

S P A T

**Investigate that
web site**

By

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Preceptor: Dr. Elizabeth LaRue

Outline

- Retrieval of health information on the internet
- Why should web sites be assessed
- Introduction of SPAT
- Demonstration of SPAT
- Implications and conclusion

Objectives

Upon completion of this PowerPoint the learner will:

- Acquire an understanding of the information contained in a web site
- Recall what the mnemonic SPAT stands for
- Perform an assessment of a web site using the SPAT tool

Internet use for health information

- The World's largest medical library
- The third most common use of the internet
- Recognized as a new significance in health information and communication

Internet use for health information

- Access to health information is empowering
- Health seekers become “proactive”
- Information in privacy

Surfing the internet

- Amount of information can be overwhelming
- Information is unregulated
- Health seekers' search skills limited
- Readability measurement scores are low

**So how do we know if we
have a valid web site
containing reliable health
information?**



S P A T

Site

Publisher

Audience

Timeliness

Evaluating Web Pages

Site

URL

.org

P

.gov

.edu

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.com

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.net



- Home
- ★ Diabetes & Me
 - Learn about Diabetes
 - Be Active
 - Eat Right
 - Prevent Diabetes
 - FAQs
 - Publications & Products
 - Other Resources
- ★ Professional Resources
 - Conferences

Frequently Asked Questions

Basics About Diabetes

- [What is diabetes?](#)
- [What are the symptoms of diabetes?](#)
- [What are the types of diabetes?](#)
- [What are the risk factors for diabetes?](#)
- [What is the treatment for diabetes?](#)
- [What causes type 1 diabetes?](#)
- [Can diabetes be prevented?](#)
- [Is there a cure for diabetes?](#)
- [What are some other sources for information on diabetes?](#)

Evaluating Web Pages

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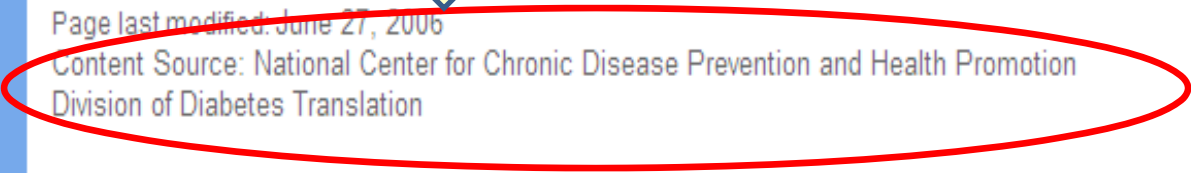
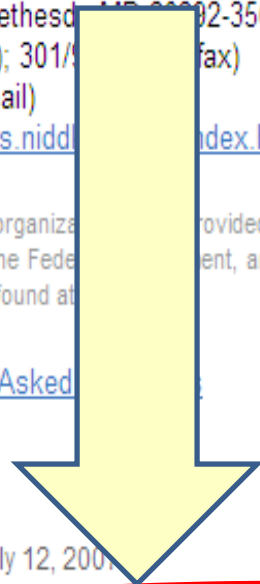
Is there an author/publisher?
Is there contact information?

000/222-ETES (222-3337)
National Diabetes Information Clearinghouse
1 Information Way, Bethesda, MD 20892-3560
301/654-3327 (phone); 301/654-3327 (fax)
ndic@aerie.com (e-mail)
Internet <http://diabetes.niddk.nih.gov/dia/index.htm>

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Return to [Frequently Asked Questions](#)

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Division of Diabetes Translation



Evaluating Web Pages

S

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Audience

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Who is the page for?
Are the sentences
simple and clear?
Is there obvious bias
in the text?

