SAVVY SEARCHING FOR SENIOR HEALTH

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What has your experience been?

• How many of you try to find health information on the internet?

• How do you go about it?

• Do you feel that you’ve found helpful results?
**Main sources of health information**


<table>
<thead>
<tr>
<th>Sources used most often</th>
<th>Non-internet group (%)</th>
<th>Internet group (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doctors, other health care providers</td>
<td>75</td>
<td>67</td>
</tr>
<tr>
<td>Pharmacists</td>
<td>20</td>
<td>19</td>
</tr>
<tr>
<td>Newspapers</td>
<td>32</td>
<td>15</td>
</tr>
<tr>
<td>Popular magazines</td>
<td>28</td>
<td>7</td>
</tr>
<tr>
<td>Medical journals</td>
<td>12</td>
<td>4</td>
</tr>
<tr>
<td>Popular books</td>
<td>20</td>
<td>11</td>
</tr>
<tr>
<td>Medical books</td>
<td>16</td>
<td>4</td>
</tr>
<tr>
<td>Internet</td>
<td>0</td>
<td>58</td>
</tr>
<tr>
<td>Television</td>
<td>24</td>
<td>11</td>
</tr>
<tr>
<td>Radio</td>
<td>12</td>
<td>15</td>
</tr>
<tr>
<td>Friends or family</td>
<td>36</td>
<td>15</td>
</tr>
</tbody>
</table>
Internet Sources of Information

• 77%  Google, Yahoo, Bing

• 13%  Health websites like WebMD

• 2%   Wikipedia

• 1%   Facebook
Online Self Diagnosis

• 41% of online diagnosers say a medical professional confirmed their diagnosis. An additional 2% say a medical professional partially confirmed it.
• 35% say they did not visit a clinician to get a professional opinion.
• 18% say they consulted a medical professional and the clinician either did not agree or offered a different opinion about the condition.
• 1% say their conversation with a clinician was inconclusive.
• Women are more likely than men to go online to figure out a possible diagnosis
I thought it was just a cut. But, after reading on the internet, I am now 100% positive it is cancer.
# Feelings about internet health information

<table>
<thead>
<tr>
<th>Statement</th>
<th>Users in Agreement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communication with doctor improved when I discussed what I found</td>
<td>82</td>
</tr>
<tr>
<td>Information found helped me become more knowledgeable</td>
<td>96</td>
</tr>
<tr>
<td>Information found helped me discuss alternative treatments with my doctor</td>
<td>93</td>
</tr>
<tr>
<td>Information found helped me make decisions with my doctor</td>
<td>82</td>
</tr>
<tr>
<td>Information found saved time during my appointment</td>
<td>74</td>
</tr>
<tr>
<td>Information found improves the quality of my visit</td>
<td>85</td>
</tr>
<tr>
<td>Information found increases my ability to take better care of myself</td>
<td>96</td>
</tr>
</tbody>
</table>
Health Literacy Defined

“The degree to which individuals have the capacity to *obtain, process, and understand* basic health information and services needed to make appropriate health decisions.”

Healthy People, 2010
Internet Use and Aging

- Vision and hearing changes:
  2 out of 3 adults with vision problems are over 63 years old
  Hearing loss affects 1 out of 3 adults

- Cognitive changes:
  Reduced processing speed
  More easily distracted
  Difficulty remembering new information
Additional challenging factors

- Multiple medical conditions
- Many, many medications
- Talking to doctors
- Internet comfort levels
Talking to Doctors

• Before 1973, doctors told patients what they wanted patients to know and do

• 1973 Patients Bill of Rights: “The patient has the right and is encouraged to obtain... relevant, current, and understandable information about his diagnosis, treatment, and prognosis”
“I’m sorry Doctor, but again I must disagree.”
How to evaluate a health website

“Be careful about reading health books. You may die of a misprint”

Mark Twain

Questions to ask

PROVIDER

• Who is in charge of the website?
• Why are they providing the website?
• Can you contact them?

FUNDING

• Where does the money come from?
• Does the website have advertisements?
Quality

• Where does the information on the site come from?

• How is the content selected and is it reviewed by experts?

• Does the site avoid unbelievable or emotional claims?

• How current is the information? Look for a date.
Privacy

• Does the site ask for personal information?

• Does it tell you how the information will be used?

• Are you comfortable with how it will be used?
Symbol of accreditation

Health on the Net Foundation

www.hon.ch/pat.html
How accessible is the information?

• Findability
• Readability
• Usability
I would like a closed reduction and K wire fixation under nerve block and light GA.

I hate internet.
Where Should You Look?
Calling Dr. Google or Maybe Not!

- http://ehealthcarebot.com
Where Do You Start?

- 77% Google, Yahoo or Bing
- 13% Health Websites like WebMD
- 2% Wikipedia
- 1% Facebook
Is Google a good starting point?

- You may retrieve too many items
- Difficult to be precise and accurate
- Either too many or too few items
- Is the website reliable?
What makes a “good” health website?

