



McMaster
OPTIMAL AGING PORTAL
mcmasteroptimalaging.org

The Web Resource Rating Tool:
Connecting health professionals and citizens to
high quality health information online

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McMaster University

LABARGE
Optimal Aging
INITIATIVE

Acknowledgements



No conflicts of interest

Presentation overview

- ▶ About the McMaster Optimal Aging Portal
 - ▶ Purpose
 - ▶ Features & Content
- ▶ About the Web Resource Rating feature
 - ▶ Website and resource selection
 - ▶ Rating criteria
- ▶ Implications for Community Health Nursing practice

Your source for healthy aging information that you can trust

[▶ PLAY VIDEO](#)

[➔ BROWSE TOPICS](#)

Looking for something specific? Try a search.

[Search](#)



🐦 LATEST TWEET FROM @MAC_AGINGNEWS

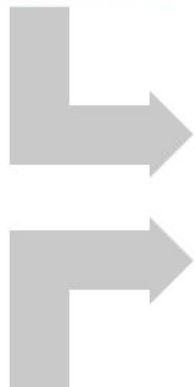
RT @rto_ero: Finding credible health info. online can be tough. To empower members & seniors we've partnered w @Mac_AgingNews 3 cheers for...



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Health Systems Evidence
www.healthsystemsevidence.org

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Fall and injury prevention



Broken hip? Home-based rehabilitation may help get you moving again

READ BLOG POST



Wii-based exercise programs for seniors – not your grandkids' Nintendo

READ BLOG POST



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📄 Evidence Summary ⓘ

Interventions for preventing falls in older people living in the community

★★★★★

Cochrane Database of Systematic Reviews (2012)

📄 Evidence Summary ⓘ

Older people with mental health issues should be offered strategies with several components to help reduce their risk of falling

Filter Results

🔄 Show All 49

💬 Blog Posts 5

📄 Evidence Summaries 21

🗣️ Web Resource Ratings 23

What is an Evidence Summary?

Key messages from scientific research that's ready to be acted on

GOT IT, HIDE THIS

Stopping psychotropic medications can reduce falls and improve cognition



van der Cammen TJ, Rajkumar C, Onder G, et al. Drug cessation in complex older adults: time for action. Age Ageing. 2014;43:20-5.


Trouble remembering,
learning new things,
concentrating, or making
decisions that affect
everyday life.

Review question

In older adults who have a history of falls, **cognitive impairment** or **delirium**, can stopping certain medications reduce these health problems?

Background

Many older people have more than one health problem, and they may take several different medications at the same time. Some medications, or interactions between different medications, can cause falls or confusion. People who are prone to falls or confusion are more likely to be affected by medicines that can cause falls or confusion. In some cases, it might be better for a person to stop taking a medication to stop these side effects.



NEW April 14, 2016

Facing a difficult health choice?
Decision aids can help



April 7, 2016

Transitioning to end of life care:
Communication is key



April 4, 2016

Advance care planning and
intensive care: Planning ahead
for your end of life wishes



March 30, 2016

Preventing post-traumatic stress
disorder (PTSD) after a critical
illness



March 17, 2016

Music can help ease your
hospital stay



March 10, 2016

Supporting seniors at higher risk
of poor nutrition

+AA



Dr. Oz changes mind on medical marijuana: 'Should be widely available in America'



Science: Vaccines, autism and the media's game

ine/autism conversation has been abetted by a media determined to g as a conflict



DIET & FITNESS | FOOD & RECIPES | BEAUTY | VIDEOS | HEALTH A-Z

Fitness Myths, Busted (And 3 Surprising Facts)

Like 3.6k



The truth common by Ivan Yeh Are you still seeing re fallen vict easy to y

Home About Lose Weight Reverse Disease Success Stories Events Ask the Doc



Secrets Revealed: The Power Benefits of the Pomegranate

Like 1.0k

falls



Web Resource Ratings



Order by

Resource type

You're searching the **Web Resource Ratings** database.

