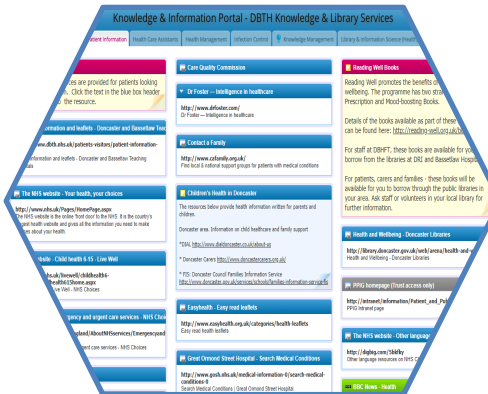




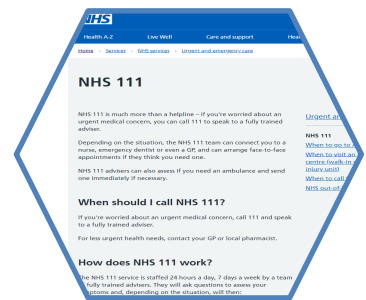
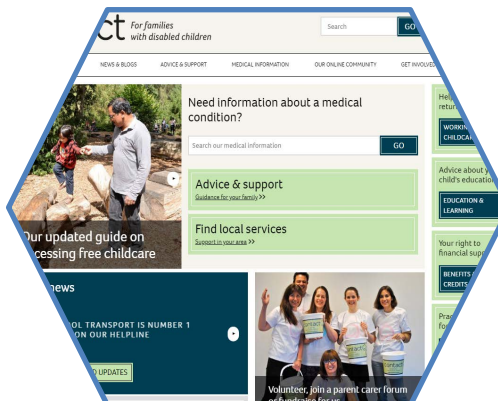
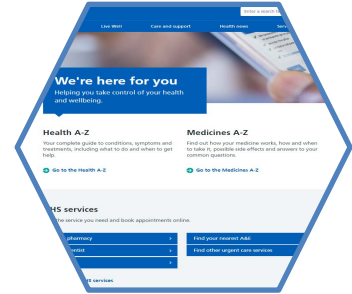
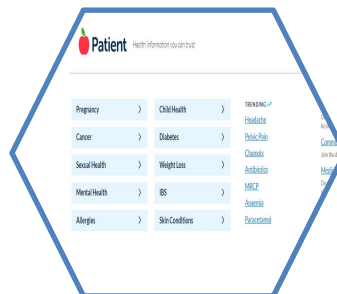
**Doncaster and Bassetlaw
Teaching Hospitals**
NHS Foundation Trust

Knowledge, Library & Information Service

**Health
Information
Resources**



**Searching
for Patient
Information**



**Health Information
Workbook**
**Doncaster Libraries
2018**

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Health & Wellbeing/Patient Information on the DBTH Knowledge & Information portal

www.netvibes.com/dbhlibrary

[Use this site as your starting point to find Health Information resources to answer queries from the public](#)

Knowledge & Information Portal - DBTH Knowledge & Library Services

[DU Medicine](#) [Health & Wellbeing/Patient Information](#) [Health Care Assistants](#) [Health Management](#) [Infection Control](#) [Knowledge Management](#) [Library & Information Science \(Health\)](#) [Maternity & Gynaecology](#)

Resources for patients

These links and resources are provided for patients looking for health information. Click the text in the blue box header to link to directly to the resource.

▼ Patient information and leaflets - Doncaster and Bassetlaw Teaching Hospitals

<https://www.dbth.nhs.uk/patients-visitors/patient-information-leaflets/>
Patient information and leaflets - Doncaster and Bassetlaw Teaching Hospitals

The NHS website - Your health, your choices

<http://www.nhs.uk/Pages/HomePage.aspx>
The NHS website is the online 'front door' to the NHS. It is the country's biggest health website and gives all the information you need to make choices about your health.

NHS website - Child health 6-15 - Live Well

<http://www.nhs.uk/livewell/childhealth6-15/Pages/Childhealth615home.aspx>
Child health 6-15 - Live Well - NHS Choices

NHS 111 - NHS emergency and urgent care services - NHS Choices

<http://www.nhs.uk/NHSEngland/AboutNHSservices/Emergencyand111.aspx>
NHS 111 - NHS emergency and urgent care services - NHS Choices

NHS Performance Information

Care Quality Commission

▼ Dr Foster — Intelligence in healthcare

<http://www.drfooster.com/>
Dr Foster — Intelligence in healthcare

Contact a Family

<http://www.cafamily.org.uk/>
Find local & national support groups for patients with medical conditions

Children's Health in Doncaster

The resources below provide health information written for parents and children.

