

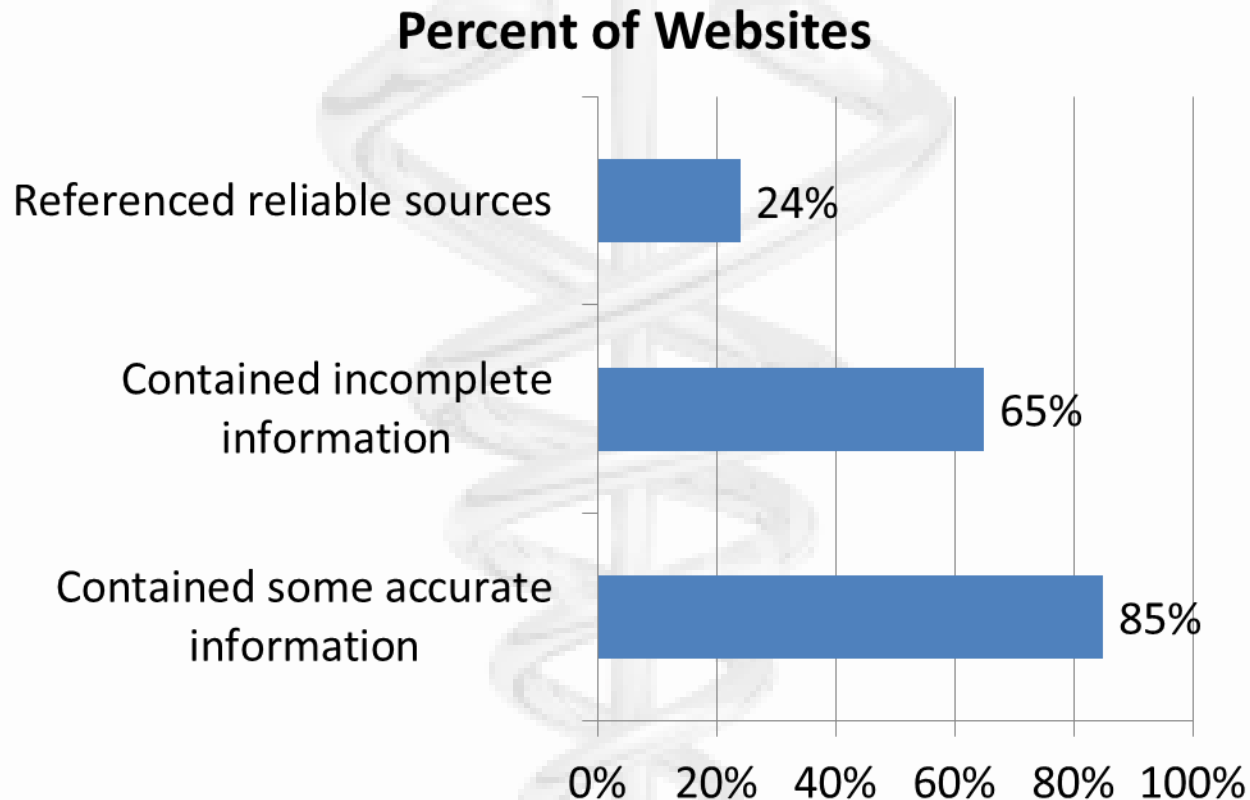


# Finding Quality Health Information on the Internet

Elio Spinello, MPH, Ed.D.  
California State University, Northridge  
Department of Health Sciences

