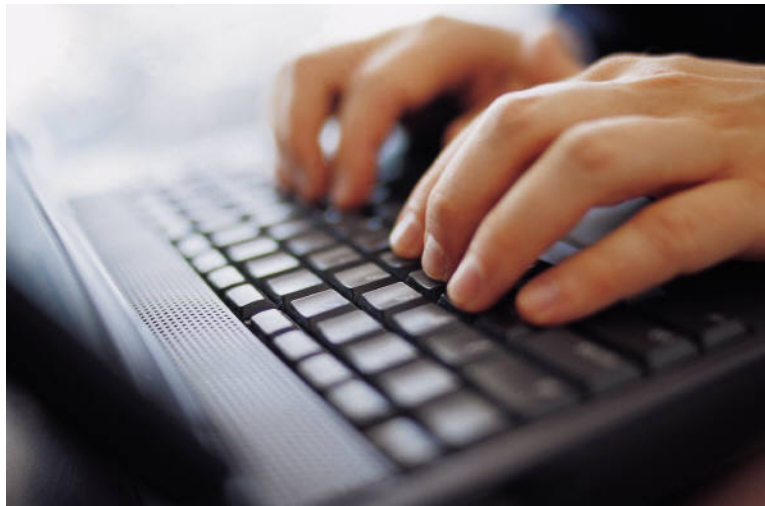


Guide to useful medical internet sites



Compiled by Dr Hans Blom

Version 6

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Medical Internet Sites


Table of contents:

Introduction.....	3
General patient information.....	4
Aboriginal and Torres Strait Islanders	5
Adolescent health.....	5
Allergy.....	5
Cancer	5
Cardiovascular disease.....	6
Complementary medicine.....	7
Dental.....	7
Dermatology.....	7
Drugs and Alcohol	7
Ear, nose and throat.....	8
Emergency Medicine	8
Endocrinology	8
Gastrointestinal.....	8
Genetics.....	9
Geriatrics	9
Haematology	10
Immune system	10
Immunisation.....	10
Infectious diseases.....	10
Lifestyle / behavioural.....	11
Medico-legal	11
Men's health	11
Mental health.....	11
Musculoskeletal.....	12

Neurology.....	13
Nutrition	13
Obstetrics and gynaecology	14
Ophthalmology	14
Paediatrics	14
Palliative Care	15
Parenting	15
Pathology	15
Radiology	15
Renal.....	16
Respiratory	16
Rheumatology	16
Sexual Health	16
Sports Medicine	17
Travel.....	17
Vascular.....	17
Wound Care	18
Commonwealth	18
State government authorities	18
Community	18
Organisations.....	19
Medical journals	19
Technology	20
Directories	20

Introduction

This list of Medical Internet sites has been compiled to assist medical practitioners in their day to day duties. Each site is categorised as *Patient* or *Clinical* (or both), focused to assist in determining who the information is useful for.

Sites are also marked with the HONcode  logo if they have achieved the HONcode certification. The HONcode is a code of ethics that guides site managers in setting up a minimum set of mechanisms to provide quality, objective and transparent medical information tailored to the needs of the audience.


Some of the content in this document is related to the Sydney North Health Network area and as such may only be useful to those in this area. Information in this document may be reproduced; if you use this document as a basis for your own publication please acknowledge the source.


Disclaimer:


The websites linked to in this document are not under the control of Sydney North Health Network, and the Sydney North Health Network does not endorse and is not responsible for any material on, or linked to from these websites.


Medical Internet Sites

General patient information


Health on the Net Foundation:  Patient ☒ Clinical ☒
www.hon.ch
 An important web-site with tool-bar to be able to provide appropriate certification about a site's reliability.

Health Direct  Patient ☒ Clinical ☒
www.healthdirect.gov.au
 Provides easy access to trusted, quality health information and advice online.

Quack Watch:  Patient ☒ Clinical ☒
www.quackwatch.org
 Your guide to quackery information and medicine.

Healthy Skepticism:  Patient ☒ Clinical ☒
www.healthyskepticism.org
 Has large data base on issues relating to inappropriate or misleading advertising of medical products or services.


General Practice Notebook: Patient ☐ Clinical ☒
www.gpnotebook.co.uk
 A reliable, concise online encyclopedia.

Mayo Clinic:  Patient ☒ Clinical ☒
www.mayoclinic.com
 Concise patient orientated overview of many disease states.


Health Insite:  Patient ☒ Clinical ☒
www.healthinsite.gov.au
 Sponsored by the Australian Government, this site incorporates an A-Z of medical topics and appropriate and reliable links.


myDr:  Patient ☒ Clinical ☐
www.mydr.com.au
 Very comprehensive site of useful resources and animated clips.


UpToDateInc.: Patient ☒ Clinical ☒
www.uptodate.com/patient
 Useful, concise fact sheets on numerous medical topics.


Patient UK:  Patient ☒ Clinical ☐
www.patient.co.uk
 Excellent patient information leaflets.


Medic8:  Patient ☒ Clinical ☐
www.medic8.com
 Comprehensive patient information database.

Medscape:  Patient ☒ Clinical ☐
www.medscape.com
 Huge data base of up-to-date information on all branches of medicine for health professionals.


Lab Tests on-Line:  Patient ☒ Clinical ☐
www.labtestsonline.org.au
 Very useful resource for patients enabling them better understanding of laboratory tests.

Drugs.com:  Patient ☒ Clinical ☒
www.drugs.com
 Concise patient orientated data base on medications, interactions, pill identifiers, side-effects.

National Prescribing Service:  Patient ☒ Clinical ☐
www.nps.org.au
 Good Fact Sheets on Medications importable to Best Practice and Medical Director.

NSW Clinical Information Access Service (CIAP):  Patient ☐ Clinical ☒
www.clininfo.health.nsw.gov.au
 Provides clinical resources based on evidence based medicine on many aspects of medical care. Available to all doctors, nurses and allied health professionals working within NSW Public health system. A lot of this is available without registration but some needs registration access.

