

Hothealth websites

A selection of useful sites compiled by Michael Miller, General Practitioner, Whangamata

<http://cmeclub.auckland.ac.nz/>

This is the Goodfellow unit CME site – and it's free, although you have to register. Includes CME quizzes, hot tips, Journal Review Service, case studies, virtual courses, investigations, ACC case studies and more.

<http://www.ir2.ox.ac.uk/Bandolier/>

The site for EBM – incorporates its knowledge library, healthy living zone, extended essays, EBM glossary.

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

National Institute for Health and Clinical Excellence – NICE is an independent organisation responsible for providing national guidance on promoting good health and preventing and treating ill health.

<http://www.physsportsmed.com/journal.htm>

A very good general medical journal with a bent towards sports medicine. Frequent hot tips and tricks very useful.

<http://www.ausdoctors.net/ausdoctors.htm>

AusDoctors.net is a peer-led Internet resource for all Australian and New Zealand registered doctors and medical students. There is no charge for this service.

<http://www.gpnotebook.co.uk/homepage.cfm>

GPnotebook is an online encyclopaedia of medicine that provides an immediate reference resource for cli-

nicians in the UK and internationally. Updated continually, the database consists of over 26 000 pages of information.

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

A free updated on-line medical textbook – multiple contributors – excellent site.

<http://www.besttreatments.net/btgeneric/home.isp>

This website states that it is '*Helping you to make better health decisions. Get the facts about the top treatment options. We can tell you which treatments really work and which don't work, based on the best and most up-to-date medical research.*

BestTreatments is the only website that rates thousands of health and medical treatments, based on how well they work. You'll know the best way to lower your blood pressure, manage your child's asthma and ease your back pain.'

BestTreatments has been developed primarily for the United Kingdom but is based on international research. Not all of the treatments are available in New Zealand, but we have included them because there has been research on whether they work.

<http://www.quackwatch.org/>

A guide to quackery, health fraud, and intelligent decisions operated by Stephen Barrett MD.