SPAT
Investigate that
web site

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Outline

- Retrieval of health information on the internet
- Why should web sites be assessed
- Introduction of SPAT
- Demonstration of SPAT
- Implications and conclusion
Objectives

Upon completion of this PowerPoint the learner will:

- Acquire an understanding of the information contained in a web site
- Recall what the mnemonic SPAT stands for
- Perform an assessment of a web site using the SPAT tool
Internet use for health information

- The World’s largest medical library

- The third most common use of the internet

- Recognized as a new significance in health information and communication
Internet use for health information

- Access to health information is empowering
- Health seekers become “proactive”
- Information in privacy
Surfing the internet

- Amount of information can be overwhelming
- Information is unregulated
- Health seekers’ search skills limited
- Readability measurement scores are low
So how do we know if we have a valid web site containing reliable health information?
Site
Publisher
Audience
Timeliness
Evaluating Web Pages

Site

URL
.org
.gov
.edu
/~
.com
.net
Frequently Asked Questions

Basics About Diabetes

- What is diabetes?
- What are the symptoms of diabetes?
- What are the types of diabetes?
- What are the risk factors for diabetes?
- What is the treatment for diabetes?
- What causes type 1 diabetes?
- Can diabetes be prevented?
- Is there a cure for diabetes?
- What are some other sources for information on diabetes?
Evaluating Web Pages

S
Publisher

P

A

T

Is there an author/publisher? Is there contact information?
Evaluating Web Pages

Who is the page for?
Are the sentences simple and clear?
Is there obvious bias in the text?
Frequently Asked Questions

Basics About Diabetes

- What is diabetes?
- What are the symptoms of diabetes?
- What are the complications of diabetes?
- When do you need to test for diabetes?
- What is the test for diabetes?
- What are the treatments for diabetes?
- Can diabetes be prevented?
- Is there a cure for diabetes?
- What are some reliable sources for information on diabetes?

What is diabetes?

Diabetes is a condition in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, which our bodies use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn’t make enough insulin, or can’t use its own insulin as well as it should. This causes sugar to build up in your blood.

Diabetes can cause damage to the body and health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the sixth leading cause of death in the United States.

For more information, see the National Diabetes Information Clearinghouse publication, "Your Guide to Diabetes."
Evaluating Web Pages

S
P
A
T

Timeliness  Is the page dated?
Let’s look at these URL’s

- **Diabetes UK**
  - Formerly the British Diabetic Association, the organization works for people with diabetes, funding research, and campaigning.
  - www.dia[...](44k - Cached)
  - Canadian Diabetes Association
  - Provides resources for people with, and affected by, diabetes and for healthcare professionals treating those affected by the disease.
  - www.dia[...].ca - 13k - Cached
  - Gestational Diabetes
  - Basic facts about gestational diabetes including what it is and how it can affect a developing baby.
  - www.dia[...].jsp - 54k - Cached
  - National Diabetes Information Clearinghouse
  - Provides educational materials to increase knowledge and understanding about diabetes among patients, health care professionals, and the general public.
  - dia[...].nih.gov - 29k - Cached
  - Diabetes mellitus - Wikipedia, the free encyclopedia
  - ... large amounts of very dilute urine, see diabetes insipidus. ... Diabetes can cause many ... Adequate treatment of diabetes, as well as increased emphasis on ...
  - en.wikipedia.org/wiki/Diabetes - 186k - Cached
Implications

- Health professionals must be proactive
- Develop uniform standards
- Better health outcomes
References


Let’s **SPAT** the word