National Library of Medicine: Patient ☐ Clinical ☒
www.nlm.nih.gov
 Huge data base of disease states on Medline Plus link.

Aetna Intellihealth:  Patient ☒ Clinical ☒
www.intelihealth.com
 Comprehensive A-Z medical condition guide reviewed by Harvard Medical School.

National Guidelines Clearing House: Patient ☐ Clinical ☒
www.guideline.gov
 Large data base of guidelines.

National Library of Guidelines (UK): Patient ☐ Clinical ☒
www.library.nhs.uk/guidelinesFinder/
 Has a link to non-UK organisations.

National Institute for Health and Clinical Excellence: Patient ☐ Clinical ☒
www.nice.org.uk

Medical Internet Sites

UK NHS site which allows for Google style searching for evidence on treatments of a very comprehensive range of medical topics.

National Health Medical Research Council: www.nhmrc.gov.au
Large data base of clinical guidelines.

Patient ☐
Clinical ☒

Health Translation Online Directory:
www.healthtranslations.vic.gov.au
u
Numerous medical topics and fact sheets in various languages.

Patient ☒
Clinical ☒

Google Translate:
translate.google.com.au

Patient ☒
Clinical ☒

Copy and paste documents into appropriate box and automatic translations appear in many languages. Useful for typing out instructions for patients.

Cleveland Clinic:
my.clevelandclinic.org
A wealth of patient information in A-Z format.



Patient ☒
Clinical ☒

WebMD:
www.webmd.com



Patient ☒
Clinical ☒

It's My Health:
www.ItsMyHealth.com.au

Patient ☒
Clinical ☐

Comprehensive information for patients managing their medicines and symptoms.

Science Based Medicine:
www.sciencebasedmedicine.org

Patient ☒
Clinical ☒

An excellent site that explores some of the issues of alternative medicines.

Aboriginal and Torres Strait Islanders

Australian Indigenous Health/InfoNet:
www.healthinonet.ecu.edu.au



Patient ☐
Clinical ☒

It is a comprehensive resource - a 'one-stop info-shop' on all facets of indigenous health for professionals.

Adolescent health

NSW Centre for Advancement of Adolescent Health:

Patient ☒
Clinical ☒

www.caah.chw.edu.au

Allergy

Australian Society of Clinical Immunology and Allergy:
www.allergy.org.au



Patient ☒
Clinical ☒

Very useful fact sheets and information on all manifestations and treatment of allergic conditions.

Cancer

Cancer Council of Australia:
www.cancer.org.au



Patient ☒
Clinical ☒

Cancer Council of NSW:
www.cancercouncil.com.au

Patient ☒
Clinical ☒

Cancer Treatments Online-eviQ (Cancer Institute of NSW):
www.eviq.org.au

Patient ☒
Clinical ☒

This is a great local web site on cancer care. Free registration.

Peter MacCallum Cancer Centre:

Patient ☒
Clinical ☒

www.petermac.org

Excellent cancer information and links to other reliable cancer information websites.

Virtual Cancer Centre:
www.virtualcancercentre.com



Patient ☒
Clinical ☒

Excellent data on cancers, drugs
It is part of www.virtualmedicalcentre.com giving excellent overview of many diseases, 3D animations. Ignore the ads.

Medical Internet Sites

Australian Screening Mammography Decision Aid Trial: Patient ☒
Clinical ☐
www.mammogram.med.usyd.edu.au
Useful in deciding whether you need to start having mammograms.

Cancer Screening Decision: Patient ☒
Clinical ☐
www.Cancerscreeningdecision.org
A useful site in making a decision on FOBT.

Prostate Cancer: Patient ☒
Clinical ☐
www.prosdex.com
A useful site on deciding on PSA testing.

Department of Health and Ageing Cancer Screening Information: Patient ☒
Clinical ☒
www.cancerscreening.gov.au
Information on programs available for cancer screening.

National Cancer Institute: Patient ☒
Clinical ☒
www.cancer.gov
Very comprehensive guide to various cancers A-Z.

Leukaemia Foundation: Patient ☒
Clinical ☒
www.leukaemia.org.au/web/index.php
Excellent resource material for carers, patients and health professionals on a variety of leukaemias and myeloproliferative disorders.

Lymphoma Australia: Patient ☒
Clinical ☐
www.lymphoma.org.au
Excellent resource material for patients and carers of lymphoma patients.

Can Refer Patient ☒
Clinical ☒
www.canrefer.org.au
An excellent site for both professionals and patients on cancer resources in NSW and ACT.

Cancer Australia Patient ☒
Clinical ☒
www.canceraustralia.gov.au
Another resource for both professionals and patients on cancer resources.

Cardiovascular disease

National Heart Foundation: Patient ☒
Clinical ☒
www.heartfoundation.com.au
Also allows for direct advice via telephone – 1300 36 27 87

National Stroke Foundation: Patient ☒
Clinical ☒
www.strokefoundation.com.au

Cardiac Society of Australia and New Zealand: Patient ☒
Clinical ☒
www.csanz.edu.au

Heart Rhythm Society: Patient ☒
Clinical ☒
www.hrsonline.org
Excellent patient and professional educational resources.

Healthinsite: Patient ☒
Clinical ☒
www.healthinsite.gov.au/topics/Arrhythmia
Well resourced links to various arrhythmias.

National Cholesterol Education Program: Patient ☒
Clinical ☐
www.ncepa.com.au
Excellent patient resource with 'Heart-to-Heart' booklet.


Arrhythmia Alliance : The Heart Rhythm Charity: Patient ☒
Clinical ☐
www.arrhythmiaalliance.org.uk
Excellent site with useful links and information.

Youtube:– video on pacemakers Patient ☒
Clinical ☐
www.youtube.com/watch?v=UdaTqPSO3Rs
Good video on pacemakers.

Youtube:– video on coronary artery stenting Patient ☒
Clinical ☐
<http://www.youtube.com/watch?v=sfemrawMfT4>
Good video on coronary artery stenting.

