Evaluating and Using Consumer Health Information

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WINTER 2019
Evaluating and Using Consumer Health Information

Defined as:
Any information that enables individuals to understand their health, and make health-related decisions for themselves and their families.

(Patrick & Koss, 1995 as cited at www.uhn.ca)
By the end of this session:

• Discuss ways in which online consumer health information sites, apps and social media can impact a nurse-patient relationship.

• Evaluate the source, accuracy and currency.

• Determine appropriate uses.
WHAT ROLE DOES THE INTERNET PLAY IN HEALTH AND HEALTHCARE?
Discussion questions:

1. Why might people turn to the web for health information?

2. Considering the amount of information available online, what might nurses and other health professionals need to be aware of?
Where to start?
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Authoritative Health Sites (uhn.ca)
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Reliable Sites for Complementary Health (nccih.nih.gov)
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How to evaluate?
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How to evaluate?
MLA: Guidelines for evaluating
Where to start?

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How to evaluate?

MLA: Guidelines for evaluating

NCCIH: Questions to ask
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How to evaluate?

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NCCIH: Questions to ask

http://libguides.macewan.ca/HLST152
Evaluation can be common sense…

Source: https://www.pexels.com/photo/abstract-bright-close-up-color-268460/
• Are the creators/authors experts in health?
• Is the website/app associated with an authoritative organization?
• Is the site/feed/app sponsored?
• Look for contact information!
Liver transplant

LEARNING HUB
NIH @NIH · Jan 23
Research Matters: Does infant formula affect development of type 1 diabetes?
divr.it/QCSNVY #NIH #ResearchMatters

Does infant formula affect development of type 1 diabetes?
Results from a new study suggest no change in current guidelines for formula feeding in infants who are at risk for type 1 diabetes.
nih.gov
Over 320,000 health and medical apps.

Sources:
IQVIA Institute
imedicalapps.com
iprescribeapps.com

At least 1 app to help physicians prescribe apps.

Medici is an app that connects doctors & patients – securely from their mobile phones. Patients appreciate the convenience to chat with their doctors at any time. Doctors gain the freedom to extend care & get paid without extra overhead. The future is here – simple, seamless healthcare!
Pedi Crisis 2.0
Pediatric Crisis Checklist
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Pediatric Crisis Checklist

1. Air Embolism
2. Anaphylaxis
3. Anterior Mediastinal Mass
4. Bradycardia
5. Bronchospasm
6. Cardiac Arrest
7. Chest Compressions: Supine/Prone
8. Difficult Airway
9. Fire: Airway
10. Fire: OR (non-airway)
The Society for Pediatric Anesthesia (SPA) presents Pedi Crisis 2.0! This app contains peer-reviewed algorithms for treating 26 pediatric crisis situations. As an interactive version of the SPA critical event checklists, crucial details for these 26 pediatric critical events are now just a ‘tap’ away on your pocket device!

Quick reference drug dosage summaries are available for each emergency. Enter the patient’s weight to automatically calculate patient-specific dosages.
• Is the information reliable? Supported by evidence?
  ✓ Look for references.
  ✓ Verify with another source.
Pedi Crisis 2.0 App Review

As a full scope family medicine physician, few things are truly more frightening than emergencies in infants and children. From asthma exacerbations to seizures to trauma, pediatric emergencies test the mettle of any provider. Time is critical so you have to know much information almost instinctively. With the advent of smartphones, this information can now be accessed rapidly at the point of care.

Here at iMedicalApps, we have reviewed Pedi STAT previously. We also included it in several “Top 10” app lists for pediatrics and family medicine. Over the years, alternatives to Pedi STAT have come along including PalmPedi, BluCard, Pedi Crisis, PEMSoft, and Paediatric Emergencies.

Evidence-based medicine

The app is produced by the Society for Pediatric Anesthesia. The app claims to be peer-reviewed – however, no references are included in the app. The app covers 26 of the most common pedi crisis encountered in pedi anesthesia.

“No references or description of peer review process”
Lose Weight with MyFitnessPal

The fastest, easiest to use calorie counter app.