• Font size
• Glare-free background color
  • Clear organization
    • White space
  • Short sentences
    • Jargon-free
• Meaningful images
MedlinePlus

http://medlineplus.gov

- Links to reliable, understandable health websites
- Easy to read articles
- Slideshows that have sound and contrast
- Medical dictionary, large illustrations
- Links to directories of providers, organizations
Top health websites

✓ http://medlineplus.gov/

✓ http://www.healthfinder.gov

✓ http://mayoclinic.com

FIND A DOCTOR

- http://healthgrades.com
Patient forums

http://exchanges.webmd.com/default.htm?

http://ehealthforum.com/health/health_forums.html

GOOGLE GROUPS

Health - Medicine (4419)
Health - Conditions and Diseases (3299)
Health - Fitness (3259)
Health - Alternative (2939)
Health - Mental Health (2643)
Participatory medicine

Patient’s stories, questions, and comments provide:
- information
- support and reassurance
- practical advice

Forty-one percent of patients read comments of other patients
Websites for seniors


[http://aarp.org/health/](http://aarp.org/health/)

[http://www.medicare.gov](http://www.medicare.gov)
Approaches to searching

1. Define your topic
   - Is it too broad? Too specific? Too vague?
2. Separate your topic into concepts
   - One, two or more
3. Consider synonyms or alternate spellings
4. Try to use unique not common terms
Approaches to searching

- Single words may be too broad
- Use quotation marks for multiple word terms
- Boolean operators AND OR NOT usually are upper case
- Be cautious when using NOT
Boolean search strategy

- **Boolean** logic uses the operators AND, OR, and NOT to connect search terms when using catalogs, databases, or web searching.
- A simple search on: *handwashing* retrieves article citations containing that term.
- A simple search on: *handwashing AND cross infection* retrieves citations containing BOTH terms.

**BOOLEAN OPERATOR**

SEARCH STATEMENT RETRIEVES **AND**
- **handwashing**

**AND**
- cross infection
- Retrieves citations with BOTH terms present

**OR** cross infection
- nosocomial infection
- hospital infection

- Retrieves citations with EITHER/ANY of the terms present

- (OR is used to string synonyms together: remember, OR retrieves MORE!)
handwashing AND cross infection
• **AND, OR**
  handwashing

  **AND**

• (cross infection
  **OR**
nosocomial infection
  **OR**
hospital infection)

• Search sets may be combined. This search locates citations with the word *handwashing* AND (ANY one of the terms combined with OR)
handwashing AND (cross infection OR nosocomial infection OR hospital infection)
• **AND, OR**
  handwashing

**AND**

• (cross infection
  **OR**
  nosocomial infection
  **OR**
  hospital infection)

• **AND**

• Publication type: randomized controlled trial

• Retrieves citations with the word *handwashing* AND (ANY one of the terms combined with OR) AND limited to articles with the Publication type: randomized controlled trial. This is one example of using database Limits.
• **NOT** handwashing
• **NOT**
• masks
• Retrieves citations with the term *handwashing*, but omits records with the term *masks*
• *(Caution: the NOT operator should be used sparingly and carefully as it may omit citations relevant to a search.)*
• *For example*, an article about handwashing that includes the word *masks* might be relevant to a search on handwashing.)
Searching medical journals

- PUBMED
  
What's your path to successful searches in Rubmed?

Open Web Browser

Enter Rubmed

You're doing fine

Enter your search

There's a good chance

Search again with Mega!

Don't understand a thing to all this!

Search within results

That should work just fine.

Look for alternatives

Search again with Google it

Librarian

Google it

Colleague, friend

3rd party Rubmed tools

Complex search strategies

Satisfied with the results

Novoseek biomedical search engine

www.novoseek.com
Efficacy of handrubbing with alcohol based solution versus standard handwashing with antiseptic soap: randomised clinical trial

Girou E, Loveau S, Legrand P, Oppein F, Brun-Buisson C.

Infection Control Unit, Hôpital Henri Mondor, Assistance Publique-Hôpitaux de Paris, Créteil, France. emmanuelle.girou@hmn.ap-hop-paris.fr

OBJECTIVE: To compare the efficacy of handrubbing with an alcohol based solution versus conventional handwashing with antiseptic soap in red patient care. DESIGN: Randomised controlled trial during daily nursing sessions of 2 to 3 hours. SETTING: Three intensive care units in a French healthcare workers. INTERVENTIONS: Handrubbing with alcohol based solution (n=12) or handwashing with antiseptic soap (n=11) when hand care. Imprints taken of fingertips and palm of dominant hand before and after hand hygiene procedure. Bacterial counts quantified blindly. MAIN outcome: Hand contamination. RESULTS: With handrubbing the median percentage reduction in bacterial contamination was significantly higher than with handwashing with a median difference in the percentage reduction of 26% (95% confidence interval 8% to 44%). The median duration of hand hygiene was 30 seconds routine patient care handrubbing with an alcohol based solution is significantly more efficient in reducing hand contamination than handwashing with...
Search strategy tips for PubMed

1. Keep it simple

2. Identify main concepts
   a. Single term or “multiple terms”
   b. Boolean logic: AND, OR, NOT

3. What are “MESH” headings?

4. Should you use only MESH headings or consider adding text words?
How to obtain a journal article

• Your local public library
  – Print copy of journal
  – Databases with full text

• In PubMed, use the “free text” filter

• PubMed Central

• GMU databases or Fenwick Library
Test Yourself

1. What are the symptoms of stroke?
2. What herb may treat BPH?
3. What are the risk factors for thyroid cancer?
4. What is the generic equivalent for Cardizem?
5. What is involved in hip replacement?
“COMPUTERS MAY BE GOOD FOR YOUR HEALTH”
So now, take care of yourself

The best thing you can do is give up smoking, drinking and fried food.

What's the second best?
Get Fit Dude

- Sunburn
- Satellite and GPS equipped
- Fashion statement
- $80 shades
- Water supply
- Tunes
- Precision timepiece
- Personal BlackBerry
- Reflective 'hit me' belt
- New shoes (makes you run faster)

Vance 2003