

Misinformation Check

To check the facts against the latest health news story or any other news currently debated in the media, visit fullfact.org



Fullfacts.org is a group of independent fact checkers, who also campaign against misinformation.

Research the Headlines is a site which looks at how research itself is addressed and portrayed in the media.

Visit Researchtheheadlines.org



The site will help you to come to a better understanding of a piece of research that has been highlighted in the media, what it was that was really done in the research study and what it might mean for you.

Further information

Still looking for further information?

Ask your healthcare professional to contact CPFT healthcare libraries to search for more information on your behalf.

Your healthcare professional can reach them at fulbourn.library@cpft.nhs.uk



This leaflet has been created by CPFT Libraries

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Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.



**Cambridgeshire and
Peterborough**
NHS Foundation Trust

Finding High-Quality Health Information

A guide for service users and carers



A member of Cambridge University Health Partners

www.cpft.nhs.uk

Introduction

The purpose of this leaflet is to help you understand how to assess the quality of health information, as well as guide you to some appropriate sources both on and offline.

This leaflet is split into **four** sections:

1. Assessing the Quality of Health Information
2. Useful Online Resources
3. Useful Offline Resources
4. Health News - go 'Behind the Headlines' to check the facts behind the hype

Assessing the Quality of Health Information

So we can be sure that the health information we find is accurate and trustworthy, it is important to evaluate it.

To do this, we can adapt the CRAAP test, which was created by the Meriam Library at California State University, originally designed to test research papers.

The CRAAP test uses five areas to evaluate:



Currency:

How timely is the information?
When was the information published?
Has it been revised/updated?

Relevance:

How relevant is the information for your needs?
Is the information at an appropriate level? i.e. easy-to-read, jargon-free

Authority:

Who wrote the information? i.e. author
Are they trusted/qualified?
Is there contact details on the source?
If a web site, is the URL trusted?

Accuracy:

Where has the information come from?
Is the information backed-up by research evidence?

Purpose:

Why does the information exist?
i.e. to inform or to sell

Useful Online Resources

NHS website <https://www.nhs.uk/>

Your first port of call when finding reputable health information online.
Includes A-Z guide of health conditions, A-Z guide on medicines and how to find NHS services (GP, Dentist).

NHS Apps Library

<https://www.nhs.uk/apps-library/>

A-Z list of health apps. Can filter your search to required category e.g. mental health and by cost.

Patient.info <https://patient.info/>

Supplies evidence-based information on a wide-range of health and medical topics. Meets NHS England's 'Information Standard', the 'quality mark' for health and care information.

GP Services Online - a how to guide

<https://www.england.nhs.uk/wp-content/uploads/2016/11/pat-guid-getting-started-gp-online.pdf>

A patient leaflet on accessing GP services online.

HealthTalk <http://www.healthtalk.org/>

A web-based site of patient experience videos on a wide range of health topics.

Useful Offline Resources

For a wealth of offline resources, visit your local public library!

Public libraries have entire 'Reading Well' book collections and 'mood-boosting' books, see <https://reading-well.org.uk/> for a list of the entire collection.

You can also search for your local public library www.gov.uk/local-library-services

READING WELL