Doncaster area. Information on child healthcare and family support

*DIAL <http://www.dialdoncaster.co.uk/about-us>

* Doncaster Carers <http://www.doncastercarers.org.uk/>

* FIS: Doncaster Council Families Information Service
<http://www.doncaster.gov.uk/services/schools/families-information-service-fis>

Easyhealth - Easy read leaflets

<http://www.easyhealth.org.uk/categories/health-leaflets>
Easy read health leaflets

Great Ormond Street Hospital - Search Medical Conditions

<http://www.gosh.nhs.uk/medical-information-0/search-medical-conditions-0>
Search Medical Conditions | Great Ormond Street Hospital

Reading Well Books

Reading Well promotes the benefits of reading for health and wellbeing. The programme has two strands: Books on Prescription and Mood-boosting Books.

Details of the books available as part of these two strands can be found here: <http://reading-well.org.uk/books>

For staff at DBHFT, these books are available for you to borrow from the libraries at DRI and Bassetlaw Hospital.

For patients, carers and families - these books will be available for you to borrow through the public libraries in your area. Ask staff or volunteers in your local library for further information.

Health and Wellbeing - Doncaster Libraries

<http://library.doncaster.gov.uk/web/arena/health-and-wellbeing>
Health and Wellbeing - Doncaster Libraries

PPIG homepage (Trust access only)

http://intranet/information/Patient_and_Public_Information/Patient_and_Public_Information/PPIG_Intranet_page

The NHS website - Other language resources

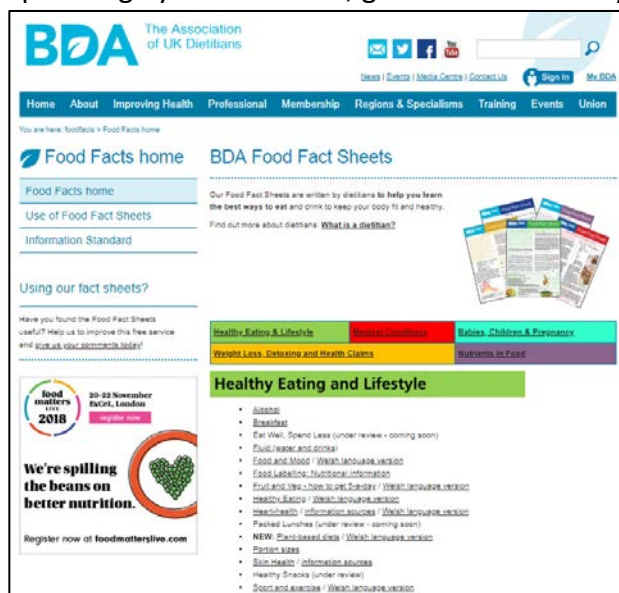
<http://digbig.com/5bkfky>
Other language resources on NHS Choices

BBC News - Health

BDA – The Association of Dietetics

<https://www.bda.uk.com/foodfacts/home>

Browse the British Dietetic Association Food Fact Sheets to discover a wealth of information about diet to help manage your condition, general health and your wellbeing.



Care Quality Commission (CQC)

<http://www.cqc.org.uk/>

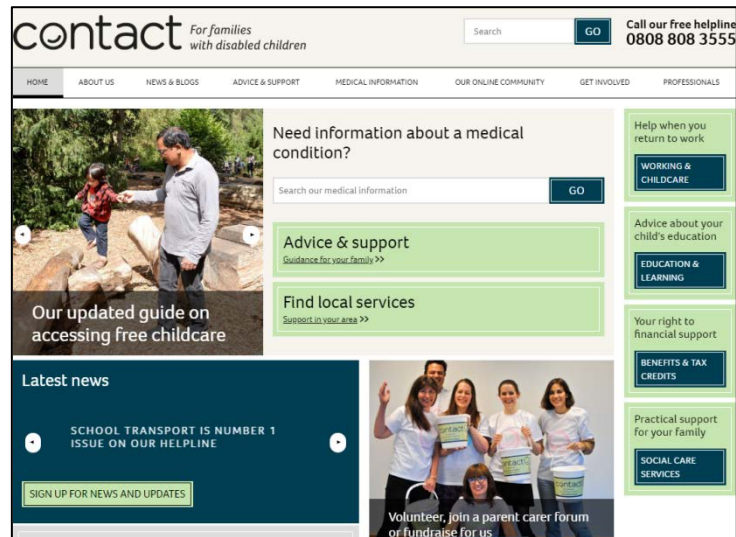
The CQC is the independent regulator of health and adult social care in England. They make sure health and social care services provide people with safe, effective, compassionate, high-quality care and encourage care services to improve.