# Internet Accuracy

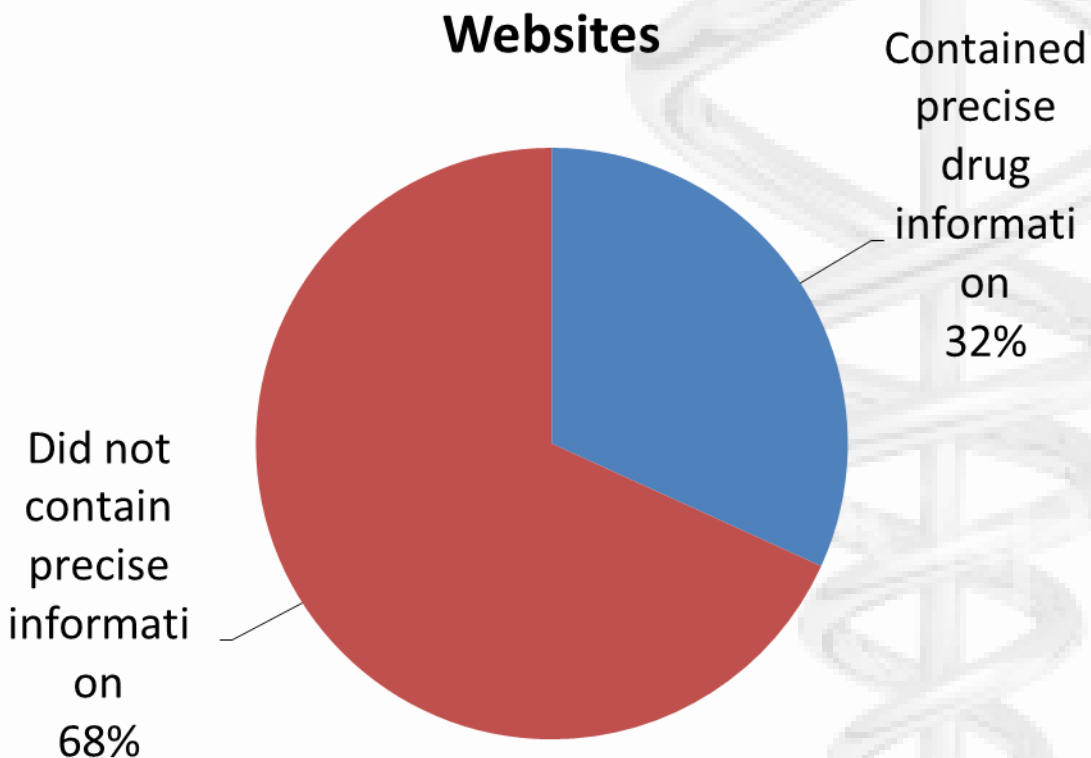
Sproule, Tansey, Burns, & Fenelon examined 172 websites for information on hand injuries and treatment:



Sproule JA; Tansey C; Burns B, and others. (2003). Hand Surg (Hand surgery : an international journal devoted to hand and upper limb surgery and related research : journal of the Asia-Pacific Federation of Societies for Surgery of the Hand.) 2003 Dec; 8(2): 181-5

# Internet Accuracy

Tatsioni, Gerasi, Charitidou, et al examined 519 websites to determine whether current FDA warnings on a variety of drugs were included with the basic drug information:



**“CONCLUSIONS:** Important safety warnings are inadequately covered in the majority of web pages. This deficiency creates a source of potentially harmful misinformation for health consumers.”

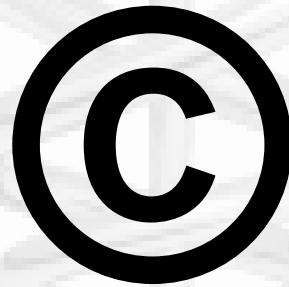
Tatsioni A; Gerasi E; Charitidou E, and others  
**Source:** Drug Saf (Drug safety : an international journal of medical toxicology and drug experience.) 2003; 26(7): 519-27

# Characteristics of Accurate Websites

**Fallis and Fricke Study: Examined 100 web pages with information about children's fever to determine indicators of accuracy. The best indicators included:**



**Displaying the HON  
Logo**



**Displaying a  
Copyright Notice**



**Having a .ORG domain  
name**

Fallis D, Fricke M. (2002) Indicators of accuracy of consumer health information on the Internet: a study of indicators relating to information for managing fever in children in the home. J Am Med Inform Assoc. 2002 Jan-Feb;9(1):73-9.

# Health on the Net (HON)

- Non-governmental organization (NGO) created in 1995 “to guide lay persons or non-medical users and medical practitioners to useful and reliable online medical and health information help.”



# HON Certification

- A certified HON Website can display the HON Logo. Clicking on the logo will provide you with certification verification

The Health On the Net Foundation's URL address

The web site Personalized Identification Number (PIN)

The name of the site

After revision by the HON Team, the site status demonstrates **compliance** with the HONcode of Conduct and its 8 principles.

Important dates

HONcode: Principles - Microsoft Internet Explorer

Address: <http://www.hon.ch/HONcode/Conduct.html?HONConduct386291>

HON Code

Health On the Net Foundation

HONcode application status:

**HON CODE** **Seek Wellness** is in compliance with the HONcode

Title of the site: **Seek Wellness**

Web address: <http://www.seekwellness.com/HONConduct386291>

HONcode PIN number:

Date of initial review: 23 Jan 2002

Date of last subsequent review: 12 Jul 2002

This certificate confirms the revision of the site by the HONcode Team at the above date. It respects and pledges to honor the 8 principles of the HON Code of Conduct (HONcode).