The search for falls is showing 10 of 42 results in Web Resource Ratings

Ischemic stroke treatment (Beyond the Basics)

"Clot busters" (thrombolytic drugs) and aspirin are often used for early treatment of ischemic stroke. Anticoagulants (blood thinners) are seldom recommended. Longer term treatment after a stroke includes eating well and preventing clots, infections, bleeding ulcers and falls.

UpToDate - patient information



Hip protectors: Can they help break your fall and not your hip?

Hip protectors might help prevent hip fractures for older people living in care homes, but the evidence is not strong. This resource includes links to more information about how to reduce risk of falls.

Evidently Cochrane



Preventing falls in older adults: Consumer fact sheet

The U.S. Preventive Services Task Force recommends exercise, physical therapy and vitamin D supplements to help prevent falls among older adults in the community who are at higher risk of falling, especially people who have fallen before, or have difficulty with balance and walking.

U.S. Preventive Services Task Force (USPSTF)



After stroke: The Cinderella of falls prevention research

Vitamin D appears to help reduce falls after stroke, as does the medicine alendronate. More research is needed about falls prevention approaches for people who have had a stroke, especially for people in the weeks following a stroke.

Evidently Cochrane



Vitamin D deficiency

Not finding what you're looking for?

Look at results for the same search in our other databases.

Categories



Evidence Summaries

33



Web Resource Ratings

42



Blog Posts

16

Professional



Clinician

496



Public Health

116



Policymaker

39

Alzheimer's disease: Can ginkgo products help?



What is a Web Resource Rating?

Evaluations that tell you whether free resources on the internet are based on scientific research

GOT IT. HIDE THIS

Facebook

Twitter

Email

Print

Website: Informed Health Online

Resource type: Article

Rating: ★★★★★

Summary - The message of this resource is:

Ginkgo supplements (240 mg per day) may help reduce symptoms of Alzheimer's disease and enable you to perform daily tasks better. Be aware that ginkgo could interact with other medications, so talk to your doctor before taking any supplements.

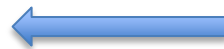
View this Article

Keywords

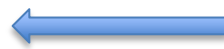
ginkgo biloba, dementia, Alzheimer's disease

Browse Topics

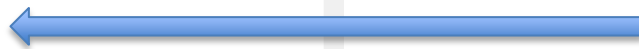
- Alzheimer's and dementia
- Complementary and alternative medicine



Title



Share or print functions



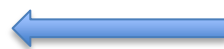
Star rating (/5)



