

## Health and Medicine resources

### General information resources

NHS Choices

<http://www.nhs.uk>

NHS Choices 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 Non-emergency number

Phone: 111

[www.nhs.uk/111/](http://www.nhs.uk/111/)

You can call 111 when you need medical help fast but it's not a 999 emergency.

Patient.co.uk

[www.patient.info](http://www.patient.info)

Patient.info is a trusted source of information for both patients and health professionals nationwide with factual information on a range of health conditions and issues.

Shared decision-making

<http://sdm.rightcare.nhs.uk/pda/>

Decision-making aids on a range of conditions.

### What to expect from your doctor

Great Ormond Street

[www.gosh.nhs.uk](http://www.gosh.nhs.uk)

The online guide to health and hospital life for young people, children and families with expert advice from Great Ormond Street Hospital.

NICE- National Institute for Clinical Excellence

[www.nice.org.uk/patientsandpublic](http://www.nice.org.uk/patientsandpublic)

NICE provides patients, health professionals and the public with reliable guidance on current 'best practice' in treatment. It covers; medicines, medical devices, diagnosis, procedures and the clinical management of specific conditions.

Map of Medicine (NHS Choices)

<http://mapofmedicine.com/>

The Map of Medicine is used by doctors throughout the NHS to determine the best treatment options for their patients. NHS Choices offers everyone in England free access to this internet resource, which lets you see exactly what your doctor sees. The information in the Map has been approved by the UK's leading clinical experts, is based on the best available clinical evidence, and is continually updated.

NICE Clinical Knowledge Summaries

<http://cks.nice.org.uk/>

The NICE Clinical Knowledge Summaries are a reliable source of evidence-based information and practical 'know how' about the common conditions managed in primary care.

## **Finding reliable information**

The Information Standard

<http://www.england.nhs.uk/tis/>

The Information Standard is a certification scheme for all organisations producing evidence-based health and care information for the public. If a website displays The Information Standard logo, this shows that it has passed a rigorous assessment to check that the information they produce is clear, accurate, balanced, evidence-based and up-to-date.

## **Getting involved and giving feedback about health care**

Healthwatch

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

Healthwatch is the independent consumer champion that gathers and represents the public's views on health and social care services in England. It has taken over the work previously done by Local Involvement Networks (LINKs)

Patients Association

[www.patients-association.com](http://www.patients-association.com)

It provides information and advice on access to health services, complaints procedure and patients' rights. They capture stories about Healthcare from patients, family members and carers and use them to campaign for improvements to health and social care services.

Patient Opinion

<https://www.patientopinion.org.uk/>

Patient Opinion allows you to share your experience of treatment in the health service. Your feedback is sent to the staff at the hospital or clinic so that they can learn from it and/or respond.

## **Complementary therapy**

The Institute for Complementary Medicine

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

Aims to offer to the public an informed choice of safe complementary medicine, which is practised by professional practitioners trained to a high level of competence.

## **Forums**

Health Unlocked

<http://www.healthunlocked.com/>

HealthUnlocked offers you the ability to connect with other patients and healthcare professionals. You can set up a profile page that allows you to communicate, and manage your health.

Patients Like Me

[www.patientslikeme.com](http://www.patientslikeme.com)

An online community where people share information about their symptoms, treatments and outcomes. This is a profit-making organisation that makes money by selling on health data to partners.

## **Self-management**

Self-management UK

<http://selfmanagementuk.org/>

self-management UK (formerly The Expert patients programme) is a programme that has been specifically developed for people living with long-term conditions. It aims to support people to increase their confidence, improve their quality of life and better manage their condition.

## **Health research**

National Institute for Health Research (NIHR)

The NIHR share lay summaries of research on a range of health issues for patients and carers through three regular outputs: [Signals](#), [Highlights and Themed Reviews](#).