Evaluating and Using Consumer Health Information

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Evaluating and Using Consumer Health Information

Consumer health information is defined as any information that enables individuals to understand their health and make health-related decisions for themselves and their families (Patrick and 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 caregiver-client relationship.

• Evaluate the source, accuracy and currency of consumer health info sites, apps & social media.

• Determine appropriate uses.
What role does the internet play in health & healthcare?

"HEALTHCARE IS THE 3RD LARGEST WEB ACTIVITY ACROSS ALL GENERATIONS."

What does the research say?

The internet as diagnostic tool...

1. 59% of U.S. adults have looked online for health information in the past year.

2. 35% of U.S. adults say they have used the internet to try to figure out what medical condition they or another may have. We call them “online diagnosers.”

3. 53% of online diagnosers talked with a clinician about what they found online.

4. 41% of online diagnosers had their condition confirmed by a clinician.

http://pewinternet.org/Reports/2013/Health-online.aspx
What does the research say?

Peer-to-peer healthcare

1. Among online health information seekers, **16%** in the past year tried to find others who might share the same health concerns.

2. **30%** of internet users have consulted online reviews or rankings of healthcare services or treatments.

3. **26%** of internet users have read or watched someone else's experience about health or medical issues in the past year.

http://pewinternet.org/Reports/2013/Health-online.aspx
What does the research say?

Personal stories are powerful and compelling. Hearing about the experiences of patients with similar health conditions can impact health choices – often in positive ways – but may also contribute to people making poor or unhealthy choices.

What does the research say?

Health and Illness in a Connected World: How Might Sharing Experiences on the Internet Affect People's Health?

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http://libguides.macewan.ca/HLST152
Discussion questions:

1. Why might people turn to the web for health information?
2. Considering the amount of information available online, what might health & social service 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?

MLA: Guidelines for evaluating
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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

This website is designed to help answer your questions so you can:
- understand what it is like to have a liver transplant
- learn how to look after your liver.

You will get lots of interesting and useful information whether you have just heard that you need a liver transplant or you have had a transplant liver for a number of years.
Liver transplant

LEARNING HUB

https://teens.aboutkidshealth.ca/livertransplant
“HEALTHCARE IS THE 3RD LARGEST WEB ACTIVITY ACROSS ALL GENERATIONS.”
Hi, we’re Salus Digital
Europe’s leading media property for Health Innovation

Top 100 brand in Digital Health for 2016

We showcase the latest products, cover industry news and analysis and give you professional opinion

Brand Campaigns aimed at hard to find Health innovation professionals

Salus Digital is the leading media property for the health innovation industry. We showcase the latest products, cover industry news and analysis and we give you professional opinion on this fast growth sector. Our unique audience of industry professionals are highly engaged, regularly consuming new industry news and content on the site. Salus have already established a massive market reach and have recently been named as a global Top 100 brand in Digital Health for 2016.

Salus Digital also offers the industry’s largest specialist jobs platform, allowing you to target the best talent in the market across Europe. We can offer clients a unique route to market for both Recruitment and Brand Campaigns aimed at hard to find Health innovation professionals.
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Research Matters: Does infant formula affect development of type 1 diabetes?

dlvr.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
Pedi Crisis 2.0
Pediatric Crisis Checklist
• Over 2,500 medical & health apps.

• At least 1 app to help physicians prescribe apps.

Sources: imedicalapps.com iprescribeapps.com
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 anesthiesia.

“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 key to permanent weight loss and keep it off is to simply keep track of what you eat. Gimmicky machines and fad diets don't work...
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○ We believe — and medical studies prove — that losing weight and keep it off is to simply keep track of your food intake.

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

On This Page

- 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?*
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

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