Contact a Family

<http://www.cafamily.org.uk/>

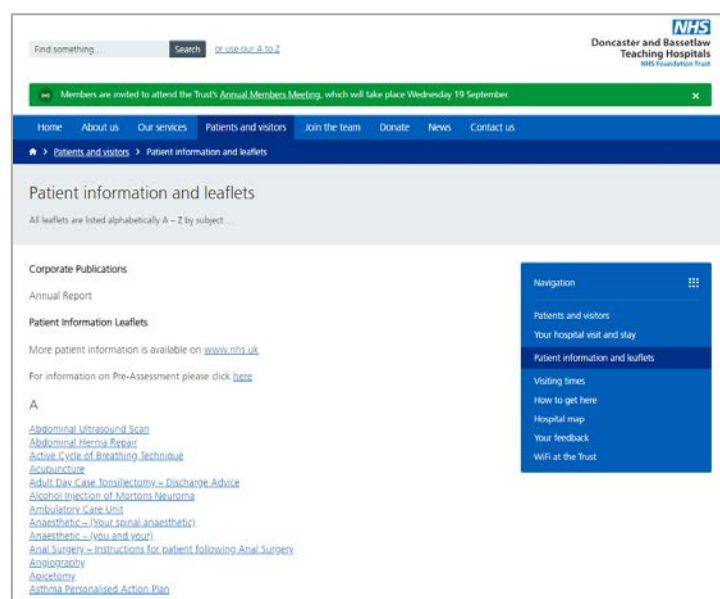
Contact a Family is a national charity for families with disabled children. They provide information, advice and support, bringing families together so they can support each other. They campaign to improve their circumstances, and for their right to be included and equal in society.



DBTH Patient Information Leaflets

<https://www.dbth.nhs.uk/patients-visitors/patient-information-leaflets/>

These leaflets are made available primarily for patients of Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust



Doncaster Dementia Roadmap

<https://dementiaroadmap.info/doncaster/>

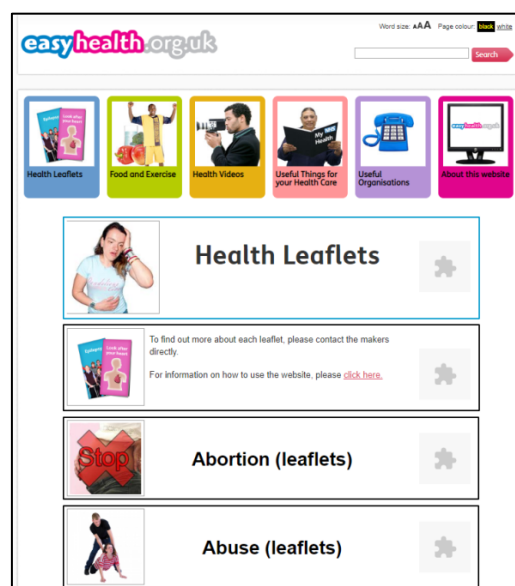
The Doncaster Dementia Roadmap provides high quality information about the dementia journey alongside local information about services, support groups and care pathways.



Easyhealth

<http://www.easyhealth.org.uk/categories/health-leaflets>

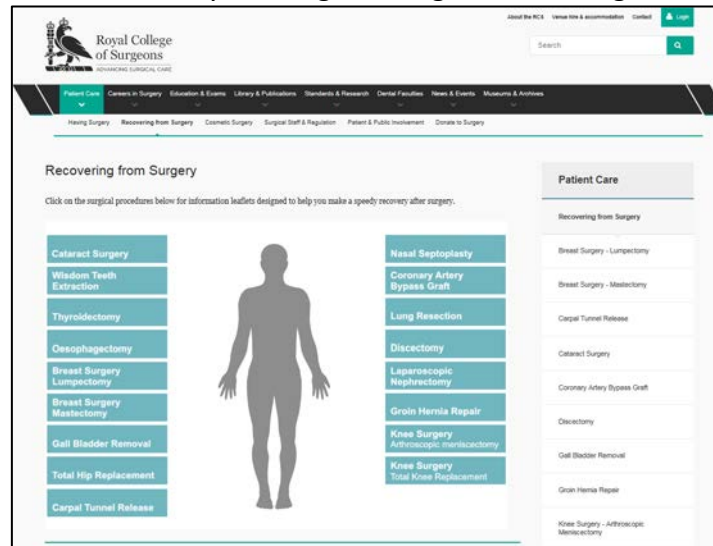
Easyhealth was made so that people know where to find 'accessible' health information. 'Accessible' information is information that uses easy words with pictures. There are over 500 leaflets on Easyhealth, made by many different organisations. You can print off most of the leaflets straight away.



