Internet & My HealtheVet Training
2010

Session 1
Activity: Getting to Know Each Other

We’d like you to spend a few minutes interviewing your partner. Please find out the following about your partner:

1. Partner’s first name: ____________

2. How long has your partner used VA health care?  
   __________________________________________________________________________

3. Has your partner used the Internet in the past 3 months? ____ (Yes/No)  
   **If yes**, what kinds of things do they do on the Internet?  
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

4. What does your partner hope to learn in this class?  
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

5. What is one of your partner’s favorite activities or hobbies in their spare time?  
   __________________________________________________________________________
What We Will Do in This Training (today and three other days)

**TODAY – Session 1: Introduction, My HealtheVet registration and In Person Authentication ("IPA")**

- Introductions
- Baseline questionnaire
- Getting to know each other
- Brief introduction to My HealtheVet
- My HealtheVet registration and IPA

Session 2: Searching on the Internet for Health Information. Deciding which websites are good quality and which ones are not

Session 3: Learning details of My HealtheVet

Session 4: Discussing with your health providers information you find on the Internet
Introduction to My HealtheVet

My HealtheVet Features at a Glance include:

- Refill VA prescriptions online
- Secure messaging (coming soon)
- Research health conditions
- View appointments (coming soon)
- Self-entered journals (food, exercise, vital signs)
Activity: Searching the Web

Work with a partner or work alone on this. Think of a health issue of interest to you, for example, diabetes, cholesterol, HIV, heart disease, high blood pressure, etc.)

1. What health issue would you like to learn more about on the Internet?

__________________________________________________________________________________________
__________________________________________________________________________________________

2. Write the word or phrase you will use for the Internet search below. If you use a phrase you will get more specific information. For example, “how do people get HIV”, “diabetes treatment”, “asthma medications”, “symptoms of high blood pressure”, “what is hypertension”..... Now search using Google (or another search engine such as Bing or Yahoo.)

__________________________________________________________________________________________
__________________________________________________________________________________________

3. Write 2-3 interesting or useful things you found or learned.

__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

Would you be willing to tell the group about some of the information you found?
Useful Health Websites

General Information

- Centers for Disease Control and Prevention (CDC) – the A-Z index is helpful for finding health information ([www.cdc.gov](http://www.cdc.gov))
- Health Central - company that provides condition-specific consumer health and wellness information online ([http://www.healthcentral.com/](http://www.healthcentral.com/))
- Healthfinder.gov – links to health websites the government recommends ([www.healthfinder.gov](http://www.healthfinder.gov))
- Mayo Clinic – hospital website with advertisements – search by disease or condition ([www.mayoclinic.org](http://www.mayoclinic.org))
- My HealtheVet ([www.myhealth.va.gov](http://www.myhealth.va.gov))
- Web MD - health information that is reviewed by experts ([www.webmd.com](http://www.webmd.com))

For specific health conditions

- Aids Action Committee of Massachusetts ([http://www.aac.org/](http://www.aac.org/)) Their HIV health library has links to other websites that are frequently checked. ([http://www.aac.org/site/PageServer?pagename=info_search](http://www.aac.org/site/PageServer?pagename=info_search))
- AIDS Infonet provides information on HIV and AIDS in 11 languages. AIDS InfoNet is a project of the New Mexico AIDS Education and Training Center at the University of New Mexico Health Sciences Center. They get funding from the federal government and pharmaceutical companies, but do not have advertising. ([www.aidsinfonet.org](http://www.aidsinfonet.org))
- Centers for Disease Control and Prevention ([http://www.cdc.gov/hiv/](http://www.cdc.gov/hiv/))
• NAM is a British organization providing information about HIV that gets money from companies, foundations, government and individuals. They are very open about who provides their funding. They exist to share knowledge. (http://www.aidsmap.com/topics/) NAM has a series of short brochures of basic information on HIV topics http://www.aidsmap.com/resources/The-basics/page/1404329/

• The Body is a well-respected website that has information on a variety of topics including understanding HIV, treatment, living with HIV, lab tests. It is owned by Health Central. (www.thebody.com)

• VA HIV website (http://www.hiv.va.gov/)

Drug Interactions:

• Drug Interactions Checker – you can type in multiple medications and find out if they interact with one another. It is best to discuss with your doctor any interactions you learn about. (http://www.drugs.com/drug_interactions.html)
Using Google to Find Health Information

Find Google.com webpage

[Here’s one way to get to Google.com]