Youtube: – video on cardiac catheterisation Patient ☒
Clinical ☐
<http://www.youtube.com/watch?v=kY5gKdFWT3k>
Good video on cardiac catheterisation.

Your Heart Forecast: Patient ☐
Clinical ☒
www.heartfoundation.org.nz/Your_Heart_Forecast.html
This is a tool for GP's to explain to patients their heart risk. It is absolutely brilliant and should be a daily working tool for all of us!!

Stop Afib: Patient ☒
Clinical ☒
www.stopafib.org
Useful resource for patients and professionals on atrial fibrillation.

Atrial fibrillation Patient ☒
Clinical ☒
www.atrialfibrillation-au.org/

Medical Internet Sites

Good resource on atrial fibrillation.

Anticoagulation Europe:
www.anticoagulationeurope.org
Excellent guideline on coagulation pathways.

Patient ☒
Clinical ☒

Complementary medicine

Australasian Integrative Medicine Association:
www.aima.net.au

Patient ☒
Clinical ☒

US National Library of Medicine and National Institute of Health Medline Plus:
www.nlm.nih.gov/medlineplus/druginformation.html
Good comprehensive information.

Patient ☐
Clinical ☒

National Health Service –UK:
www.library.nhs.uk/cam
Also good comprehensive information on a variety of topics.

Patient ☒
Clinical ☒

Blackmores Medical:
www.blackmoresmedical.com.au
Excellent drug interaction guide. Free registration.

Patient ☐
Clinical ☒

HealthExpertises.com:
www.healthexpertises.com

Patient ☒
Clinical ☒

Dental

American Dental Association:
www.ada.org
Has a useful A-Z resource base Oral Health Topics site.

Patient ☒
Clinical ☐

WebMD:
www.webmd.com/oral-health/default.htm
Useful resource material.



Patient ☒
Clinical ☐

Dermatology

Australasian College of

Patient ☒

Dermatologists:
www.dermcoll.asn.au

Clinical ☒

Eczema Association of Australasia:
www.eczema.org.au

Patient ☒
Clinical ☐

New Zealand Dermatological Society:
www.dermnetnz.org



Patient ☒
Clinical ☒

Excellent and comprehensive site on skin diseases.

All about Acne:
www.acne.org.au

Patient ☒
Clinical ☐

Good patient orientated guide.

National Psoriasis Foundation:
www.psoriasis.org

Patient ☒
Clinical ☐

Excellent patient resource material.

Occupational Dermatology Research & Education Centre:
www.occderm.asn.au

Patient ☒
Clinical ☒

Useful site on common occupational dermatoses and their management.

Drugs and Alcohol

Australian Drug Foundation:
www.adf.org.au

Patient ☒
Clinical ☒

Alcoholics Anonymous:
www.aa.org.au

Patient ☒
Clinical ☐

Quit Campaign:
www.quit.org.au
www.quitnow.info.au (with Online QuitCoach)

Patient ☒
Clinical ☒

National Drug and Alcohol Research Centre:
www.ndarc.med.unsw.edu.au/

Patient ☒
Clinical ☐

The Right Mix:
www.therightmix.gov.au

Patient ☒
Clinical ☐

This is a great site from Dept. of Veterans' Affairs for assessment of alcohol consumption and strategies to reduce.

Drink Wise:
www.drinkwise.org.au

Patient ☒
Clinical ☐

Outlines excellent strategies especially for parents.

Medical Internet Sites

Australian Drug Information Network:



Patient ☐
Clinical ☒

www.adin.com.au

Has an excellent, comprehensive quality database for Health Professionals on all aspects of Drug and Alcohol abuse.

Ear, nose and throat

Otolaryngology Houston:



Patient ☒
Clinical ☐

www.ghorayeb.com

A well ordered comprehensive site on all aspects of ear, nose and throat.

ENT Information:



Patient ☒
Clinical ☐

ent-information.com

Excellent information for patients on a variety of ENT conditions.

Dizziness and balance management, Prof Tim Hain

Patient ☒
Clinical ☒

www.dizziness-and-balance.com

Excellent resource for patients and GPs.

Emergency Medicine

Emergency Care Institute of NSW

Patient ☒
Clinical ☒

<http://www.ecinsw.com.au>

An excellent NSW site which contains continually updated, highly relevant, peer reviewed clinical, patient and emergency care system relevant information resources.

Endocrinology

Diabetes Australia:

Patient ☒
Clinical ☒

www.diabetesaustralia.com.au

Mendosa: Living with Diabetes:



Patient ☒
Clinical ☒

www.mendosa.com/diabetes.htm

Comprehensive patient information data base and links on all aspects of diabetes.

Australian Thyroid Foundation:

Patient ☒
Clinical ☒

www.thyroidfoundation.com.au

Andrology Australia:



Patient ☒
Clinical ☒

www.andrologyaustralia.org

Excellent A-Z guide on common male issues and reproductive health.

Thyroid Australia:

Patient ☒
Clinical ☒

www.thyroid.org.au

Thyroid Disease:



Patient ☐
Clinical ☒

www.thyroidmanager.org

Useful and very concise data on all aspects of thyroid disorders.

Australian Paediatric Endocrinology Group:

Patient ☐
Clinical ☒

www.apeg.org.au

Provides excellent resource material and links in various facets relating to paediatric endocrinological conditions.

National Institute of Diabetes and Digestive and Kidney Diseases:



Patient ☒
Clinical ☒

www2.niddk.nih.gov

Excellent resource base for both Gastro-intestinal and urological/ renal diseases.

WHO Fracture Risk Assessment Tool:

Patient ☐
Clinical ☒

www.shef.ac.uk/FRAX/

A very useful online tool for predicting fracture risk.

Diabetes kids and teens:

Patient ☒
Clinical ☒

www.diabeteskidsandteens.com.au

Good resource material for patients and health professionals on Type 1 diabetes.

Diabetes Counselling online:



Patient ☒
Clinical ☒

www.diabetescounselling.com.au

Excellent resources on diabetes management .Also option for online counselling.