Get Well Soon – Royal College of Surgeons

<http://www.rcseng.ac.uk/patients/recovering-from-surgery>

Patient information from the Royal College of Surgeons covering various types of surgery



Great Ormond Street Hospital

<http://www.gosh.nhs.uk/medical-information-0>

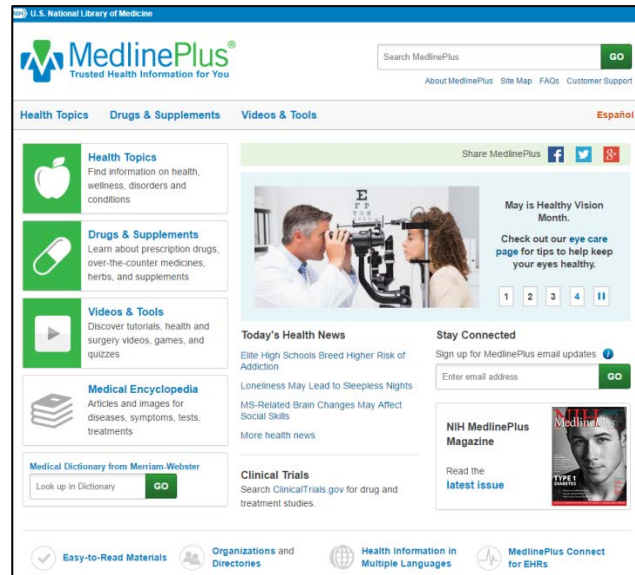
Information sheets from Great Ormond Street Hospital on conditions and treatments they are involved in – mainly covers children.



MedlinePlus (American)

<https://medlineplus.gov/>

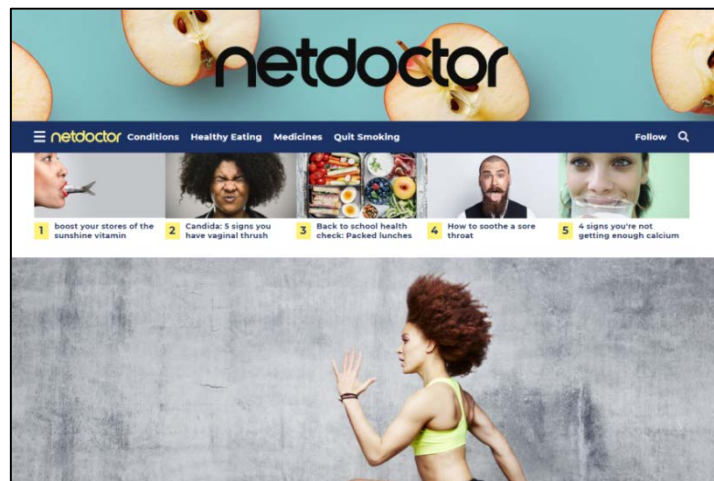
MedlinePlus has extensive information from the National Institutes of Health and other trusted sources on over 1000 diseases and conditions. There are directories, a medical encyclopedia, health information in Spanish, extensive information on prescription and non-prescription drugs, and links to thousands of clinical trials.



NetDoctor

<http://www.netdoctor.co.uk/>

NetDoctor.co.uk – One of the UK's leading independent health websites



The NHS website

<http://www.nhs.uk/pages/home.aspx>

“The NHS website is the online 'front door' to the NHS. It is the country's biggest health website and gives all the information you need to make choices about your health. The site provides an award-winning, comprehensive health information service with thousands of articles, [videos](#) and [tools](#), helping you to make the best choices about your health and lifestyle, but also about making the most of NHS and social care services in England.” (The NHS website, 2018)

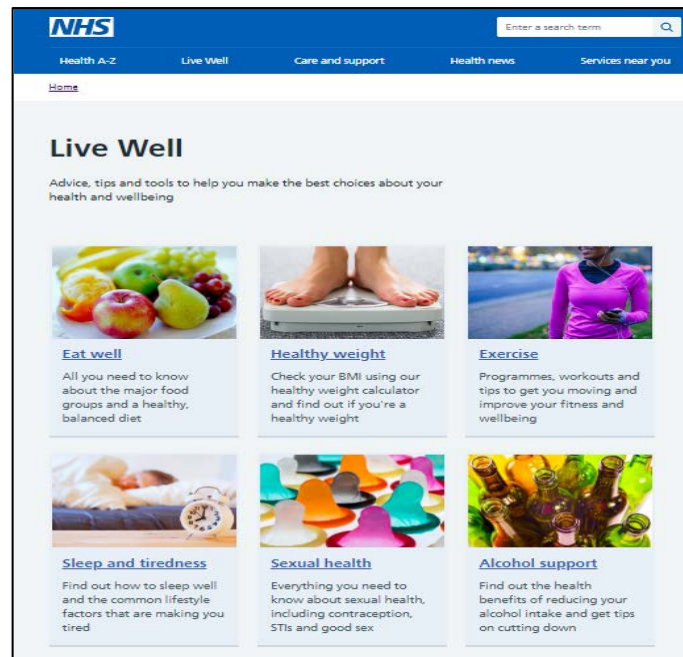
The collage illustrates the user journey on the NHS website:

