

GP Browser

We are introducing a section of the journal in which we will publish links to websites that you find useful and that you think will be helpful for readers of the NZFP. The first contribution is from Professor Bruce Arroll. Please e-mail your suggestions to the editor at tonytownsend@xtra.co.nz. Editor.

Hot health websites from Bruce Arroll

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Free health sites

1. www.bmj.com

This is the *British Medical Journal* website. You can get their 'Email alerting service' where you choose which topics you want and they email them to you each week from the current *BMJ*. You can also download papers from the site free of charge, but only in the week of publication.

2. <http://bmjupdates.mcmaster.ca/index.asp>

BMJ updates: You can get this off the *BMJ* front page at www.bmj.com. This is a free service from the *BMJ* where they email you the abstracts of papers. For example, I chose to get topics in primary care, cardiology, psychiatry and dermatology and get sent about 10 abstracts per week of which one is usually practice changing (potentially).

3. www.bnf.org

This is the British National Formulary, which has all the indications, contraindications, what to avoid in renal and liver failure and what to avoid in breast feeding and pregnant women. It is a quality resource but not as easy to use as the textbook version. (Handy when you cannot find the paper version).

4. http://www.martindalecenter.com/Calculators1B_3_MedAC.html

This has endless calculators in it. Includes risk of breast cancer, how long you will live, paracetamol poisoning, creatinine clearance, osteoporosis risk and many more than you will ever need.

5. <http://www.nlm.nih.gov/medlineplus/mplusdictionary.html>

This is a medical dictionary for those occasional words that you don't remember or never knew.

6. www.moh.govt.nz/cochranelibrary

Free access to the Cochrane library.

7. <http://www.nelm.nhs.uk/home/default.aspx>

This is the national electronic library for medicine (UK). You can sign up and be on their email list and they send you (every second day so can get a bit much) the latest breaking news on everything.

8. <http://www.mdbriefcase.com>

This is a Canadian website that is free and has regular clinical cases. They have a more Canadian than US bias so reasonably close to NZ medicine.

9. <http://www.nzgg.org.nz/>

This is the New Zealand Guidelines Group website which has all sorts of connections to other great websites and contains most of the National New Zealand guidelines. If you haven't been there this is a must.

10. <http://www.bmjlearning.com/planrecord/index.jsp>

You can get to this via *BMJ.com*. It is a case-based learning site. This may become a pay to get access site soon. Has a great session on when to refer for investigation for bowel cancer. The sort of advice that allows GPs to sleep at nights without worrying about lurking bowel cancers.

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

This is the CME club for the Goodfellow Unit of the Department of General Practice at the University of Auckland.

12. <http://www.dermnet.org.nz/>

This is a New Zealand based dermatology website that has good pictures and reasonably up-to-date dermatological advice.

13. <http://www.fitfortravel.scot.nhs.uk/>

Travel website. This is very user friendly and provided by the UK NHS. There are two others but not so user friendly; one for the CDC <http://www.cdc.gov/travel/> and one for the WHO <http://www.who.int/ith/>

14. <http://scholar.google.com>

This uses google to find medical articles.

Health but need to pay

- 15.** Electronic medical textbooks. All three are USA based but very good. The Rolls Royce is www.uptodate.com at \$US490 per year then www.dynamicmedical.com at \$US200 per year and www.mdconsult.com which is very comprehensive but a bit slower than the other two. You can get free trials of all these by clicking on the sites. You won't need to ever buy another clinical textbook except for when there is a power cut.

Non health but free

- 16.** http://en.wikipedia.org/wiki/Main_Page

This is a free encyclopaedia.

- 17.** www.google.com

Getting word definitions – write the word you want to describe, e.g. 'house' then colon 'definition', i.e. 'house: definition'

- 18.** http://www.auckland-airport.co.nz/flight_info.php

Airline flight information for Auckland Airport.

- 19.** <http://traffic.transit.govt.nz/>

Web cam for Auckland motorway traffic.

- 20.** <http://www.bbc.co.uk/food/recipes/>

Website through the BBC with many great recipes.