Diabetes in General Practice (RACGP):

Patient ☒
Clinical ☒

<http://www.racgp.org.au/Content/NavigationMenu/ClinicalResources/RACGPGuidelines/Diabetesmanagement/201107diabetesmanagementingeneralpractice.pdf>

Comprehensive resource manual on management and assessment of diabetes.

Gastrointestinal

Gastroenterological Society of Australia:

Patient ☒
Clinical ☒

www.gesa.org.au

Medical Internet Sites

Australia Crohn's and Colitis Association:
www.acca.net.au

Patient ☒
Clinical ☒

Irritable Bowel Information and Support Association of Australia:
www.ibis-australia.org

Patient ☒
Clinical ☐

The Coeliac Society of Australia:
www.coeliac.org.au

Patient ☒
Clinical ☒

The Wales Day Centre:
www.wales.com.au

Patient ☒
Clinical ☐

Excellent data base of common gastro-intestinal issues for patients.

National Institute of Diabetes and Digestive and Kidney Diseases:



Patient ☒
Clinical ☒

www2.niddk.nih.gov

Excellent resource base for both Gastro-intestinal and urological/ renal diseases.

Genetics

GeneTests:

www.genetests.org



Patient ☒
Clinical ☒

Excellent review and resource of common genetic conditions and links to international labs.

Centre for Genetics Education NSW:

www.genetics.com.au

Patient ☒
Clinical ☒

Comprehensive fact sheet data base and excellent link for professionals and patients.

Human Genetics Society of Australasia:

www.hgsa.com.au

Patient ☒
Clinical ☒

Association of Genetic Support of Australasia:

www.agsa-geneticsupport.org.au

Patient ☒
Clinical ☒

Murdoch Children's Research Institute:

www.mcric.edu.au/Downloads/PrenatalTestingDecisionAid.pdf

Patient ☒
Clinical ☐

This is an excellent guide on pre-natal testing and common scenarios.

Geriatrics

Guardianship Tribunal:

www.gt.nsw.gov.au

Patient ☒
Clinical ☒

Very useful information and downloadable forms.

Planning Ahead Tools

NSW Government site to assist patient and clinicians to making wills, Enduring Power of Attorney, Guardianship, Advanced Care Directives

www.planningaheadtools.com.au/

Patient ☒
Clinical ☒

Council on the Ageing NSW (COTA):

www.cotansw.com.au

Patient ☒
Clinical ☐

Useful resources for the elderly.

Advance Care Planning :My wishes program:

www.mywishes.org.au

An excellent site on Advance Care Planning with simple, easy to read downloadable documents.

Advance Care Planning in2010:

www.youracp.com

Patient ☒
Clinical ☒

An excellent site on Advance Care Planning with good Youtube video on completing an Advance Care Directive. Advance Care Directive is available for download from www.nrgpn.org.au/index.php?element=Advance+Care+Directive+Jerome+Mellor

Respecting Patient Choices

www.respectingpatientchoices.org.au

Advance Care Directive forms and information.

Patient ☒
Clinical ☒

Planning What I Want

www.planningwhatiwant.com.au

Advance Care Directive forms and information.

Patient ☒
Clinical ☒

The Advance Care Directive Association Inc.

www.advancecaredirectives.org.au

Advance Care Directive information and publication.

Patient ☒
Clinical ☒

Coordinated Veterans' Care Program:

www.cvcprogram.net.au

Patient ☐
Clinical ☒

Medical Internet Sites

This is a most valuable, comprehensive resource for assisting elderly patients with chronic diseases. It has a wide ranging list of links.

Aged Care Guide: Patient ☒
Clinical ☒
www.agedcareguide.com.au

It is a useful working tool for both professionals and the public on numerous aspects of Aged Care Services, Aged Care Facilities region by region. The publication is a useful adjunct to the website. The publication does cost.

My Aged Care Patient ☒
www.myagedcare.gov.au Clinical ☒
A comprehensive guide to all things relating to aged care and services.

DPS Aged Care Guide Patient ☒
Clinical ☒

Haematology

Australian Red Cross Blood Service: Patient ☒
Clinical ☒
www.transfusion.com.au

Immune system

Immunosuppression Screen: Patient ☐
Clinical ☒
immunosuppressionscreen.net.au
A good online tool for health professionals allowing them to assess patients risks when embarking a variety of therapies.

Immunisation

Immunise Australia Program: Patient ☒
www.immunise.health.gov.au Clinical ☒
Includes Myths and Realities Book and link to Australian Immunisation Handbook and covers schedules and A-Z disease link.

National Centre for Patient ☒

Immunisation Research and Surveillance: Clinical ☒
www.ncirs.usyd.edu.au

Immunisation Catch Up Calculator: Patient ☒
Clinical ☒
www.health.sa.gov.au/immunisationcalculator/
Useful resource to calculate which immunisations are due.

Do Vaccines Cause That? Patient ☒
Clinical ☒
www.dovaccinescausethat.com/pdfs/DVCT_sample.pdf
A guide to safety concerns for vaccines.

My Vaccination: Patient ☒
www.myvaccination.com.au Clinical ☒
This has a very helpful patient friendly guide on vaccination needs.

National Centre for Immunisation Research and Surveillance : Patient ☒
Clinical ☒
www.chainofprotection.org
An excellent educational resource for parents on the importance of immunization. Excellent videos, Fact Sheets and Links.

National Centre for Immunisation Research and Surveillance: Patient ☒
Clinical ☒
www.ncirs.edu.au/immunisation/fact-sheets/index.php
Excellent resource base of fact sheets for patients and professionals.

Infectious diseases

U.S. Center for Disease Control: Patient ☒
Clinical ☒
www.cdc.gov
Excellent data base of diseases A-Z.

Infectious Diseases Society of America: Patient ☒
Clinical ☒
www.idsociety.org/Content.aspx?id=9088
Large data base of Guidelines by disease state/categories.