- Homepage:** Features the NHS logo, a search bar, and navigation links: Health A-Z, Live Well, Care and support, Health news, and Services near you. A large blue banner reads "We're here for you" with the subtext "Helping you take control of your health and wellbeing." Below this are sections for "Health A-Z" (described as a complete guide to conditions, symptoms, and treatments) and "Medicines A-Z" (described as a guide to how to take medicine, side effects, and common questions). Both sections have a "Go to the..." button.
- Health A-Z Screenshot:** Shows the "Health A-Z" section with an alphabetical index. The letter 'A' is selected, displaying a list of conditions starting with 'A', such as Abdominal aortic aneurysm, Abdominal aortic aneurysm screening, Abortion, Abscess, Acarbose, Acarbose nigricans, Adipexa, Acid and chemical burns, Aine, Acoustic neuroma (vestibular schwannoma), Acromegaly, Active hepatitis (viral hepatitis), Asthenomyopia, Acupuncture, and Acute cholecystitis.
- NHS services Screenshot:** Displays the "NHS services" section with the heading "Find the service you need and book appointments online." It includes buttons for "Find a pharmacy", "Find a dentist", "Find a GP", "Find your nearest A&E", and "Find other urgent care". A "Find other NHS services" button is also present.
- Behind the Headlines Screenshot:** Shows the "Behind the Headlines" section, which provides a guide to the science that makes the news. It lists categories like Cancer, Genetics and stem cells, Food and diet, Obesity, Neurology, Lifestyle and exercise, Older people, Heart and lungs, Medication, Pregnancy and child, Mental health, Medical practice, and Diabetes. Each category is linked to a specific article with a date.
- Results for GP in Doncaster Screenshot:** Displays the "Results for GP in Doncaster" section. It shows a list of GP practices with details such as name, address, phone number, and a star rating. The practices listed are The Regent Square Group Practice, Farnham Street Medical Centre, and St Vincent Medical Centre. Each practice entry includes a "Book appointment online" button and a "Add to shortlist" button.

The NHS website – Live Well

<https://www.nhs.uk/live-well/>

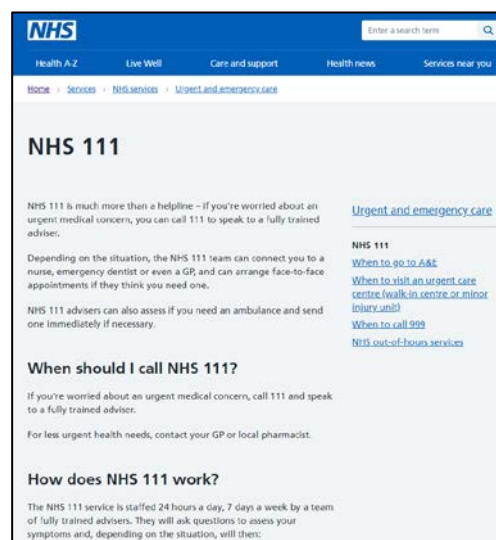
Information on many aspects of healthy living.



The NHS Website – NHS 111, Emergency & Urgent Care Services

<http://www.nhs.uk/NHSEngland/AboutNHSservices/Emergencyandurgentcareservices/Pages/NHS-111.aspx>

Advice on dialling 999, visiting A&E, finding walk in centres, NHS Pharmacy services explained and GP Services



My NHS: Data for better services

<https://www.nhs.uk/service-search/Performance/Search>

See how services, specialities and consultants near you are performing.
Scroll down the page so that you can make your selection and check on their performance.

The screenshot shows the My NHS website interface. At the top, there's a navigation bar with 'Specialties', 'Services', 'Health & Wellbeing', 'Highlights', and 'Access data'. Below this, a search bar is visible. The main content area is divided into sections: 'Paediatric intensive care outcomes', 'Quarter 4 2017/18 CCG IAF indicators', and 'Build your own hospital dashboard'. A blue arrow points from the 'Specialties' link in the navigation bar to a detailed list of medical specialties. Another blue arrow points from the 'Build your own hospital dashboard' link to a 'Performance of health and wellbeing outcomes in England' dashboard. This dashboard includes filters for 'Metric Group' and 'Filter by Location', and a table showing performance metrics for various regions like 'Edinburgh upon Thames', 'Wiltshire and Maidenhead', 'Birmingham', and 'Buckinghamshire'.