Summary message



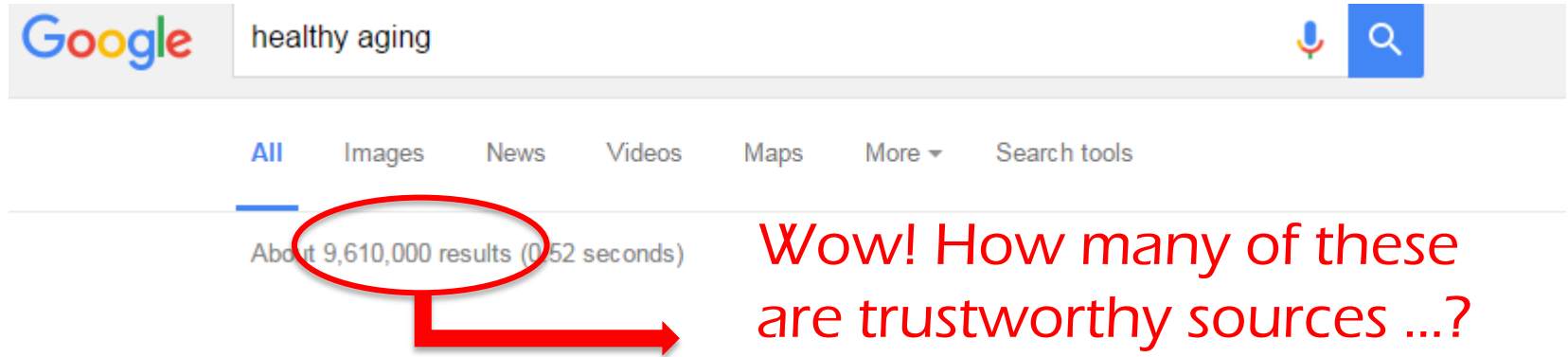
Link to the resource



Browse related topics

Website inclusion/exclusion

- ✓ Free to access (with or without login)
- ✓ Not directly funded by a company trying to sell a product or service
- ✓ Relevant to optimal aging
- ✓ Intended for citizens



A screenshot of a Google search interface. The search bar contains the text "healthy aging". Below the search bar, the navigation tabs include "All", "Images", "News", "Videos", "Maps", "More", and "Search tools". The "All" tab is selected and highlighted with a blue underline. Below the tabs, the text "About 9,610,000 results (0.52 seconds)" is displayed. A red oval highlights the number "9,610,000", and a red arrow points from this oval to the right, towards a red text overlay.

Wow! How many of these are trustworthy sources ...?

WebResource inclusion/exclusion

- ✓ Less than 5 years old
- ✓ Not directly funded by a company trying to sell a product or service
- ✓ Relevant to optimal aging
- ✓ Intended for citizens

Web Resource Rating

Step 1 - Evidence-based



Is this information reliable, based on scientific research?

Step 2 - Transparency



Is it clear who developed the resource and how?

Step 3 - Usability



Is the information easy to understand and easy to use?

Web Resource Rating – Evidence-base

Is the information reliable, based on scientific evidence?

- ▶ Use of reliable sources to support claims/recommendations
 - ▶ Single studies
 - ▶ RCTs
 - ▶ Systematic reviews
 - ▶ Best practice guidelines
- ▶ Comment on the quality of evidence
- ▶ Strength of recommendations assessed using GRADE criteria

Web Resource Rating – Transparency

Is it clear who developed the resource and how?

- ▶ In-text citations to peer-reviewed sources
- ▶ Authority who takes responsibility for the content
- ▶ Advertising labelled
- ▶ Created or updated in last 3 years
- ▶ Feedback mechanism ('contact us')

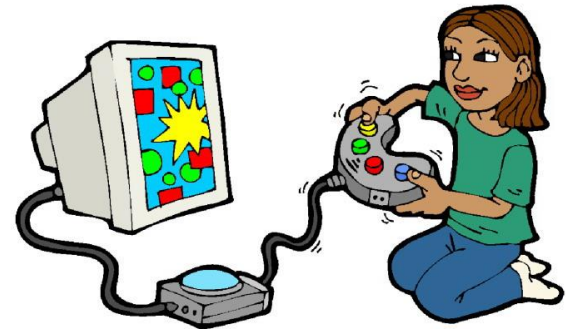
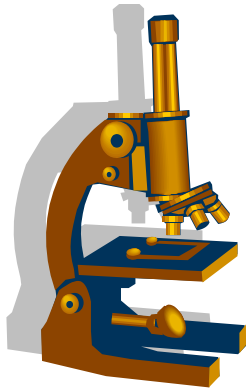
Web Resource Rating – Usability

Is the information easy to understand and easy to use?

- ▶ Logical flow – headings, subheadings, clear, informative
- ▶ Accessibility – options for access (eg. text re-size, screen reader)

WRR “Quality” appraisal:

Evidence > *Transparency + Usability*



Star ratings



1 star – Not recommended.

3 stars – Do more research

5 stars – Discuss with your doctor

Star ratings – out of over 1100 published ratings...



1 star – Over 600 resources

2 - 3 stars – 350 resources

4 - 5 stars – 140 resources

‘STAR’ websites: 32 websites contain resources which rate 3+ stars

Implications for community health nursing

a) Access and share high quality information

- www.mcmasteroptimalaging.org
- Email alerts
- Twitter and Facebook



New Web Resource Ratings: These ratings tell you whether free health resources on the internet are based on scientific research. We assess the quality of the information to help you decide if it's valuable to you.