Northern Territory Government: Patient ☒
Clinical ☒
www.health.nt.gov.au/Publications/Centre_for_Disease_Control_Publications/index.aspx
Great database of fact sheets on numerous diseases & conditions.

Medical Internet Sites

Healthy Pets Healthy People

<http://www.cdc.gov/healthypets/>

A useful tool in guiding optimisation of interaction between pets and people.

Patient ☒
Clinical ☒

Lifestyle / behavioural

U.S National Institute of Ageing:

www.nia.nih.gov

Good data base of age related topics/ resources.

Patient ☒
Clinical ☒

Navigating self-management:

som.flinders.edu.au/FUSA/CCTU/pdf/Navigating_self_management%20March%202008.pdf

Useful guide to improving and implementing self-management strategies in General Practice.

Patient ☐
Clinical ☒

Medico-legal

Law Society of NSW:

www.lawsociety.com.au

Some useful sections. Downloadable book on older people and the law.

Patient ☒
Clinical ☒

ElderLaw

www.elderlaw.com.au

Excellent resource on common issues facing the elderly and their families / carers.

Patient ☒
Clinical ☐

Men's health

Men's Health Australia:

www.menshealthaustralia.net

Good information, guidelines and very comprehensive list of useful links.

Patient ☒
Clinical ☒

Mental health

Anxiety

Online: www.anxietyonline.org.au

"eTherapy" based program either self-help (free) or therapy assisted program(at low cost); an initiative of

Patient ☒
Clinical ☒

Swinburne University of Technology and funded by Dept Health and Ageing.

Black Dog Institute:

www.blackdoginstitute.org.au

Very comprehensive site for public and health professionals on diagnostic tools and fact sheets on depression ,bipolar disorder and mood disorder.



Patient ☒
Clinical ☒

Beyond Blue - the National Depression initiative:

www.beyondblue.org.au

Also excellent information on depression, anxiety and bipolar disorder for patients and health professionals.

Patient ☒
Clinical ☒

GP Psych Support:

www.psychsupport.com.au

Australian Government / RACGP operated site to support GP's needing advice on difficult situations.

Patient ☒
Clinical ☒

Centre for Clinical Interventions:

www.cci.health.wa.gov.au

This excellent W. A. site offers information and training modules for a variety of mental disorders.

Patient ☒
Clinical ☒

Royal Australian and New Zealand College of Psychiatry:

www.ranzcp.org/resources/clinical-practice-guidelines.html

Excellent resource of guidelines.

Patient ☒
Clinical ☒

Kids Helpline:

www.kidshelp.com.au

Good support for young people on common conditions. Provides telephone counselling.

Patient ☒
Clinical ☐

Reach Out:

www.reachout.com.au

Good support material on a wide range of issues.

Patient ☒
Clinical ☒

Headspace:

www.headspace.org.au

Site contains information about Headspace centres and other mental health issues affecting young people.

Patient ☒
Clinical ☒

BluePages:

www.bluepages.anu.edu.au

Compiled by Australian National University Centre for Mental Health research. Contains information about depression and also a range of on-line resources and programs for treatment of depression, anxiety as well as a review of on-line help programs.

Patient ☒
Clinical ☒

Schizophrenia Fellowship NSW:

www.sfnsw.org.au

Good resource material particularly for consumers.

Patient ☒
Clinical ☐

Gambling Help:

www.gamblinghelp.nsw.gov.au

Patient ☒
Clinical ☒


Medical Internet Sites

A good site for support of both patients and health professionals.

Psychological self help: Patient ☒
www.psychologicalselfhelp.org Clinical ☒
Very useful book on assisting behavioural changes.

CRUFADclinic: Patient ☒
crufadclinic.org Clinical ☒
On-line courses in Depression, Social Phobia, Generalised Anxiety Disorder, Mixed Anxiety and Depression.

GP Care: Patient ☐
www.gpcare.org Clinical ☒
It has several great tools for assessing psychological states.

Eating Disorders: Patient ☒
www.feast-ed.org Clinical ☒
 Families Empowered and Supporting Treatment of Eating Disorders: great resource for families of sufferers of eating disorders.

Activate Mind and Body: Patient ☒
www.activatemindandbody.com.au Clinical ☐
Excellent resource for people with mental illness to improve their physical and oral health.

Australian Centre for Posttraumatic Mental Health: Patient ☒
www.acpmh.unimelb.edu.au Clinical ☒
Excellent resource base for professionals and patients of this condition.

Beacon: Patient ☒
www.beacon.anu.edu.au Clinical ☒
Useful site for both professionals and patients.

Men's Line: Patient ☒
www.mensline.org.au Clinical ☒
A very good resource on many aspects of men's health.

Suicide Call Back Service: Patient ☒
www.suicidecallbackservice.org.au Clinical ☐
An excellent free support service for anyone affected by suicide.

eHeadspace: Patient ☒
www.eheadspace.org.au/ Clinical ☐
Excellent site for young people with mental health issues. It has links to online and telephone counselling.

Mind Health Connect Patient ☒
www.mindhealthconnect.org.au Clinical ☒
Pools numerous resources from a variety of different

organisations. Fantastic site for both professionals and patients.

My Compass Patient ☒
Clinical ☒

<https://www.mycompass.org.au>

This is a really good recently released site on mental health with self learning modules on anxiety and depression.

Musculoskeletal

American Association of Orthopedic Surgeons: Patient ☒
Clinical ☒

www.orthoinfo.aaos.org

Excellent Resource base for patient information on all sorts of orthopedic issues.

Australian Orthopaedic Association: Patient ☒
Clinical ☒

www.aoa.org.au

Great links to other associations. Try Scoliosis Australia and American Orthopaedic Society for Sports Medicine for great information and videos.

Sports Medicine Australia: Patient ☒
Clinical ☒

www.sma.org.au

Some useful factsheets and downloadable injury reporting forms.

Australian Association of Musculo-skeletal Medicine: Patient ☒
Clinical ☒

www.musmed.com

Some useful Fact Sheets on a variety of spinal and soft tissue conditions.

