

Also check if the links to other information/sites work, are they broken? Too many of these may indicate the site is no longer being maintained.

**Where:** What part of the world is the website coming from? Statistics and treatment information may not be relevant to the United Kingdom.

Look at the web address information as this will often indicate the country of origin and type of organisation. The URL (uniform resource locator) will also give clues. See below for examples:

.au =Australia

.ca = Canada

.de = Germany

.com or .org = an organisation

.ac = an educational site

.gov = a government site

Here are some sites you might like to explore on the subject of sourcing reliable information:

**Learn How to Use the Internet**

<https://www.learnmyway.com/>

**MedlinePlus Guide to Healthy Web Surfing**

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

**Contact Details**

**Academy Library**

Yeovil District Hospital  
Higher Kingston  
Yeovil  
BA21 4AT

**Tel:** (01935) 384495 / 4697

**Library office opening hours:**

Monday to Friday 8am - 5pm

**Library email:**

Library@ydh.nhs.uk

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## Finding Good Quality Health Information on the Internet



### Health Information Websites

## Introduction

The purpose of this booklet is to help you find quality and trustworthy sources of health information on the internet. You can then choose to add to the information you have already been given and research health related issues yourself.

(If you do not have a computer or mobile device you can use your local public library. If you take this booklet with you, they can help you access the websites listed.)

The internet is a wonderful resource but not everything found on it is trustworthy, accurate, reliable or up to date. Anyone can put information on it but there is no editor, checking for inaccuracies or out of date information. It is up to the user to decide how relevant the information is and to determine the reliability of what they find.

So how can you decide what to trust?

## Quality Standards

There are two main quality standards found on health websites which are a clear indication that the information they contain should be trustworthy.

Many good sites do not have these, but these standards are one way for you to judge the reliability of a website.

### The PIF Tick

The PIF TICK (Trusted Information Creator) is the UK-wide Quality Mark for Healthcare Information.

The PIF TICK website has a list of all members that it has given certification to. To dis-

play a TICK, members must show that the health information they produce meets 10 key steps.

For more information about the scheme and a list of those organisations who are PIF TICK accredited see: <https://www.piftick.org.uk/>



### Health on the Net Foundation

HON is a Non-Governmental Organisation, internationally known for its work in the field of health information ethics and was founded to encourage the dissemination of quality health information.



Please note that the "Health On the Net" logo may appear on sites that are not certified. To check certification, click on the HON logo. You should be directed to a page that includes the HON code number for the site [www.hon.ch/en/](http://www.hon.ch/en/)

## General Health Websites

These websites have general health information and life style topics.

### NHS Website

This site is funded by the Department of Health and Social Care.

It is committed to providing trustworthy information and guidance on all aspects of health and healthcare. The NHS website ensures its content is evidence-based and includes the best scientific knowledge available.

The NHS Website: [www.nhs.uk](http://www.nhs.uk)

## Patient

Patient is the UK's leading independent health site, established for over 20 years. With more than 8 million visits a month, it is a trusted source of information for both patients and health professionals nationwide.

The site contains over 4000 health information leaflets, a selection of health resources, tools and tests and thousands of discussion forums. The clinical information on this website is certified to meet NHS England's Information Standard.

The Patient website: [www.patient.info](http://www.patient.info)

## What about health websites that do not have a quality standard?

When you are looking at a website, remember **WWW**

**Who:** Who is the author or publisher of the site and what are their credentials? Are they fair in what they say? What are their reasons for publishing, for example, are they trying to give you information or sell you something? Do other websites link to them?

Look at the "About Us" section on the site. This should give you some of this information.

**What:** What is on the site? Does the information seem accurate? Is it relevant and up to date? Do they link the information to evidence? Do they tell you where the information has come from?

Look at the last updated information (usually at the bottom of the web page). This will tell you when the information was added. Look for references or links to the evidence.