1. Open the Internet (you can double click on Internet Explorer).
2. Type in: Google.com
3. Hit the “enter” button

Try to find answers to the following questions by searching the Internet using Google. Write the answers you find. Also write down where you found the information (e.g. “at the McDonald’s website” or www.McDonalds.com)

1. How many calories and how much fat are in each of these McDonald’s sandwiches?
   a) Big Mac   Calories: _________ Fat (grams):____
   b) Quarter Pounder with Cheese   Calories: _________ Fat (grams):____
   c) Chicken Sandwich   Calories: _________ Fat (grams):____
   d) Website where you found the answer: ________________________________

2. Should people who have HIV get the flu shot?
   a) Yes or No?____
   b) Website where you found the answer: ________________________________

3. What does “hypertension” mean, and how does a doctor know if a person has it or not (by this we mean what number (or numbers) does a doctor use to decide if a person has it)?
   a) Hypertension means: __________________________________________
   b) A person has hypertension if their systolic pressure is consistently over _________ (top number) and their diastolic pressure is consistently over )__________ ( bottom number).
   c) Website where you found the answer: ________________________________
4. Is it ok to take these two medicines, Coumadin and aspirin, at the same time?

   a) Yes or No? __________

   b) Website where you found the answer: ________________________________

5. Calculate your Body Mass Index (BMI) to find out if you are at increased risk for heart disease.

   a) Answer: __________________

   b) Website where you calculated your: ______________________________________

6. How much exercise does the American Heart Association recommend that a middle-aged person should get each day?

   a) Amount of exercise per day: ________________________________

   b) Website where you found the answer: ______________________________________

**Bonus question:**

Is it ok to take Lipitor and amoxicillin at the same time?

   a) Yes or No? _______

After trying an internet search, try using this drug interactions website to answer the bonus question: [http://www.drugs.com/drug_interactions.html](http://www.drugs.com/drug_interactions.html)
At home practice

Instructions:

a) Search for health information for 20 minutes using Google, Bing, or Yahoo

b) Bring in to the next training session a printed page from a website that you found interesting.

c) Please use the space below to help you in your search and write what you found.

----------------------------------------------------------------------------------------------------------------------

1. Health Issue that you want to learn about

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

2. Word or phrase you will use for the Internet search

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

3. Write 2-3 interesting or useful things you found or learned on the Internet about this health issue.

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

4. Bring in a printed page from an interesting health-related website or write down the website’s name so we can take a look at it. ________________________________
### Important Words for computer and Internet

<table>
<thead>
<tr>
<th><strong>Browser</strong>: a tool on the Internet that takes you to the websites. “Internet Explorer™” is one of the most commonly used browsers.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cursor</strong>: The pointer on the computer screen. A blinking vertical line shows your position on the screen when you type. A hand appears when you are at a link to an internet site. An arrow appears when you move over some things.</td>
</tr>
<tr>
<td><strong>Desktop</strong>: What you see on your computer screen when you first turn it on.</td>
</tr>
<tr>
<td><strong>Icons</strong>: The little pictures on your computer screen. They are computer programs or websites that you can go to just by clicking on them.</td>
</tr>
<tr>
<td><strong>Internet</strong>: For most purposes “Internet” means the same as the “Web”.</td>
</tr>
<tr>
<td><strong>Mouse</strong>: The device used to control the movement of the cursor on the computer screen. It has right and left buttons. (Laptop computers may have trackballs or touchpads instead of a mouse.)</td>
</tr>
<tr>
<td><strong>My Health eVet</strong>: Website for veterans to find health information and see parts of their medical record, for example the list of medications they have been prescribed. To get onto the site type: <a href="http://www.myhealth.va.gov">www.myhealth.va.gov</a></td>
</tr>
<tr>
<td><strong>Online</strong>: On the Internet.</td>
</tr>
<tr>
<td><strong>Scroll bar</strong>: On the right side of the screen is a grey bar with arrows at the top and bottom. Clicking on the arrows allows you to move up and down on the page. You can also put your cursor over the vertical bar and if you hold down the left button on the mouse you can pull and push the page up and down.</td>
</tr>
<tr>
<td><strong>Search engine</strong>: websites that help you search thousands of websites to find</td>
</tr>
</tbody>
</table>
the ones that are most-related to what you are looking for. Some common search engines are Google™, Yahoo™, and Bing™.

<table>
<thead>
<tr>
<th><strong>Web, world wide web, or “www”</strong>. The collection of all the different sites one can go to using the Internet.</th>
</tr>
</thead>
</table>

**Webpage**: websites are like books; they are usually made up of many pages. Each page is called a “webpage” or “page”.

**Website**: a place on the web where you can find information, to meet people, or to buy and sell things. A website is often called a “site”.