Musculo-skeletal American Orthopaedic Foot and Ankle Society: Patient ☒
Clinical ☐

www.aofas.org

Useful educational resource for patients on a variety of conditions.

Hand injection techniques: Patient ☐
Clinical ☒

www.youtube.com/user/DrStuartMyers

Useful educational resource for patients on a variety of conditions.

Wheeless' Textbook of Orthopaedics Patient ☐
Clinical ☒

www.wheelessonline.com

Comprehensive textbook on all things orthopaedic.

Medical Internet Sites

Neurology

Alzheimers Australia: Patient ☒
www.alzheimers.org.au Clinical ☒
 Great resource for patients, carers and doctors on every facet from diagnosis to management.

Brain Foundation: Patient ☒
 Clinical ☒
www.brainfoundation.org.au
 Excellent A-Z guide common neurological disorders.

Headache Australia: Patient ☒
www.headacheaustralia.org.au Clinical ☐
 Good patient orientated guide on headaches and their management.

Multiple Sclerosis Australia: Patient ☒
www.msaustralia.org.au Clinical ☒
 Good resource on diagnosis, treatment /management options.

Stroke Foundation: Patient ☒
www.strokefoundation.com.au Clinical ☒
 Useful guidelines; good overview on prevention, treatment and educational activities.

Parkinson's Australia: Patient ☒
www.parkinsons.org.au Clinical ☐
 Excellent guide for patients and carers and some very helpful links.

Epilepsy Action of Australia: Patient ☒
www.epilepsy.org.au Clinical ☐
 Helpful guide for patients and carers explaining epilepsy types, management and associated lifestyle issues.

Children's Epilepsy Resources for Families Patient ☒
 Clinical ☐
<http://www.pennsw.com.au/>
 Good resource guide for families of children with epilepsy.

Syncope Trust and Anoxic Reflex Seizures(STARS): Patient ☒
 Clinical ☐
www.stars.org.uk
 An excellent support for patients and carers with good information on how to get appropriate help.

Brain Foundation: Patient ☒
brainfoundation.org.au Clinical ☒
 Great resource with a good a-z on brain conditions.
MS Australia: Patient ☒
www.msaustralia.org.au Clinical ☒
 Useful site for both patients and health professionals on all aspects of multiple sclerosis.

Dizziness and balance management, Prof Tim Hain Patient ☒
 Clinical ☒
www.dizziness-and-balance.com
 Excellent resource for patients and GPs.

Neurological Symptoms Guide Patient ☒
 Clinical ☒
www.neurosymbols.org
 Excellent resource for a variety of neurological presenting symptoms.

Nutrition

Dietitians Association of Australia: Patient ☒
 Clinical ☒
www.daa.asn.au
 Comprehensive A-Z nutritional guides and self - assessment guides.

Food Standards Australia New Zealand: Patient ☒
 Clinical ☒
www.foodstandards.gov.au
 Excellent A-Z Fact Sheets.

AWASH - Australian Division on World Action on Salt & Health: Patient ☒
 Clinical ☒
www.awash.org.au
 Useful information and links on salt related issues

The Centre for Eating and Dieting Disorders: Patient ☒
 Clinical ☒
www.cedd.org.au
 Excellent data base , links, self-help programs for sufferers. Good health professional information base.

Measure up: Patient ☒
 Clinical ☐
www.measureup.gov.au
 Good overview of methods to achieve healthy eating and exercise.

Go for 2 and 5: Patient ☒
 Clinical ☐
www.gofor2and5.com.au
 Recipes on how to incorporate 2 servings of fruit and 5 servings of vegetables each day
Get Healthy Information and Coaching Service: Patient ☒
 Clinical ☐
www.gethealthynsw.com.au
 Information on healthy eating and being active.

Eating Disorders: Patient ☒
 Clinical ☒
www.feast-ed.org



Medical Internet Sites

Families Empowered and Supporting Treatment of Eating Disorders: great resource for families of sufferers of eating disorders.

Gestational Diabetes Recipes Patient ☒
www.gestationaldiabetesrecipes.com Clinical ☒
An excellent site for patients with gestational diabetes.

O-Clinic Patient ☒
www.oclinc.com.au Clinical ☐
An excellent site designed for patients considering bariatric surgery.


Australian Guide to Healthy Eating Patient ☒
www.eatforhealth.gov.au Clinical ☒
Superb site for both clinicians and patients with useful guides and calculators to get patients on track.


Obstetrics and gynaecology


Royal Australian and New Zealand College of Obstetrics and Gynaecology: Patient ☒
www.ranzcog.edu.au Clinical ☒
Some useful resources and helpful links.

Australasian Menopause Society: Patient ☒
www.menopause.org.au Clinical ☐
Excellent Fact Sheets, resources, video on menopausal treatments.

Jean Hailes Foundation: Patient ☒
www.jeanhailes.org.au Clinical ☒
Comprehensive guide on a variety of female conditions for health professionals and patients.

ERC Endometriosis Research Center:  Patient ☒
www.endocenter.org Clinical ☒
Good presentations and information on this topic.

Obgyn.net, The Universe of Woman's Health:  Patient ☒
www.obgyn.net/medical.asp Clinical ☐
A vast resource of women's related issues. Excellent resource material.

The Royal Women's Hospital:  Patient ☒
www.thewomens.org.au Clinical ☒
Excellent A-Z resource for both Health Professionals and patients on many women's conditions. Has online

forum to post questions.

Children by Choice Patient ☒
www.childrenbychoice.org.au Clinical ☒
Useful information on terminations.

The Pregnancy Advisory Centre (SA) Patient ☒
www.pregnancyadvisorycentre.com.au Clinical ☒
Useful information on pregnancy options.

Marie Stopes International Patient ☒
www.abortionhelp.com.au Clinical ☒
Useful information on pregnancy options.