	Healthy life expectancy at birth (Years)	Healthy life expectancy at birth (Years)	Life expectancy at birth (Years)	Life expectancy at birth (Years)
Edinburgh upon Thames	80.2 years	80.2 years	82.2 years	85.9 years
Wiltshire and Maidenhead	80.7 years	No relevant data available	81.6 years	84.6 years
Birmingham	80.7 years	No relevant data available	81.6 years	85.1 years
Buckinghamshire	80.7 years	75.7 years	81.8 years	84.9 years

NHS Fit for Travel

<https://www.fitfortravel.nhs.uk/home>

Country specific information on health risks, vaccine requirements and malaria risk are listed to enable the public to determine if they need to take additional measures to maintain health during travel.

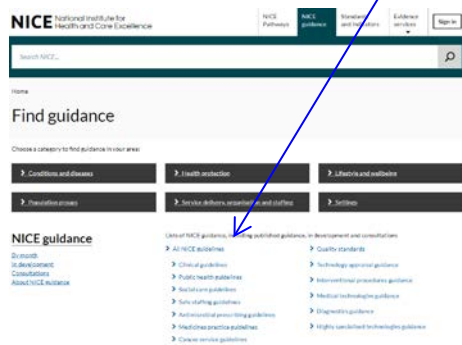
The screenshot shows the NHS Fit for Travel website. The header includes the 'fitfortravel' logo and navigation links: 'Home', 'Destinations', 'Advice', 'News', 'Resources', and 'A-Z Index'. A 'Browse Country Information' button is prominent. The 'News' section lists recent updates, such as '26 Sep 2018 - West Nile Virus in Europe (Update 4)' and '26 Sep 2018 - Outbreak of Ebola in Democratic Republic of the Congo (Update 3)'. The 'Travel Health Advice' section lists 'General Travel Health Advice', 'Disease Prevention Advice', 'Malaria', and 'Yellow Fever'. A 'Current popular advice pages' section lists 'Travelling for Pidge?', 'Mosquito Bite Avoidance', 'Food and Water Precautions', and 'Travel Health for School Groups'.

NICE Guidance for Patients and the Public

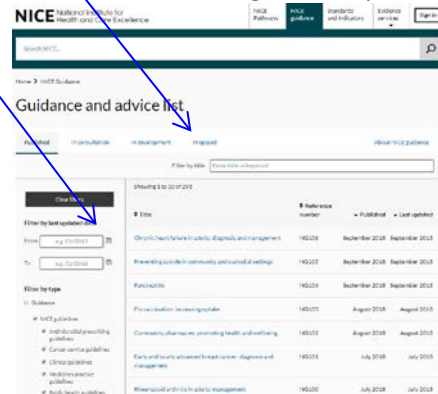
<https://www.nice.org.uk/Guidance>

Detailed information on all guidance issued by NICE, covering public health, prescribing, technologies, diagnostics & interventions

To view guidance written for patients and the public select **All NICE Guidelines**

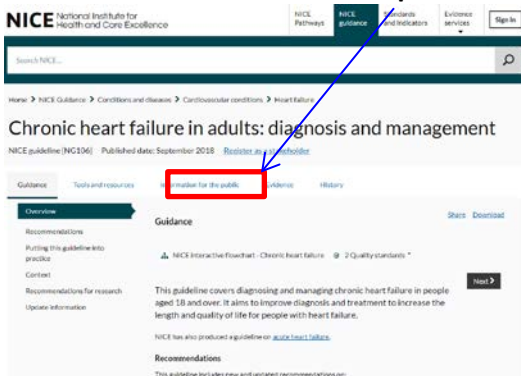


Search by **keyword(s)** or browse through the **list**. Click on the name of the guidance you wish

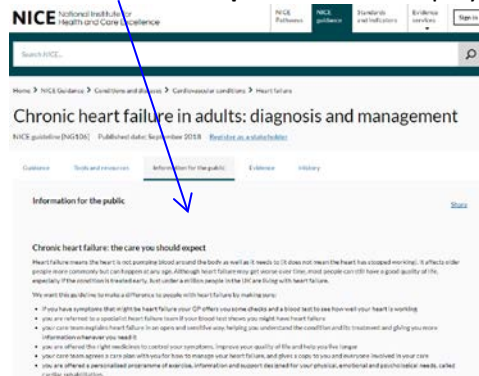


to see.