More Tips for Computer & Internet Use

- "Double Clicking" - to start a new thing on your computer. To go to a new website you often have to click on the picture twice (double click) with the left button on your mouse.

- Underlining and/or a different color means you can click for a “link” to get to a new page or a new website.

- Back & forward arrows can be used to change “pages”.

- Use the left button on the mouse and click the Print symbol at top of page to print. Sometimes there is just the word “Print” to click on.

- Right click the mouse to find a list of things you can do.
REMEMBER FOR NEXT SESSION:

For our next class

Bring:

1. Your notebook
2. Your My Health eVet username and password
3. Your VIC ID (or 2 photo IDs)
4. Your “At Home Practice” sheet
What We Will Do in This Training

Session 1: Introduction, My HealtheVet registration and In Person Authentication (IPA)

TODAY - Session 2: Searching on the Internet for Health Information.
• Introductions and quick review from last week
• Searching on the Internet for health information
• PILOT – a way to help decide which websites are good quality and which ones are not.
  ➢ P = Purpose (What is the website for?)
  ➢ I = Information (Is the information useful? Do you trust it?)
  ➢ L = Links (Does it have good links that work and are useful?)
  ➢ O = Originator (Who made the website?)
  ➢ T = Timeliness (How recent is the information?)

Session 3: Learning details of My HealtheVet

Session 4: Discussing Internet information with health providers
Reviewing Computer and Internet Terms & Internet Searching Tips

1. What is the “cursor”?

2. What is the difference between when the cursor is an arrow and when it is a pointing hand?
   - [Image]

3. What does it mean on a webpage when there is a word phrase underlined (often in either blue or red text)?

4. What do the different endings of web addresses mean, for example:
   - .gov
   - .org
   - .com
   - .edu
   - .net

5. On most web pages, when you want to go back to a page you were just at what do you do? When you want to go “forward” to a page you already looked at what do you do?

6. Which one of these is a web browser and which is a “search engine”
   - Internet Explorer:
   - Google:

7. What does it mean to “scroll down” a web page? How do you do it?

8. What do people mean when they say “left click” on the mouse and “right click” on the mouse?
9. What do people mean when they say the following things about a web page or a computer program?

- ‘minimize’ or ‘shrink’ the window
- ‘maximize’ or ‘expand’ the window
- ‘close’ or ‘X-out’ of the window

10. What does it mean to “double-click” the mouse and what does it do?

11. What do we mean when we say your computer “desktop”?

END OF QUESTIONS
Discussion: Health Issues You Want More Help With

With a partner, ask each other the two questions below. But we hope you’ll share some of what you discussed with the rest of the group.

1. What area of your health (or another person’s health, for example a relative,) do you feel you could use help with, or you’d like more information about? [Examples: managing diabetes, telling people you have HIV, medication side effects, nutrition, how to interpret lab results, etc.]

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

2. Do you think the Internet (or My HealtheVet if you have ever used it) could be helpful to you with this health issue? Yes _____? No? _____
If yes, give an example of how you would use the Internet, My HealtheVet, or both.

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
Using and Comparing 3 Websites about HIV lab results

Use the following websites to find the answers to the questions below.

http://www.merckmedicus.com/ppdocs/us/hcp/content/merck/hiv/labvalue/viralsim.htm
http://www.aidsmap.com/resources/When-should-I-start-treatment/page/1320137/

QUESTIONS TO ANSWER:
(You may need to use more than one of the websites to get all the answers)

1. Viral load tests tell you how much HIV virus is in your blood. □ True  □ False

2. The goal of HIV treatment is to keep the viral load number as _____ (high/low) as possible.

3. What is the word that is used to describe very low levels of HIV virus?

4. A viral load below ________ is considered “undetectable”?

5. Is it better to have more CD4 cells or less CD4 cells? □ More  □ Less

6. What do CD4 cells do in your body?

7. What is another name for CD4 Cells?

8. Fill in the two blanks:

   A normal CD4 count is usually between ______ and ________.
Starting to Evaluate the Quality of Websites

You will be assigned one of the three websites that we have already about HIV viral loads and CD4 counts. Take 5-10 minutes to read through the website and answer the questions below.

1) http://www.myhivlife.com/210labtests.aspx
2) http://www.merckmedicus.com/ppdocs/us/hcp/content/merck/hiv/labvalue/viralsim.htm
3) http://www.aidsmap.com/resources/When-should-I-start-treatment/page/1320137/

You have been website # ______ from the above list.