Ophthalmology

Royal Australian and New Zealand College of Ophthalmologists: Patient ☒
www.ranzco.edu.au Clinical ☒
Does have some information on a variety of conditions on their Public Eye Care section and under useful resources – Atlas of Ophthalmology.

Glaucoma Australia: Patient ☒
www.glaucoma.org.au Clinical ☒
Good information on various aspects of glaucoma.

Eye Emergency Manual: Patient ☐
www.health.nsw.gov.au/resources/gmct/ophthalmology/eye_manual_pdf.asp Clinical ☒
Excellent manual on common eye presentations and emergency presentations.

Macular Degeneration Foundation: Patient ☒
www.mdfoundation.com.au Clinical ☒
Information on various aspects of the condition and available resources.

Vision Australia: Patient ☒
www.visionaustralia.org Clinical ☒
Good resource on all aspects of low vision. Excellent fact sheets.

Paediatrics

Clinical Practice Guidelines – Royal Children's Hospital Patient ☒
Clinical ☒

Medical Internet Sites

Melbourne:

www.rch.org.au

Sydney Children's Hospital:

Patient ☒

Clinical ☒

www.sch.edu.au/health/factsheets/

Australian Paediatric Surveillance Unit:

Patient ☐

Clinical ☒

www.apsu.inopsu.com

Has great links to other data bases from local and international organisations and hospitals.

Pediatric Surgery Update:

Patient ☐

Clinical ☒

home.coqui.net/titolugo

Very concise update on numerous paediatric conditions.

Palliative Care

ACI Pain Management Network:

Patient ☒

Clinical ☒

www.aci.health.nsw.gov.au

An excellent resource on managing pain.

Palliative Care Australia:

Patient ☒

Clinical ☒

www.palliativecare.org.au

Department of Health and Ageing:

Patient ☒

Clinical ☒

www.health.gov.au

Royal Australian College Physicians-Palliative Medicine Chapter:

Patient ☒

Clinical ☒

www.racp.edu.au

Some useful factsheets.

Palliative Medicine Handbook:



Patient ☐

Clinical ☒

book.pallcare.info

An excellent resource for professionals.

PEPA – Program of Experience in the Palliative Care Approach

Patient ☐

Clinical ☒

www.pepaeducation.com

Support for Health Professions wanting skills and resources in palliation.

Parenting

Raising Children Network-

Patient ☒

Australian Parenting Website:

Clinical ☐

www.raisingchildren.net.au

Very thorough parent orientated guide on many conditions.

Autism Spectrum Australia:

Patient ☒

Clinical ☒

www.autismspectrum.org.au

Very useful information on the condition, available management and support services.

Mothersafe:

Patient ☒

Clinical ☒

www.mothersafe.org.au

Useful Fact Sheets on pregnancy and breast-feeding and also links to similar organizations locally and internationally.

Tresillian Family Care Centres:

Patient ☒

Clinical ☐

www.tresillian.net

Good Fact sheets on a variety of topics.

Australian Breast Feeding Association:

Patient ☒

Clinical ☐

www.breastfeeding.asn.au

Good Fact sheets on all aspects of breast-feeding.

Parenting SA:

Patient ☒

Clinical ☐

www.parenting.sa.gov.au

Has very useful links to variety of child health sites and also common parenting issues.

Pathology

The Royal Australian College of Pathologists:

Patient ☒

Clinical ☐

www.rcpa.edu.au

Excellent data base of clinical resources.

Common Sense Pathology:

Patient ☐

Clinical ☒

www.rcpa.edu.au/Publications/CommonSensePathology.htm

Excellent database of common pathology issues facing health professionals.

Radiology

Diagnostic Imaging Pathways:



Patient ☐

Clinical ☒

www.imagingpathways.health.wa.gov.au

Excellent advice on appropriate imaging for various conditions.

Medical Internet Sites

Insider Radiology:

www.insideradiology.com.au



Patient ☒
Clinical ☒

This is an excellent site for both health professionals and patients on the most common radiological procedures and relevant background information.

Renal

Kidney Health Australia:

www.kidney.org.au

Patient ☒
Clinical ☒

Excellent database of guidelines.

Prostate Cancer Foundation:

www.prostate.org.au

Patient ☒
Clinical ☒

Excellent up-to-date presentations on prostate cancer treatments / guidelines.

Urological Society of Australia and New Zealand:

www.usanz.org.au

Patient ☒
Clinical ☒

Excellent data base on variety of urological conditions, cancers, treatments and links to continence foundations.

The Continence Foundation of Australia:

www.confound.org.au

Patient ☒
Clinical ☒

Excellent data base of available resources for continence issues affecting all age groups.

Gives links to financial assistances.

Also see: www.bladderbowel.gov.au.

Sydney Urodynamic Centres:

www.urodynamic.com.au

Patient ☒
Clinical ☐

Excellent resources on various aspects of incontinence.

Respiratory

National Asthma Council:

www.nationalasthma.org.au



Patient ☒
Clinical ☒

Concise and practical database on all facets of treatment and monitoring.

Australian Lung Foundation:

www.lungfoundation.com.au



Patient ☒
Clinical ☒

Good information on numerous lung conditions and clinical guidelines and tools.

Thoracic Society of Australia

Patient ☒

and New Zealand:

www.thoracic.org.au

Clinical ☒

Good links to other organizations. Good Fact sheets and professional information on variety of conditions.

Australian Herpes Management Forum:

www.ahmf.com.au



Patient ☒
Clinical ☐

Comprehensive guide on this condition.

NSW STI Programs Unit:

www.stipu.nsw.gov.au



Patient ☒
Clinical ☒

Excellent and comprehensive resource material for all facets of sexual health.

Sexual Psychology:

www.sexualpsychology.com.au



Patient ☒
Clinical ☒

A private psychologist's resource base on a variety of common sexual problems.

Australasian Sleep Association:

www.sleep.org.au

Patient ☒
Clinical ☒

Good information sheets on various sleep disorders and links e.g. to Harvard Medical School interactive educational sleep website.