Principles in English Search HONcode sites Complaints © Health On the Net Foundation

Internet

# Barriers

**Web sites infected with computer viruses, spyware, malware, and other unhealthy stuff.**

The world of computer viruses has evolved



# Barriers

## Effective use of Information You Find



**“I already diagnosed myself on the Internet.  
I’m only here for a second opinion.”**



"I'M SORRY DOCTOR, BUT AGAIN I HAVE TO DISAGREE."



# Suggestions

- Use the information you find as the basis for your questions.
- Ask your physician for his or her opinion of the information and their reasons for that opinion.
- Ask whether he or she feels the information applies in your situation.

# Barriers to Accurate Information

## Scientific Drama

Poor interpretation of scientific studies published in medical/public health journals, and reported by newspapers, magazines, and online sources



# Primary vs. Secondary Sources

*The NEW ENGLAND JOURNAL of MEDICINE*

ORIGINAL ARTICLE

## Home Use of Automated External Defibrillators for Sudden Cardiac Arrest

Gust H. Bardy, M.D., Kerry L. Lee, Ph.D., Daniel B. Mark, M.D., M.P.H.,

### CONCLUSIONS

For survivors of anterior-wall myocardial infarction who were not candidates for implantation of a cardioverter–defibrillator, access to a home AED did not significantly improve overall survival, as compared with reliance on conventional resuscitation methods. (ClinicalTrials.gov number, NCT00047411.)

# What the news services said it concluded...

**YAHOO!** NEWS

[Back to Story - Help](#)

## Home defibrillators save lives in study

**AP** Associated Press

By MARILYNN MARCHIONE, AP Medical Writer

Tue Apr 1, 7:10 PM ET

**YAHOO!** NEWS

[Back to Story - Help](#)

## Home defibrillators do not increase survival

**REUTERS** 

By Julie Steenhuysen

Tue Apr 1, 5:49 PM ET

**What the article really said:** Home AEDs are about as effective as CPR. So, training people in CPR may be more cost effective than buying AEDs.

NEWS

Study: Diet Soda Drinkers At Higher Risk Of Stroke

FILED UNDER Consumer Health

By D

Febru

Los Angeles Times | ARTICLE COLLECTIONS

YOU ARE HERE: LAT Home -> Collections -> Metabolic Syndrome

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BOOSTER SHOTS: Oddities, musings and news from the health world

Diet soda and heart, stroke risk: A link doesn't prove cause and effect

February 09, 2011 | By Rosie Mestel, Los Angeles Times

A study just presented at the American Stroke Assn.'s International Stroke Conference reported a link between the amount of diet soda someone drinks and the risk of having a stroke or heart attack.

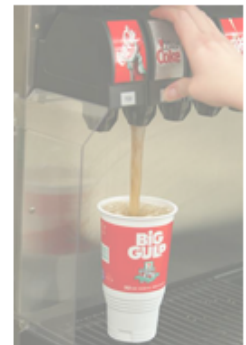
Really?

Here's the outline of the study, which was started in 2003, and what it found:

A total of 2,564 people in the study were asked about their intake of sodas (among other questions) at the start of the study. After nine years, 559 cardiovascular events had occurred, and those who had reported drinking diet soda every day had a 60% higher rate of these events, which included



36 Tweet Submit Digg 0



A study found that those who reported... (Joe Raedle / Getty Images)

“Scientific Drama”

# “Scientific Drama” (continued)

Diet and nutrition on  msnbc.com

## Watermelon may offer Viagra-like effects

Ingredient helps relax blood vessels, but don't expect fireworks all night

 Tweet 2

Below:  Discussion  Related

 Recommend 2

 Associated Press

updated 7/3/2008 8:57:46 AM ET

Share | Print | Font:  + -

LUBBOCK, Texas — A slice of cool, fresh watermelon is a juicy way to top off a Fourth of July cookout and one that researchers say has effects similar to Viagra — but don't necessarily expect it to keep the fireworks all night long.

Watermelons contain an ingredient called citrulline that can



A faint, light gray caduceus symbol is centered in the background. It consists of a vertical staff with two snakes entwined around it, and a pair of wings at the top.

# Barriers

Information that is biased

# Economic Incentives for Bias

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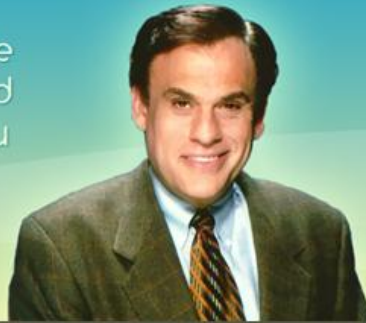


The background of the slide features a large, light gray, semi-transparent caduceus symbol. It consists of a central vertical staff with two snakes entwined around it, and a pair of wings at the top. The symbol is centered and serves as a backdrop for the text.