1. Is this a “.com”, “.gov”, “.edu”, etc. kind of website?

2. Were there advertisements on the website? ☐ Yes ☐ No
   a. If yes, what were they for?

3. When does it seem to have been last updated?

4. What person, company or organization made this website?

5. What kind of person does this seem to have been written for, for example a doctor, a researcher, a regular consumer or patient, or some other kind of person?
PILOT – Helping You Decide How Good and Useful a Website Is

**Purpose** (What is the website for?)

**Information** (Good information? Do you trust it?)

**Links** (Does it have good links? Any you want to go to or remember for later?)

**Originator** (Who made this site? Name of company, organization or person)

**Timeliness** (Has it been updated in last 1-2 years? Do you think it is missing recent information?)
Exercise – using PILOT

You will be assigned to one of the three topics below.

1. H1N1 flu (from CDC website)
2. Insomnia (from Mayo Clinic website)
3. Low salt diet (from any website that interests you)

I have been assigned # ______ from the above list.

Use Google to find information on your topic, and, using a blank PILOT sheet (ask if you need one), write down a few notes in each of the five P-I-L-O-T areas. We’ll discuss what you found.
Name of Website: address or name

Purpose (What is the website for?):

Information (Good information? Do you trust it?):

Links (Does it have good links? Any you want to go to or remember for later?):

Originator (Who made this site? Name of company, organization or person)

Timeliness (Has it been updated in last 1-2 years? Do you think it is missing recent information?)
At Home Practice

Instructions:

d) Go to one of your favorite health websites and try PILOT, filling out one of the PILOT sheets. (If you want some ideas, see the list of Useful Health Websites, starting on page 16 in this packet.)

e) Go to a different health website that you haven’t been to before (but on a topic you are interested in) and fill out another PILOT sheet.

f) Bring your two completed PILOT sheets to the next session so we can discuss our experiences.

END OF AT HOME PRACTICE
Website addresses may give you clues to help you evaluate the reliability of the information on the website.

- Websites ending in “.com” and “.net” often are selling something or have advertisements (e.g. www.amazon.com or www.webmd.com)

- Websites ending in .gov are government websites (e.g. www.va.gov)

- Websites ending in .edu are educational websites (e.g. www.bu.edu)

- Websites ending in .org belong to organizations. Sometimes they ask for donations. (for example, http://www.aac.org/)

- Some countries have their own internet endings (for example “.ca” is a website in Canada, “.uk” is a website in Great Britain, “.fr” is a website in France....)
Useful Health Websites

General Information

• MyHealtheVet (www.myhealth.va.gov)

• Healthfinder.gov – links to health websites the government recommends (www.healthfinder.gov)

• PatientsLikeMe – online community of people with same health condition (www.patientslikeme.com)

• Web MD - health information that is reviewed by experts (www.webmd.com)

• Centers for Disease Control and Prevention (CDC) – the A-Z index is helpful for finding health information (www.cdc.gov)

• Mayo Clinic – hospital website with advertisements – search by disease or condition (www.mayoclinic.org)

• Health Central - company that provides condition-specific consumer health and wellness information online (http://www.healthcentral.com)

For specific health conditions

• Aids Action Committee of Massachusetts (http://www.aac.org) Their HIV health library has links to other websites that are frequently checked. (http://www.aac.org/site/PageServer?pagename=info_search)

• AIDSinfo is a U.S. Department of Health and Human Services project with the latest federally approved information on HIV/AIDS (http://www.aidsinfo.nih.gov)

• AIDS Infonet provides information on HIV and AIDS in 11 languages. AIDS Infonet is a project of the New Mexico AIDS Education and Training Center at the University of New Mexico Health Sciences Center. They get funding from the federal government and pharmaceutical companies, but do not have advertising. (www.aidsinfonet.org)

• Centers for Disease Control and Prevention (http://www.cdc.gov/hiv)
• Mayo Clinic HIV/AIDS website (http://www.mayoclinic.com/health/hiv-aids/DS00005)

• NAM is a British organization providing information about HIV that gets money from companies, foundations, government and individuals. They are very open about who provides their funding. They exist to share knowledge. (http://www.aidsmap.com/topics/) NAM has a series of short brochures of basic information on HIV topics http://www.aidsmap.com/resources/The-basics/page/1404329/

• The Body is a well-respected website that has information on a variety of topics including understanding HIV, treatment, living with HIV, lab tests. It is owned by Health Central. (www.thebody.com)