Click on the **Information for the public** link

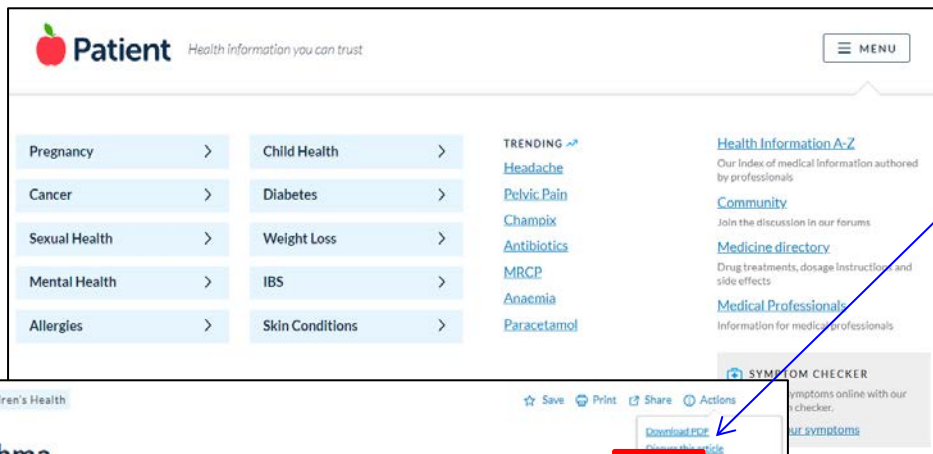


Information for the public is then displayed



Patient <http://patient.info/>

The aim of this website is to provide non-medical people in the UK with high quality information about health and disease. The authors do this by writing evidence based information leaflets on a wide range of medical and health topics. There's also a more technical section written for health professionals which may be useful for expert patients – look for search results labelled 'Professional'



To change the leaflet into another language click Actions, then **'Translate'** and select the language of your choice. (A large proportion of pages have the option to translate)

Health Info / Children's Health

Asthma

Authored by [Dr Colin Tidy](#), Reviewed by [Prof Cathy Jackson](#) on 08 Nov 2016 | Certified by [The Information Standard](#)

In this series: [Asthma inhalers](#) [Peak Flow/Meter for Asthma](#)

Asthma is a common condition that affects the airways. The typical symptoms are wheeze, cough, chest tightness, and shortness of breath. Symptoms can range from mild to severe. Treatment usually works well to ease and prevent symptoms.

Treatment is usually with inhalers. A typical person with asthma may take a preventer inhaler every day (to prevent symptoms developing) and use a reliever inhaler as and when required (if symptoms flare up). This leaflet gives a general overview of asthma. There are other separate leaflets in this series.

IN THIS ARTICLE

- ↓ [What is asthma and who does it affect?](#)
- ↓ [Asthma symptoms](#)
- ↓ [What causes asthma?](#)
- ↓ [How is asthma diagnosed?](#)
- ↓ [Assessment with a peak flow meter](#)

- ↓ [What are the dosages of treatment?](#)
- ↓ [A typical treatment plan](#)
- ↓ [Does asthma go away?](#)
- ↓ [Some other general points about asthma](#)

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Astma

Autorstwa [dr Colin Tidy](#), recenzowana przez [prof Cathy Jackson](#) na 08 listopada 2016 | Potwierdzone przez [standardy informacyjne](#)

W tej serii: [Asthma inhalers](#) [Peak Flow/Meter for Asthma](#)

Astma jest częstą chorobą, która wpływa na drogi oddechowe. Typowe objawy to świszczący oddech, kaszel, ucisk w klatce piersiowej i duszność. Objawy mogą wahać się od łagodnego do ciężkiego. Leczenie zazwyczaj działa dobrze, aby złagodzić objawy i zapobiegać.

Leczenie jest zazwyczaj z inhalatorów. Typowa osoba z astmą może podjąć inhalator prewencyjnym codziennie (aby zapobiec objawom rozwijającym się) i używać inhalatora łagodzącego w razie potrzeby (jeśli objawy rozgorzeć).

Ulotka ta daje ogólny przegląd astmy. Istnieje inne osobne ulotki z tej serii.

W TYM ARTYKULE

- ↓ [Co to jest astma i kto to wpływa?](#)
- ↓ [Objawy astmy](#)
- ↓ [Co powoduje astmę?](#)
- ↓ [Jak astmę zdiagnozowano?](#)

- ↓ [Jakie są metody leczenia astmy?](#)
- ↓ [Jakie są dawki leczenia?](#)
- ↓ [Typowy plan leczenia](#)
- ↓ [Czy astma odejść?](#)

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Polish

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Questions to get you exploring

There will - in most cases - be information relating to your enquiry on more than one site, but these questions give you ideas to explore & examples of places to find information.