Sign up with Facebook  Sign up with Email

Already have an account? Log In

Millions of people have lost weight with MyFitnessPal's FREE calorie counter

Get free access to the world's largest nutrition and calorie databases

✅ Medical studies show that keeping a food journal DOUBLES your weight loss!

✅ Quickly add and log recipes from across the web

Lose weight the healthy way

We believe — and medical studies prove — that the best way to lose weight and keep it off is to simply keep track of your food using a calorie counter. Gimmicky machines and fad diets don't work. So why not use a tool that helps you eat healthy? We bet you'll love it.

https://www.myfitnesspal.com/
Lose Weight with MyFitnessPal

The fastest, easiest to use calorie counter app.

Sign up with Facebook  Sign up with Email

Already have an account? Log In

Millions of people have lost weight with MyFitnessPal’s FREE calorie counter
Get free access to the world’s largest nutrition and calorie databases

- Medical studies show that keeping a food journal DOUBLES your weight loss!
- We believe — and medical studies prove — the secret to losing weight and keep it off is to simply keep track of your food intake.

https://www.myfitnesspal.com/
St. John's Wort

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- Introduction
- What the Science Says
- Side Effects and Cautions
- For More Information
- Key References
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What the Science Says

Although some studies of St. John’s wort have reported benefits for depression, others have not. For example, a large study sponsored by NCCIH found that the herb was no more effective than placebo in treating major depression of moderate severity, and a study co-funded by NCCIH and the National Institute of Mental Health found that neither St. John’s wort nor a standard antidepressant medication relieved symptoms of minor depression better than a placebo.

Key References


For complementary, alternative/integrative health sites:

- Look for the evidence
- Check the references
- Start with a trusted source: libguides.macewan.ca/hlst152

• Is the information on the site current? timely?
• When was the info/site/app last updated?
• Does currency matter?
St. John's Wort

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NCCIH has provided this material for your information. It is not intended to substitute for the medical expertise and advice of your health care provider(s). We encourage you to discuss any decisions about treatment or care with your health care provider. The mention of any product, service, or therapy is not an endorsement by NCCIH.

NCCIH Publication No.: D216
Updated: September 2016

This page last modified December 01, 2016
BENEFITS OF VITAMIN C

- Helps to prevent scurvy
- Helps to cure lead toxicity
- Effective in curing cataracts
- Aids in lowering hypertension
- Relieves symptoms of asthma
- Prevents cancer and heart diseases
- Protects against cough and common cold

www.organicfacts.net

Vitamin C and the common cold: a double-blind trial.

Anderson TW, Reid DB, Beaton GH.

Abstract
A large scale double-blind trial was conducted to test the claim that the intake of one gram of vitamin C per day substantially reduces the frequency and duration of "colds". It was found that in terms of the average number of colds and days of sickness per subject the vitamin group experienced less illness than the placebo group, but the differences were smaller than have been claimed and were statistically not significant. However, there was a statistically significant difference ($P < 0.05$) between the two groups in the number of subjects who remained free of illness throughout the study period. Furthermore the subjects receiving the vitamin experienced approximately 30% fewer total days of disability (confined to the house or off work) than those receiving the placebo, and this difference was statistically highly significant ($P < 0.001$). The reduction in disability appeared to be due to a lower incidence of constitutional symptoms such as chills and severe malaise, and was seen in all types of acute illness, including those which did not involve the upper respiratory tract.

PMID: 5057006 [PubMed - indexed for MEDLINE]  PMCID: PMC1940935  Free PMC Article

Publication Types, MeSH Terms, Substances

LinkOut - more resources
Your Turn!

• Your group will be assigned a website or app.
  • Locate the website you have been assigned.
  • For iPad apps: Check the app & the website!
• Imagine a client has brought this app / website to you.
  • How might you help your client determine credibility?
  • What kind of info or support would you recommend?
• Be prepared to discuss!
Thank you!

Weblinks from today’s library session:
• libguides.macewan.ca/HLST152

Your feedback is appreciated!
• libguides.macewan.ca/HLST152
  • Feedback for Jody

Need help from the Library? Visit:
• library.macewan.ca/help