• VA HIV website (http://www.hiv.va.gov/)

Lab Tests:

• The Body article on HIV Monitoring Test Basics (http://www.thebody.com/content/art50043.html)

• What your Lab Tests Mean (http://www.myhivlife.com/210labtests.aspx)

• Viral Load Simplified (http://www.merckmedicus.com/ppdocs/us/hcp/content/merck/hiv/labvalue/viralsim.htm)

• The Basics: CD4 and Viral Load brochure from NAM http://www.aidsmap.com/file/1050016/CD4_and_viral_load_pdf

• Aids Action Committee links to many websites with lab test information. (http://www.aac.org/site/News2?page=NewsArticle&id=5435)

• Key tests to monitor and why (http://namlife.org/cms1254855.aspx)

• Lab Tests Online – describes the purpose of different medical tests, and how to understand the results of the tests (http://www.labtestsonline.org)
REMEMBER FOR NEXT SESSION:

Bring:

5. Your My Health eVet username and password
6. Your black three-ring binder
7. PILOT Practice Exercises you did at home
8. Any questions you have thought of since the last training
Internet & My Health eVet Training

2010

Session 3
Session 1: Introduction, My HealtheVet registration and In Person Authentication (IPA)

Session 2: Searching on the Internet for Health Information.
- Introductions and quick review from last week
- Searching on the Internet for health information
- PILOT – a way to help decide which websites are good quality and which ones are not.
  - P = Purpose (What is the website for?)
  - I = Information (Is the information useful? Do you trust it?)
  - L = Links (Does it have good links that work and are useful?)
  - O = Originator (Who made the website?)
  - T = Timeliness (How recent is the information?)

TODAY - Session 3: Learning how to use My HealtheVet
- Introductions and quick review of PILOT at-home findings
- Useful Features in My HealtheVet
- Focus Group

Session 4: Discussing Internet information with health providers
Name of Website: address or name

Purpose (What is the website for?):

___________________________________________________________

___________________________________________________________

Information (Good information? Do you trust it?):

___________________________________________________________

___________________________________________________________

Links (Does it have good links? Any you want to go to or remember for later?)

___________________________________________________________

___________________________________________________________

Originator (Who made this site? Name of company, organization or person)

___________________________________________________________

___________________________________________________________

Timeliness (Has it been updated in last 1-2 years? Do you think it is missing recent information?)

___________________________________________________________

___________________________________________________________
Your My HealthVet Account:

Locating helpful tools to help you manage your own health
Go to [www.myhealth.va.gov](http://www.myhealth.va.gov) to login to your account.
What you can do from the Personal Information tab:

- Enter your emergency contact information
- Edit your personal profile
- Print or download all you’re my HealtheVet data
- Change your My HealtheVet password.
- Print a Health Information Card to carry in your wallet

What you can do from the Pharmacy tab:

- Refill your VA prescription medications
- Keep track of your non-VA medications and supplements (over-the-counter drugs or herbal supplements)
- View a complete medication and supplements summary, and print a copy to share with your doctors

What you can do from the Research Health tab:

- Visit Healthy Living Centers to get tips on healthy eating and sleep, physical activity, et cetera
- Learn about common conditions affecting veterans
- Learn about common mental health conditions and screen yourself for depression, PTSD, alcohol/substance abuse disorders
- Search the Medline Plus and HealthWise medical libraries
What you can do from the Get Care tab:

- Keep track of who your VA and non-VA doctors are, where you get your care, and what insurance coverage you have
- View your VA healthcare appointments, set e-mail reminders for appointments
- Use the Health Calendar to track VA and non-VA healthcare appointments, or other important dates
- View your Wellness Reminders to see whether you have any overdue labs, tests, or vaccinations

What you can do from the Track Health tab:

- Track your blood pressure, heart rate, weight, temperature, blood sugar, cholesterol, INR, pulse oximetry, and pain (and print out a Vitals Worksheet to help you track them on paper first)
- View lab test results (SOON), and enter non-VA lab and test results for your records
- Record your health history (allergies, immunizations, medical events, family health history)
- Use the journals to track your diet and physical activity

What you can do from the Secure Messaging tab:

- Secure message your VA primary care providers between visits to:
  - Request an appointment, address change, or prescription refill
  - Ask your doctor a question about a concern you have
**Class Activity:** Practice Pushing the Blue Button

1. Go to Personal Information Tab
2. Select Download My Data
3. Make sure “Download my data from My HealtheVet” is checked and Click Continue
4. Click View/Print (to View or Print) or Download (to save to your own storage device)
   a. For today, simply VIEW. Look over to see if the information you see looks correct.
   b. How might you use this download?