1 How do I recognize the symptoms of meningitis?

The NHS Website:-

From the home page, search for – [Meningitis](#) – scroll down the page to the [Symptoms](#) section for more in depth details. Find it [here](#)

2 What injections do I need when I travel to Egypt?

The NHS Fit For Travel Website:-

Click on - [Destinations](#) – Scroll down the page until you reach [Egypt](#). Click on the link & scroll down to – [Immunisations](#) - & look for “Courses or boosters usually advised”. Find it [here](#)

3 How do I find a Dentist that is currently accepting NHS patients?

The NHS Website:-

From the home page, click on - [Services near you](#) – Type in [dentists](#)- or choose dentists from the A-Z list. Type in your postcode and you will see a list of practices with details of what categories of patients they may be accepting at the moment. Find it [here](#)

4 I need a patient information leaflet on Cataract Surgery for my elderly mother

There are various places to find patient information leaflets and it is always worth looking at the hospital sites for their own e.g. Doncaster & Bassetlaw Teaching Hospitals: Just scroll down the A-Z list of leaflets to – [Cataracts](#). Find it [here](#)

Alternatively, The NHS Website:-

Health A-Z – [Cataract Surgery](#) – you can either print or e-mail results to yourself. Find it [here](#)

5 I need a leaflet to explain what a breast screening appointment is in Urdu.

Patient:-

Search for - [Breast Screening](#) – Open the page, click on ‘Actions’ on the right, pick – [Translate](#) - select [Urdu](#). You now have a leaflet translated into your chosen language. Find it [here](#) (be aware that the translation is via computer software, so there may be inaccuracies)

*You will find most of the health information pages have the option to translate, even Medicines A-Z.

6 Are there any videos explaining what I need to know about Type 2 Diabetes

Patient:-

Type in Diabetes Type 2 for a list of articles. Click on Type 2 Diabetes (Conditions) & scroll down to the video “What is type 2 diabetes?” & click to play. Find it [here](#)

7 Is there any information on the medicine 'Lisinopril'?

Patient:-

From the home page, search for - [Lisinopril](#) - click on "Lisinopril - an ACE inhibitor (Zestril)" (Medicines). Find it [here](#)

8 I want to know which local care homes care for a relative with Dementia

CQC - In 'search the whole website' choose 'Care Homes' from the dropdown, then choose the location. Hit SEARCH.

From the filters on the left hand side select - Dementia/Alzheimer's, you can now scan the information. Find it [here](#)

9 Is there a site signposting Dementia support in Doncaster?

You can look at [Services near you](#) on the NHS site, but another useful resource is the [Doncaster Dementia Roadmap](#) – Find it [here](#)

10 I am having a knee replacement, and I want to know how long it will be before I can start driving again

Royal College of Surgeons Get Well Soon - On the home page, click on - [Recovering from Surgery](#) - & choose the link to "Knee surgery – Total Knee Replacement". Scroll down & on the right, choose - [Driving](#) – Find it [here](#)

11 My son has just been diagnosed with Dyskeratosis Congenita, can I talk to someone who's in a similar situation?

Contact A Family - Search for the condition. Open the information page & scroll down to open the section labelled - [Is there support?](#) – Find it [here](#)

12 I've just been diagnosed with type 2 diabetes – is there an organisation I can contact for recipe ideas that are safe for me & advise me about how to exercise?

The NHS Website – Search for diabetes & open the article. Click on the link to 'Finding help & support'. Various organisations should appear – Find it [here](#)

CAFF – A search for diabetes provides links to Diabetes UK – Find it [here](#)

Patient – Search for diabetes, open the diabetes 'category' & scroll down to the bottom of the page – there should be articles on snack choices, food shopping tips & a recipe - Find it [here](#)

13 Do you know where I can find an easy to read leaflet on breast screening to share with my daughter who has learning disability?

EasyHealth – Use the A-Z list of contents, click on 'Health leaflets' or Search for 'breast' to see what's available – Find it [here](#)

HELP!

For any information requests that cannot be dealt with by Doncaster Libraries or your Community Library in Doncaster please contact: The Leisure Library at Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust on 01302 642890 or email dristaff@doncaster.gov.uk

Other Websites

This is not an exhaustive list, but they were sources of good quality, accessible information when they were last assessed. The quality of these sites may change over time, and you may discover other sites which also look reliable – Should you use them?

DISCERN – a UK based organisation - have developed an online checklist to evaluate health information websites – click [here](#)

MedlinePlus have produced an online tutorial to help you judge the quality of health websites – click [here](#)

Disclaimer:

The information in this booklet is a sample of recognised quality sites freely available to the public in general & is not to be used as an endorsement of what treatment, etc. is available and/or recommended. Members of the public should always seek medical advice from an appropriate qualified practitioner.

Changes

Be aware that websites are constantly being developed and so hyperlinks may cease to function if & when the structure of a website changes.

All of the above sites & links were correct at the time of publishing - September 2018