

Highwire Press http://highwire.stanford.edu/lists/freeart.dtl

Biomedcentral https://www.biomedcentral.com/

Directory of **O**pen **A**ccess **J**ournals
https://doaj.org

The **Cochrane Library** is not technically free but there is a National Subscription allowing full access in the island of Ireland. See: http://http://www.cochranelibrary.com/

TRIP database provides links to evidence-based research which is also graded according to strength of evidence. Many links to guidelines or standards are open access.
http://www.tripdatabase.com

The **Directory of Open Access** Repositories - OpenDOAR at:
http://www.opendoar.org

Public Library of Science: PLOS https://www.plos.org /

Web-based tool for **'Understanding Health Research'**

http://www.understandinghealthresearch.org/

IRISH HEALTH SITES

LENUS is the Irish Health Repository and contains links to open access full text of Irish focused research whenever feasible. http://www.lenus.ie.

Irish HTAs (Health Technology Assessments) are available on the **HIQA** site at: http://www.hiqa.ie/healthcare/health-technology-assessment/assessments

Irish Dept. of Health reports, resources and learning http://health.gov.ie/patient-safety/ncec/resources-and-learning/

The **Health Well** is an all-Ireland portal promoting public health and wellbeing http://www.thehealthwell.info/

eRCSI - e-publications@RCSI is an open access repository of research/ scholarly output of the Royal College of Surgeons in Ireland. The service is managed by the RCSI Library. http://epubs.rcsi.ie/

Follow the **Irish Medical Times** blog: http://www.imt.ie/blogs

The **Irish Nursing Journals** Collection digitised by UCD is at http://digital.ucd.ie/view/ivrla:35760

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Top Twitter Accounts

@cochranelibrary

@HISI_Ireland

@eHealthIreland
@MuisisHouston
@drugsdotie
@NCECIreland
@EvidBaseMed_BMJ
@IMT_latest
@EBMRR

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MEDICAL NEWS SITES
Recent News Story: Irish Times article

http://www.irishtimes.com/life-and-style/health-family/just-because-research-is-scholarly-doesn-t-mean-it-s-quality-1.2759392

www.irishhealth.com/ offers a comprehensive source of health information and up-to-the-minute health news

Irish Medical Times http://www.imt.ie/

The Medical Independent http://www.medicalindependent.ie/

Sign up to Medscape to get alerts on your selected specialties: http://www.medscape.com

Docphin provides updates on medical research for your iPhone, Android or Web. https://www.docphin.com/

Richard Lehman's blog summarises the top stories from core medical journals: http://blogs.bmj.com/bmj/category/richard-lehmans-weekly-review-of-medical-journals/

The UK's leading source of independent health information http://www.netdoctor.co.uk/

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*Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic **health** information and services needed to make appropriate **health** decisions.*

- U.S. Department of Health and Human Services. 2000. *Healthy People 2010*.

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Health Science Libraries Group

A section of the Library Association of Ireland

https://hslgblog.wordpress.com/

The Health Sciences Libraries Group is committed to empowering all our members to excellence in the field of information management, and by doing so, advancing health for all.

We're on the Web!

#HEARbulletin

ON LENUS at
http://tinyurl.com/z7m8ovt

DISCLAIMER

The information contained in this newsletter is not advice, and should not be treated as such.

International websites

World Health Organisation www.who.int/

Center for Disease Control www.cdc.gov

FDA at www.fda.gov

Centre for Reviews and Dissemination contains links to Health Technology Assessments and other Reviews: http://www.crd.york.ac.uk/CRDWeb/

"BestBets" were developed in the UK, to provide rapid evidence-based answers to real-life clinical questions, using a systematic approach to reviewing the literature. http://www.bestbets.org/

U.S. Department of Health and Zuman Services https://healthfinder.gov/

Blogs, Podcasts

www.NPR.org
Planet Money excellent if unexpected source of scientific, biomedical enquiry

Free paediatric resources for medical students

NOW@NEJM a blog for physicians about NEJM
http://blogs.nejm.org/now/

Lancet Journals audio archive

BMJ blogs
http://blogs.bmj.com/bmj/

Upcoming Events

What? "Making Sense of Health Evidence: The Informed Consumer" - Free online course
When? Launches 26th Sept 2016
Where?
https://www.futurelearn.com/courses/informed-health-consumer/4

What? Annual Open Access Event
When? Tuesday 25th Oct 2016
Where? Institute of Public Health in Ireland
Contact: info@thehealthwell.info

What? Open Access – Open for Action: Free event by HSE
When? Wednesday 26th Oct 10am–1.30pm
Where? HRB
Contact: regionallibrary@hse.ie

Who are we? We are the librarians!

This content is brought to you by a collaborative group of health science librarians working within the Irish health service.**We are: Joanne Callinan**, Librarian, Milford Care Centre, Limerick; **Bernadette Colley** Temple Street University Hospital; **Isabelle, Delaunois** Librarian, University Hospital Limerick; **Catherine Dillon**, Librarian, Health Service Executive (HSE); **Grace Hillis**, Librarian, St. Vincent's Navan Road; **Aoife Lawton**, Systems Librarian, Dr. Steevens' Hospital (HSE); **Anne Madden**, Assistant Librarian St. Vincent's University Hospital, Dublin; **Margaret Morgan**, Librarian, Midland Regional Hospital, Mullingar (HSE); **Caroline Rowan**, Librarian, St. Michael's Hospital; **Niamh O'Sullivan**, Librarian, Irish Blood Transfusion Service; **Marie Carrigan**, Librarian, St. Luke's Radiation Oncology Network; **Louise Galligan**, Irish Cancer Society.

Feel free to Email Us with any questions, comments or feedback.