

# Hothealth Websites

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*The following list contains the medical Internet resources I find most useful during patient consultations – 'point of care' reference. The last three resources are subscription-based knowledge resources, which I believe are the most powerful aids to better quality care. Possibly your PHO or IPA already helps with a joint subscription.*

## **Medline**

**<http://www.ncbi.nlm.nih.gov/PubMed>**

Free access to Medline – you only get the abstracts, but it is fast and easy to use.

## **Medscape**

**<http://www.medscape.com/>**

Medscape is a US-based medical resource most useful for CME and medical news, not as a reference resource at the time of consultation. You need to register, but it is free. The email newsletter may well be of interest.

## **Centers for Disease Control**

**<http://www.cdc.gov/travel>**

The definitive source of travel advice. Your patients may well have already accessed this data before consulting you. Easily accessed and used during the consultation. Sometimes you need to follow a couple of links to find the specific information for the region you are interested in – for example the specific country-by-country links for malaria risk are listed in a link in the regional information pages (e.g. South East Asia). Some people find *Fit for Travel* (UK-based) easier to use: **<http://www.fitfortravel.scot.nhs.uk/>**

## **Diagnostic Medlab Handbook**

**<http://www.dml.co.nz/hbook/index.htm>**

Online manual for lab tests originating from Diagnostic Medlab in Auckland. Concise guide to interpretation of lab tests – including guidance about possible causes of abnormalities e.g. hypercalcaemia.

## **Pharmac**

**<http://www.pharmac.govt.nz/interactive/index.asp>**

Once you get used to using the Pharmac online schedule you can quickly find the current funding status of medicines, locate fully funded alternatives in a therapeutic group, and clarify special authority criteria (click on the '!' symbol).

## **Pharmac Special Authority Forms**

**[http://www.pharmac.govt.nz/special\\_authority\\_forms.asp](http://www.pharmac.govt.nz/special_authority_forms.asp)**

The quickest way to get the form you need for a special authority application – forget the piles of out of date

application forms you can never find in the office. But if you have a fast Internet connection, maybe you should consider the new online SA approval mechanism. Be prepared for a short-term mountain of paperwork (the convoluted application process) in order to reduce your long-term paperwork burden!

## **Medsafe Datasheets**

**<http://www.medsafe.govt.nz/profs/datasheet/dsform.asp>**

If you don't have access to the medicines' datasheets through MIMS in your computer, this is the place to get detailed information about medicines registered in NZ. Remember to choose the 'ingredient name' or 'trade name' option from the drop-down box.

## **Medsafe Consumer Information**

**<http://www.medsafe.govt.nz/Consumers/cmi/CMIForm.asp>**

The consumer medicine information link for Medsafe – detailed patient information about medicines registered in NZ prepared according to a standardised format.

## **NZ Guidelines Group**

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

There is a lot of useful information in the NZ Guidelines group website, but it isn't easily usable during a consultation. However, all the NZ guideline documents are available here for reference.

## **IMAC – Immunisation Information**

**<http://www.immune.org.nz/>**

The IMAC website has a wealth of information about NZ vaccination-related issues. Of particular interest is the online Pandemic Influenza training module which is a great way to get totally up to speed with the threat of H5N1 pandemic influenza from the NZ perspective.

## **MedTech Resources**

**<http://www.gp.org.nz/>**

MedTech users should not miss this site which offers a wealth of good advice and downloadable documents to be used by the Medtech system.

<http://www.perinatology.com/exposures/druglist.htm>

***NZ Health Information – ‘Everybody’***

NZ health information prepared by CMPMedica – the publishers of *NZ Doctor* magazine. Concise well-written patient information with relevant links.

<http://www.besttreatments.co.nz/>

### Patient UK

UK-based material designed for patients.

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

Five gold stars for the dermnet website: it has a huge library of information about everything to do with dermatology – both images and text are invaluable reference and education tools for doctors and patients.

Here are three suggestions for subscription-based medical reference sites, all intended for use during consultations. Trial subscriptions are available:

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

Probably the 'gold standard' for this type of thing, UpToDate is fast and easy to use. It is highly rated by users and there are many individual subscribers in Australasia. However it is moderately expensive.

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

Dynamed is similar in concept to UpToDate and is intended as a comprehensive online medical textbook. Many GPs in NZ have found this an easy and useful resource, particularly for beginners. Remember to use American spellings for best results.

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

A comprehensive database with a mixture of online fulltext journals, textbooks, and patient information. It takes some practice to find answers quickly but it is the most comprehensive resource. First Consult is a concise topic-based resource similar to UpToDate which is very easy to use for major topics, and includes a useful differential diagnosis tool. The patient information handouts in MDConsult are extremely comprehensive, and well written.