# Barriers

Information from Unqualified Sources

Dr. Earl Mindell R.P.H., M.H., PH.D , world-wide best-selling author of the Vitamin Bible and dozens of other books, wants to teach you all he knows about health and nutrition.

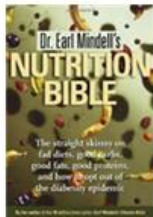


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### Ingrid Naiman

I am not a physician. I am what might be called a medical philosopher and counselor. My interest in holistic medicine began less as a rejection of allopathic medicine than a deep yearning for harmlessness, wholesomeness, and harmony. As time went on, I did become concerned that material medicine tends to ignore the *issues* faced by the person who is sick and suffering—and I did, in fact, reach the point in my own personal life that I was no longer interested in the technical prowess that operates at the expense of the larger picture. I have often asked myself



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- [What if my major is not listed here?](#)
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Accounting	Engineering Technology	Mathematics
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Aerospace Engineering	Environmental Science	Medical Technology
Aerospace Management	Exercise Education	Medicine
American Studies	Exercise Science	Microbiology
Animal Behavior	Facilities Management	Military Science
Applied Linguistics	Finance	Music
Arabic Studies	Fine Arts	Music Education
Architectural Engineering	Fire Protection	Natural Health
Architecture	Fire Science	Naturopathy
Automotive Mechanics	Forensic Science	Neuroscience
Aviation	General Business	Nursing
Aviation Administration	General Engineering	Nursing Administration
Aviation Management	General High School	Nutrition
Aviation Technology	General Studies	Nutritional Sciences
Banking	Graphic Design	Office Systems Technology
Behavioral Science	Health	Operations Management
Biblical Studies	Health Administration	Organizational Behavior
Biology	Health Care Management	Oriental Medicine
Business Administration	Health Education	Paralegal
Business Law	Health Sciences	Paralegal Studies
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Civil Engineering	Human Ecology	Physical Education
Clinical Psychology	Human Resource	Physics
Communications	HR Management	Physiology
Computer Engineering	Human Services	Political Science
Computer Science	HVAC	Project Management
Computer Technology	Hypnotherapy	Psychiatry
Construction Management	Industrial Design	Psychology
Cosmetic Dermatology	Industrial Engineering	Public Administration
Counseling	Industrial Technology	Public Health
Counseling Psychology	Information Systems	Quality Management
Criminal Justice	Information Technology	Radiology Technology
Criminal Law	Instructional Technology	Real Estate
Criminology	Interior Design	Religious Studies
Culinary Arts	International Business	Secondary Education
Customer Relations	International Diplomacy	Social Welfare
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Early Childhood Education	Jurisprudence	Sound Engineering
E-Business	Law	Spanish
Economics	Liberal Arts	Special Education
Education	Library Science	Sports Management
Educational Leadership	Licensed Practical Nurse	Teaching
Educational Psychology	Logistics Management	Teaching English
Electrical Construction	Management	Telecommunications
Electrical Engineering	Management of Technology	Theatre Arts
Electronic Engineering	Manufacturing Management	Theology
Electronic Technology	Marine Engineering	Veterinary Medicine
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Select a major for your **Doctorate Degree** package:\*

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If your major is not listed above, please enter it here:

Briefly type the work or life experience that qualifies you for this degree.\*

or

You may type/copy-paste your **resume** here which will help our evaluation committee understand your work/life experience better.

Alternatively, you can browse and attach your **resume** from below.

Elio F. Spinello

EDUCATION: Ed.D.,  
Doctor of Education in  
Educational Technology,  
2004  
Pepperdine Univ.  
Graduate School of  
Education & Psychology

### •Preferred Year of Graduation

Please select your preferred date of graduation from below. If approved, your selected date of graduation will appear on your degree, transcript, and the other documents included in your package. Currently, **March 1, 2007** has already been selected as the date of your graduation. If you wish to select any other year of graduation, please select from below.

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Pre-Selected Graduation Date: **March 1, 2007**

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Your Preferred Graduation Date:

Month

Day

, Year

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Please select your preferred GPA/grade status from below. Your selected GPA/grade status will be displayed on your degree and transcript. A GPA/grade status of 3.00 has already been selected for your Doctorate Degree. If you wish to select any other GPA/grade status , kindly select from below.