[Which painkillers are best for acute pain after surgery?](#)

Evidently Cochrane



Combination painkillers and fast-acting drugs (eg. ibuprofen and paracetamol) can give good pain relief. Serious side effects are rare. Different people react differently to painkillers - even the most effective drugs may not work for you, but another one might.

[The health benefits of chocolate, redux](#)

Evidence-based Living



People who regularly eat small amounts of chocolate (less than 100 grams each day) have a lower risk of heart disease and stroke.

[Urinary incontinence](#)

Patient.co.uk



Urinary incontinence is when you pass urine (pee) without meaning to. Treatment depends on the cause. Cut down on caffeine, avoid drinking late at night, lose weight if overweight, avoid constipation and ask your doctor about what might be causing incontinence.

Implications for community health nursing

b) Critically appraise and design your own resources



You are here: Prevention & screening / Live well / **Nutrition and fitness** / Eating well

Eating well

Eating well begins with eating a variety of foods each need for good health. It's all about balance, moderation about counting calories, but it's still important to make more than your body needs.

Healthy eating and cancer

Processed foods

Interactive prevention tool

Monthly tips to reduce your risk of cancer

Smoking and tobacco

Nutrition and fitness

◆ Eating well

└ Red and processed meat

Living with Gestational Diabetes >

Living with Prediabetes >

Complications >

Healthy Living Resources ▾

Blood Glucose & Insulin

Dental Care

Diet & Nutrition

Exercise

Foot Care

General Tips

Heart Health

Multicultural Resources



Blood Glucose & Insulin

All people with type 1 diabetes and many with type 2 diabetes need insulin to manage their blood glucose (sugar) levels.



Dental Care

Dental health is important for everyone, but poorly managed blood glucose (sugar) levels can lead to many dental problems.



Diet & Nutrition

Eating healthy meals and snacks is key to your well-being. Learn about portion control, meal planning, fats and more.



Exercise

Maintaining a combination of aerobic activity and resistance exercise is key to weight control and



Foot Care

Foot problems are common in people with diabetes and can lead to serious complications, so good



General Tips

Find tips for staying healthy with diabetes, driving safely, donating blood, caring for the elderly,

Implications for community health nursing

- c) Teach students, staff, patients and clients to critically appraise online health info



Web resource rating - Research

Reliability of the WRR tool

- Agreement between two raters assessing the same resource
- Very high reliability (ICC = 0.988 CI 0.982-0.992)

Content validity

- Are online claims and recommendations about healthy aging supported by the latest high quality research evidence?

The McMaster Optimal Aging Portal - Putting easy-to-understand, evidence-based information on healthy aging right in your hands

“What can I do now?”

- Visit the website** to find high quality scientific evidence about healthy aging, written in consumer friendly language. The Portal is FREE to use.
- Register** to receive public health email alerts tailored to your interests
- Follow us @Mac_AgingNews** on Twitter and receive updates on the latest aging news making headlines accompanied by the best related research evidence, as well as announcements and events relevant to optimal aging.
- Tell your colleagues** about the Portal: a trustworthy source for evidence-based information about healthy aging
- Encourage your patients** or clients to read blog posts, evidence summaries or web resource ratings on the Portal and sign up for citizen email alerts.
- Post the Portal flyer** at your local Public Health Unit or clinic
- Distribute** Portal materials at your community events (contact us to receive materials)
- Include a **link to the Portal** from your Public Health Unit or organization's website
For example: “[Our organization] has partnered with McMaster Optimal Aging Portal to bring you information about healthy aging that you can trust. Visit www.mcmasteroptimalaging.org”
- Live steam** public talks on optimal aging topics and submit your own questions on Twitter.
Check the ‘Events’ tab on the Portal to find out about upcoming or posted recordings of talks.
- Contact us** at info@mcmasteroptimalaging.org to suggest topics or provide feedback on the Portal

Contact Information



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