- Home
- ★ Diabetes & Me
 - Learn about Diabetes
 - Be Active
 - Eat Right
 - Prevent Diabetes
 - FAQs
 - Publications & Products
 - Other Resources
- ★ Professional Resources
 - Conferences
 - Data & Trends
 - Diabetes Projects
 - Links
 - National Diabetes Education Program
 - Newsroom
 - Media Room
 - Publications & Products
 - State-Based Programs

Frequently Asked Questions

Basics About Diabetes

- [What is diabetes?](#)
- [What are the symptoms of diabetes?](#)
- [What are the risk factors for diabetes?](#)
- [What are the complications of diabetes?](#)
- [What are the treatment options for diabetes?](#)
- [What are the latest research findings on diabetes?](#)
- [Can diabetes be prevented?](#)
- [Is there a cure for diabetes?](#)
- [What are the best sources for information on diabetes?](#)

↑ **What is diabetes?**

Diabetes is a chronic condition in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, which our bodies use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin that helps glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

Diabetes can lead to serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputation. Diabetes is the sixth leading cause of death in the United States.

For more information, see the National Diabetes Information Clearinghouse publication, [Your Guide to Diabetes](#):

Evaluating Web Pages

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Timeliness

Is the page dated?

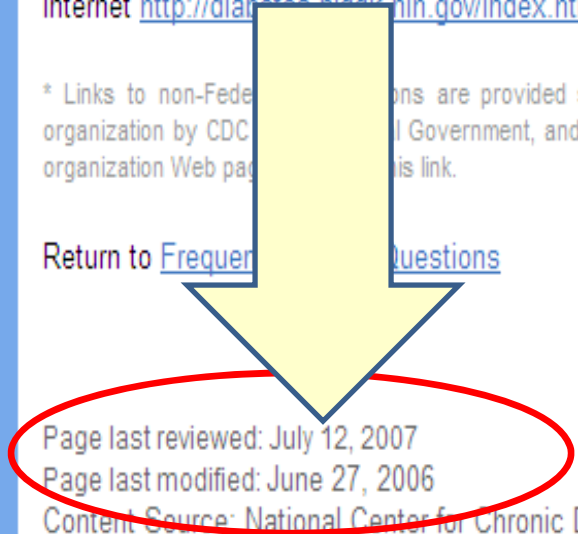
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Let's look at these URL's

- [Diabetes UK](#)
- Formerly the British Diabetic Association, the organization works for people with **diabetes**, funding research, and campaigning.
- www.diabetes.org.uk - 44k - [Cached](#)
 - [Canadian Diabetes Association](#)
- Provides resources for people with, and affected by, **diabetes** and for healthcare professionals treating those affected by the disease.
- www.diabetes.ca - 13k - [Cached](#)
 - [Gestational Diabetes](#)
- Basic facts about gestational **diabetes** including what it is and how it can affect a developing baby.
- www.diabetes.org/gestational-diabetes.jsp - 54k - [Cached](#)
 - [National Diabetes Information Clearinghouse](#)
- Provides educational materials to increase knowledge and understanding about **diabetes** among patients, health care professionals, and the general public.
- diabetes.niddk.nih.gov - 29k - [Cached](#)
 - [Diabetes mellitus - Wikipedia, the free encyclopedia](#)
- ... large amounts of very dilute urine, see **diabetes** insipidus. ... **Diabetes** can cause many ... Adequate treatment of **diabetes**, as well as increased emphasis on ...
- en.wikipedia.org/wiki/Diabetes - 186k - [Cached](#)
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Implications

- Health professionals must be proactive
- Develop uniform standards
- Better health outcomes

References

- Bernstam, E., Shelton, D., Walji, F. (2005). Instruments to assess the quality of health information on the World Wide Web: what can our patients actually use? *International Journal of Medical Informatics*, 74, 13-19.
- Kivits, J., (2006). Informed patients and the internet. *Journal of Health Psychology*, 11(2), 269-282.
- Morahan-Martin, J. (2004). How internet users find, evaluate, and use online health information: A cross-cultural review. *Cyberpsychology & Behavior*, 7(5), 497-510

Let's ***SPAT*** the word