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(Provide the name you want to appear on your degree and certificates)

Date of Birth: \*

(Example: January 14, 1976)

Month  Day , Year

E-mail: \*

(To make sure that you get timely emails from us, just add our e-mail to your address book or allowed sender list.)

# Determining Credibility of Information on the WWW

The CCO Approach: Credentials, Content, &  
Organization

# Assessing Credentials

- Did the author identify their credentials?
- Are their credentials & experience relevant to the material?
- Can you determine what degrees/certifications the individual holds and from what university?
- Never heard of their school? Does the person claim a degree from a degree mill?
- Has the person been published in a peer-review publication?

[www.cancersalves.com](http://www.cancersalves.com)

<http://web.archive.org/web/20021129115810/http://www.angelfire.com/hi/veronneau/>

# Assessing Content

- Do the views agree or disagree with current beliefs on the subject?
- If the author disagrees with current thinking, does he/she present a scientific basis for their opinion?
- Are statistics cited?
- Are “facts” based on scientific research or are they based on anecdotal evidence or testimonials?
- Is anything being sold on the website?
- Is there a conspiracy theory?
- Look up citations to studies!
- <http://www.getalt.net/>

# Assessing Organization

- Is the web site a personal web site or one belonging to a larger organization?
- Web servers can usually be identified based on their URL:
  - COM (EG microsoft.com) Commercial web site
  - ORG (EG apta.org) Non-profit organization
  - EDU (EG csun.edu) Educational institution
  - NET (EG netscape.net) Network service provider
  - GOV (EG senate.gov) Government branch or agency

# Where to look for quality information

- Locate primary sources if possible
- Look for the HON logo and click on it if it appears on a webpage
- Beware of articles reporting results of scientific drama (one-time studies)



# Reliable Information Sources

[www.medlineplus.gov](http://www.medlineplus.gov)



A service of the U.S. National Library of Medicine  
NIH National Institutes of Health

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[A Little Alcohol May Stave off Alzheimer's](#)

# Reliable Information Sources

- The UK National Health Service “Health Information Resources”
  - <http://www.library.nhs.uk>
- ClinicalTrials.gov



**ClinicalTrials.gov**  
A service of the U.S. National Institutes of Health

List Results   Refine Search   Results by Topic   Results on Map   Search Details

Found 42 studies with search of: **keratoconus**

[Hide studies that are not seeking new volunteers.](#)

Rank	Status	Study
1	Not yet recruiting	<a href="#">Measurement of High Order Aberrations in Late Stages Keratoconus</a> Condition: Keratoconus Interventions: Device: classic aberrometer and aberrometer AOVIS-1; Device: Aberrometer AOVIS-I
2	Not yet recruiting	<a href="#">Orthokeratology for Keratoconus</a> Conditions: Orthokeratology; Keratoconus Intervention: Device: Orthokeratology contact lenses
3	Recruiting	<a href="#">Intacs for Keratoconus</a> Condition: Keratoconus Intervention: Device: Intacs intracorneal ring insertion for the treatment of keratoconus
4	Recruiting	<a href="#">Riboflavin Mediated Corneal Crosslinking for Stabilizing Progression of Keratoconus</a> Condition: Keratoconus Interventions: Procedure: Riboflavin/UVA crosslinking; Procedure: Sham treatment
5	Recruiting	<a href="#">Safety and Effectiveness of Collagen Cross Linking in Progressive Mild and Moderate Keratoconus</a> Conditions: Cornea Degeneration; Progressive Keratoconus Intervention: Procedure: Collagen Cross Linking with Riboflavin and UVA light
6	Not yet recruiting	<a href="#">PENTACON Trial: Partial Endothelial Trepanation in Addition to Anterior Lamellar Keratoplasty in keratoCONus</a> Condition: Keratoconus

# Reliable Information Sources

- Consumer Health Information from the National Institutes of Health
  - <http://health.nih.gov/>
- Kaiser Permanente – Health and Wellness
  - <https://www.kaiserpermanente.org/>
- ConsumerLab.com – Tests and evaluates the contents and quality of over-the-counter supplements and herbal products
  - <http://www.consumerlab.com>

# Additional Resources

- Evaluating Internet Health Information: A tutorial from the National Institutes of Health
  - [http://www.nlm.nih.gov/medlineplus/webeval/flash\\_detection.html](http://www.nlm.nih.gov/medlineplus/webeval/flash_detection.html)
- Health Information on the Web: Finding Reliable Information
  - <http://familydoctor.org/online/famdocen/home/healthy/safety/safety/783.printerview.html>
- Medline Plus Guide to Health Web Surfing
  - <http://www.nlm.nih.gov/medlineplus/healthywebsurfing.html>