**Class Activity:** Practice Printing Medications and Supplements Summary

1. Go to Pharmacy Tab
2. Click Medications and Supplements
3. Click My Complete Medications List on left hand side of screen.
4. Select how you want to filter results. Click “Go”
5. Click on “Printer Friendly” and print summary
   a. Check over the medications listed. Do they seem correct? Are there any missing? Any you are surprised to see?
   b. If you find anything unexpected, make sure to discuss with your doctor at your next visit!

**Class Activity:** Set your Health Calendar Reminder Preferences

1. Go to Get Care Tab
2. Select Health Calendar
3. Click on Preferences at upper right-hand side of calendar
4. Enter your zip code
5. Select reminders for VA appointments
6. Enter your email address
7. Hit save
Class Activity: Create a To-Do List

1. Go to Get Care Tab
2. Select Health Calendar
3. Click on "To-Do’s"
4. Click Add To-Do
   a. Add a reminder to yourself about something you want to discuss with your doctor at your next visit.
   b. Set a due date so it will show up in your calendar (perhaps the date of your next appointment).
5. Click “Save”

Class Activity: View Your Wellness Reminders

1. Go to Get Care Tab
2. Select Wellness Reminders
3. View your reminders
4. IF you are seeing reminders from more than one VA hospital and would like to only see one, then:
   a. Select “Go To Reminders Preferences”
   b. Uncheck the names of the facilities you do not want to see reminders from and click “Save Preferences”
At Home Practice

Instructions:

1. Log into your My HealtheVet account.
   a. Click on the “Research Health” tab.
   b. Click on the “Diseases and Conditions Centers” tab.
   c. Click on the “Common Conditions” tab.

2. Choose a health topic of interest to you. Look up some information on that topic on the “Common Conditions” page.

3. Use the PILOT sheet (in your notebook) to evaluate it.
REMEMBER FOR NEXT SESSION:

Bring:

9. Your My HealtheVet password
10. Your black three-ring binder
11. Practice Exercises you did at home
12. Reading glasses – if you use them
Useful Health Websites

General Information

• Centers for Disease Control and Prevention (CDC) – the A-Z index is helpful for finding health information (www.cdc.gov)

• Health Central - company that provides condition-specific consumer health and wellness information online (http://www.healthcentral.com/)

• Healthfinder.gov – links to health websites the government recommends (www.healthfinder.gov)

• Mayo Clinic – hospital website with advertisements – search by disease or condition (www.mayoclinic.org)

• My HealtheVet (www.myhealth.va.gov)

• Web MD - health information that is reviewed by experts (www.webmd.com)

Nutrition and Dietary Supplements:

• AIDS Infonet factsheet – http://www.aidsinfonet.org/fact_sheets/view/800


• Health and Human Services information on Nutrition and Exercise (http://sis.nlm.nih.gov/hiv/nutrition.html#a2)

• Tufts University website on HIV and nutrition http://www.tufts.edu/med/nutrition-infection/hiv/health.html

• US Pharmacopeia Dietary Supplement Verification Program - lists dietary supplements that have voluntarily been verified as containing what they are supposed to contain, with minimal levels of contaminants (http://www.usp.org/USPVerified/dietarySupplements/)

For specific health conditions

• Aids Action Committee of Massachusetts (http://www.aac.org/) Their HIV health library has links to other websites that are frequently checked. (http://www.aac.org/site/PageServer?pagename=info_search )

• AIDSinfo is a U.S. Department of Health and Human Services project with the latest federally approved information on HIV/AIDS (http://www.aidsinfo.nih.gov/)

• AIDS Infonet provides information on HIV and AIDS in 11 languages. AIDS InfoNet is a project of the New Mexico AIDS Education and Training Center at the University of New Mexico Health Sciences Center. They get funding from the federal government and pharmaceutical companies, but do not have advertising. (www.aidsinfonet.org)

• Centers for Disease Control and Prevention (http://www.cdc.gov/hiv/ )

• Mayo Clinic HIV/AIDS website (http://www.mayoclinic.com/health/hiv-aids/DS00005 )

• NAM has a series of short brochures of basic information on HIV topics http://www.aidsmap.com/resources/The-basics/page/1404329/

• The Body is a well-respected website that has information on a variety of topics. It is owned by Health Central. (www.thebody.com )

• VA HIV website (http://www.hiv.va.gov/ )
Internet & My HealtheVet Training

2010

Session 4
What We Will Do in This Training

Session 1: Introduction, My HealtheVet registration and In Person Authentication (IPA)

Session 2: Searching on the Internet for Health Information.
  • PILOT – a way to help decide which websites are good quality and which ones are not.
    ➢ P = Purpose (What is the website for?)
    ➢ I = Information (Is the information useful? Do you trust it?)
    ➢ L = Links (Does it have good links that work and are useful?)
    ➢ O = Originator (Who made the website?)
    ➢ T = Timeliness (How recent is the information?)

Session 3: Learning how to use My HealtheVet

TODAY - Session 4: Discussing Internet information with health providers
  • Tips for talking to your doctor
  • Social networking sites, e.g. Patientslikeme.com
  • Training Wrap Up (questionnaire & what’s next)
Tips for Talking to Your Doctor about Information from the Internet, My HealtheVet and Other Sources

1. Take specific information to your doctor, for example a page from a website, or a printout from your My HealtheVet record.

2. Before you go to the doctor’s office, write down a question or two about the information, website, or printout you are taking to your doctor.

3. Relate your questions to your own experiences and concerns, such as these examples below:
   
   “I input all of the over-the-counter medications I’m taking into My HealtheVet. Do you have time to look at the list and make sure there aren’t any medication interactions?”

   “I looked at my medication list in My HealtheVet and found that there are some on the list that I’m no longer taking. Would you please look at it with me and update my record?”

   “Do you think that acupuncture would help me with the side effects of my medication?” (If yes you could ask a follow-up question such as: “Can you recommend a good acupuncturist or tell me how to find one?”)

   “I’m taking Atripla, but read that the new “quad pill” decreased viral load rates a little more. Do you think it would make sense for me to try it?”

4. Express that you would like your doctor’s help in understanding the information better.

   “Can you explain to me what a ‘boosting agent’ does?”

   “I read _______ and wondered if you could help explain it to me without too many medical terms”
1) Read one of the articles

- Gilead says Quad pill suppresses HIV at 48 weeks
- Researchers uncover HIV, insulin resistance link
- 5 ways to Use Acupuncture for HIV

2) Prepare for the Role-Play

As the patient:

Write down at least two things you might ask a doctor based on this article, such as: Have you heard about X? What do you think about me trying X? Do you have any patients who have used X? (and if yes, what was their experience like?)?

1. __________________________________________________________

2. __________________________________________________________

As the doctor:

- Listen to the patient
- Respond in the way you think one of your doctors might respond.
Social Networking for Health on the Internet

Social Networking on the Internet

Websites that help people connect with and stay in touch with friends, work colleagues, or other people with whom they have some kind of connection.

Possible Benefits?

Potential drawbacks?

Some examples:

http://www.facebook.com/

http://www.linkedin.com/

http://www.patientslikeme.com/

Let’s look at PatientsLikeMe

• We’ll give you a user name and password to use
Completing the Questionnaire & Evaluation Sheet

1. Please fill out the questionnaire we will be giving you. It is similar to the one you filled out when this training started 4 weeks ago.

2. When you are done please hand it in.

3. Please fill out the two page evaluation sheet.
Useful Health Websites

General Information

- Centers for Disease Control and Prevention (CDC) – the A-Z index is helpful for finding health information (www.cdc.gov)

- Health Central - company that provides condition-specific consumer health and wellness information online (http://www.healthcentral.com/)

- Healthfinder.gov – links to health websites the government recommends (www.healthfinder.gov)

- HealthWise® - lots of information for patients on a wide variety of health topics, clearly written. You have special access to it through your MyHealtheVet account (go to “Research Health”, then “Medical Library”, then look for “HealthWise®”)

- Mayo Clinic – hospital website with advertisements – search by disease or condition (www.mayoclinic.org)

- Medline Plus® - information on many health topics. This is a site created by the National Library of Medicine. You have special access to it through your My HealtheVet account (go to “Research Health”, then “Medical Library”, then look for “MedlinePlus®”)

- My HealtheVet (www.myhealth.va.gov)

- Web MD - health information that is reviewed by experts (www.webmd.com)

For specific health conditions

- Aids Action Committee of Massachusetts (http://www.aac.org/) Their HIV health library has links to other websites that are frequently checked. (http://www.aac.org/site/PageServer?pagename=info_search)

- AIDSinfo is a U.S. Department of Health and Human Services project with the latest federally approved information on HIV/AIDS (http://www.aidsinfo.nih.gov)
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• Centers for Disease Control and Prevention (http://www.cdc.gov/hiv/)

• Mayo Clinic HIV/AIDS website (http://www.mayoclinic.com/health/hiv-aids/DS00005)

• NAM is a British organization providing information about HIV that gets money from companies, foundations, government and individuals. They are very open about who provides their funding. They exist to share knowledge. (http://www.aidsmap.com/topics/) NAM has a series of short brochures of basic information on HIV topics http://www.aidsmap.com/resources/The-basics/page/1404329/

• The Body is a well-respected website that has information on a variety of topics including understanding HIV, treatment, living with HIV, lab tests. It is owned by Health Central. (www.thebody.com)

• VA HIV website (http://www.hiv.va.gov/)

• VA HIV website has links to recent news articles on HIV: (http://www.hiv.va.gov/vahiv?page=pt-news)

Lab Tests:

• The Basics: CD4 and Viral Load brochure from NAM http://www.aidsmap.com/file/1050016/CD4_and_viral_load_pdf

• The Body article on HIV Monitoring Test Basics (http://www.thebody.com/content/art50043.html)

• What your Lab Tests Mean (http://www.myhivlife.com/210labtests.aspx)

• Viral Load Simplified (http://www.merckmedicus.com/ppdocs/us/hcp/content/merck/hiv/labvalue/viralsim.htm)
• Aids Action Committee links to many websites with lab test information.  
  (http://www.aac.org/site/News2?page=NewsArticle&id=5435)

• Key tests to monitor and why  (http://namlife.org/cms1254855.aspx)

• Lab Tests Online – describes the purpose of different medical tests, and how to understand the results of the tests  (http://www.labtestsonline.org)

**Medication Information and Medication Interactions:**

• Drugs.com allows you to search for the name of a medication by either the brand name or the generic name. If you cannot remember the name of a medication, you can search by the medical condition.  (www.drugs.com)

• RxList.com is owned and operated by WebMD. This website has tabs for “Drugs A-Z” (you can look up by brand name or generic name), “Pill Identifier”, and “Supplements”.  (www.rxlist.com)

• Drug Interactions Checker lets you type in multiple medications and find out which ones interact or if there is an interaction with specific foods. It is best to discuss the results with your doctor if you have questions.  (http://www.drugs.com/drug_interactions.html)

• MedLinePlus is a website from the U.S. National Library of Medicine. It has information about prescription medications as well as herbs and supplements.  (http://www.nlm.nih.gov/medlineplus/druginformation.html)

• MedScape Drug Interaction Checker – this is similar to the website above, but is intended for health care professionals. However non-professionals can use it as well. If you are taking many medications, it can check interactions among all of them at one time. Registration (including creating a password) is required, but it is free.  (http://www.medscape.com/druginfo/druginterchecker?cid=med)

• Database of Antiretroviral drug interactions for health care professionals from the University of California at San Francisco.  (http://hivinsite.ucsf.edu/insite?page=ar-00-02&post=1)
Nutrition and Dietary Supplements:

- Tufts University website on HIV and nutrition [http://www.tufts.edu/med/nutrition-infection/hiv/health.html](http://www.tufts.edu/med/nutrition-infection/hiv/health.html)
- US Pharmacopeia Dietary Supplement Verification Program - lists dietary supplements that have voluntarily been verified as containing what they are supposed to contain, with minimal levels of contaminants [http://www.usp.org/USPVerified/dietarySupplements/](http://www.usp.org/USPVerified/dietarySupplements/)
- VA website on HIV and nutrition [http://www.hiv.va.gov/vahiv?page=diet-01-00](http://www.hiv.va.gov/vahiv?page=diet-01-00)

Social Networking Sites for Health:

- INSPIRE – Inspire connects patients, families, friends, caregivers and health professionals. It is a moderated site with strict guidelines. A list of the groups can be found here: [http://www.inspire.com/groups/](http://www.inspire.com/groups/)
- PatientsLikeMe – online communities of people with same health condition [www.patientslikeme.com](http://www.patientslikeme.com) To find a group click the tab for “all communities” at [http://www.patientslikeme.com/all/patients](http://www.patientslikeme.com/all/patients).
- tudiabetes.org – website for people with diabetes
REMEMBER:

No More Training Sessions.

Remember to keep your My HealtheVet username and password in a place you will remember.

Two more things:

1) We will be calling you in about 6 weeks to schedule and do the phone interview.
2) In about 3 months, we will mail you the last questionnaire to fill out. After you fill it out and send it back, we will mail you $35 in canteen vouchers.

THANK YOU so much for participating in our study.