Rheumatology

Arthritis Foundation:

www.arthritis.org/conditions/DiseaseCenter

Patient ☒
Clinical ☒

Sjogren's Syndrome Foundation Inc:

www.sjogrens.org

Patient ☒
Clinical ☐

Australian Rheumatology Association:

www.rheumatology.org.au

Patient ☒
Clinical ☒

Arthritis Australia:

www.arthritisaustralia.com.au

Patient ☒
Clinical ☒

Sexual Health

Royal Australian College Physicians Chapter of Sexual Health Medicine:

Patient ☒
Clinical ☒

Medical Internet Sites

www.racp.edu.au/page/sexual-health-publications

Useful resource on treatment guidelines.

ASHM : Australian Society for HIV Medicine:



Patient ☒
Clinical ☒

www.ashm.org.au

Up-to-date data/ links on treatment of HIV and hepatitis.

Australian Herpes Health Information:

Patient ☒
Clinical ☐

www.herples.com.au

Patient orientated data on various aspects relating to herpes.

The Body

Patient ☒
Clinical ☒

www.thebody.com

Useful site for patients with HIV.

Melbourne Sexual Health Centre

Patient ☒
Clinical ☒

<http://www.mshc.org.au/Default.aspx?alias=www.mshc.org.au/gpassist>

An excellent site on the management of common STIs.

Royal Adelaide Hospital Sexually Transmitted Unit:



Patient ☒
Clinical ☒

www.stdservices.on.net

Has excellent information for both patients and GPs.

Sports Medicine

Australian Sports Drug Medical Advisory Committee:

Patient ☒
Clinical ☒

www.asdmac.gov.au

Useful information and links for both athletes and health professionals

Australian Sports Commission - Supplements:

Patient ☒
Clinical ☐

www.ausport.gov.au

Useful information for athletes on nutritional supplements.

Travel

U.S. Centre for Disease Control:

Patient ☒
Clinical ☒

www.cdc.gov/travel

Excellent data base of destination requirements and A-Z of diseases.

WHO travel health site:

Patient ☒
Clinical ☒

www.who.int/ith

Concise data base of travel requirements/ Fact Sheets/weekly outbreaks.

Sanofi Pasteur/SOS Travel Site:

Patient ☒
Clinical ☒

www.travellers-help.com

Concise up-to-date requirements country by country with information on disease outbreaks.

Travelvax Clinics:

Patient ☒
Clinical ☒

www.travelvax.com.au

Has some good travel information and vaccination advice.

MASTA (Medical Advisory Service for Travellers Abroad):

Patient ☒
Clinical ☒

www.masta.edu.au

Private organization-subscription based giving very comprehensive health briefs.

The Vaccine Page vaccine news and Data base:

Patient ☒
Clinical ☒

www.vaccines.org

Useful information on vaccines and links.

Australian Department of Foreign Affairs and Trade:

Patient ☒
Clinical ☐

www.smarttraveller.gov.au

Concentrates on travel safety information on a country by country basis.

My Vaccination:

Patient ☒
Clinical ☒

www.myvaccination.com.au

This has a very helpful patient friendly guide on vaccination needs.

Vascular

Society for Vascular Surgery:

Patient ☒
Clinical ☒

www.vascularweb.org

Excellent update, fact sheets and guidelines.

NHS Abdominal Aortic Aneurysm Screening Program:

Patient ☒
Clinical ☒

www.screening.nhs.uk

Specialist Vascular Clinic:

Patient ☒
Clinical ☒

Specialistvascularclinic.com.au

Although a private vascular clinic, it gives good up-to-date advice on common vascular interventions.

Medical Internet Sites

Wound Care

Australian Wound Management Association: Patient ☐
Clinical ☒
www.awma.com.au
Useful resources and links to various aspect so wound care.

Commonwealth

Medicare Australia: Patient ☒
Clinical ☒
www.medicareaustralia.gov.au

Department of Veterans Affairs: Patient ☒
Clinical ☒
www.dva.gov.au

Department of Health and Ageing: Patient ☒
Clinical ☒
www.health.gov.au

Pharmaceutical Benefits Scheme: Patient ☐
Clinical ☒
www.pbs.gov.au

Immunise Australia Program: Patient ☒
Clinical ☒
www.immunise.health.go.au
Provides links to useful information and publications and Fact Sheets, latest information bulletins, Australian Immunisation Handbook.

Centrelink Australia: Patient ☒
Clinical ☒
www.centrelink.gov.au
Good database of forms and publications.

Australian Institute of Health and Welfare: Patient ☐
Clinical ☒
www.aihw.gov.au
Very concise data on many facets of Australian health and welfare. Publications and links.

Therapeutic Goods Administration: Patient ☒
Clinical ☒
www.tga.gov.au

State government authorities

Motor Accident Authority of Patient ☐

NSW: Clinical ☒
www.maa.nsw.gov.au
Has health professional guidelines and various claim forms.

NSW Food Authority: Patient ☒
Clinical ☒
www.foodauthority.nsw.gov.au
It has very useful information on food handling/labelling and 'name and shame' list by localities.

NSW Roads and Traffic Authority: Patient ☐
Clinical ☒
www.rta.nsw.gov.au
Has useful section for downloadable forms (see link to Publications, Statistics and Forms).

NSW Transport and Infrastructure: Patient ☐
Clinical ☒
www.transport.nsw.gov.au
Follow links to Taxi Transport Subsidy Scheme for forms.

Austroads: Patient ☐
Clinical ☒
www.austroads.com.au
Useful information on assessing fitness to drive.

Department of Ageing, Disability & Home Care: Patient ☒
Clinical ☒
www.dadhc.nsw.gov.au/dadhc
Good list of links relating to services, the elderly and publications.

WorkCover Authority of NSW: Patient ☒
Clinical ☒
www.workcover.nsw.gov.au
Good site on the various facets of the workings of WorkCover.

Keep Them Safe: Patient ☒
Clinical ☒
www.keepthemsafe.nsw.gov.au
Useful site on updated Mandatory reporting requirements and child protection.

Community

Warringah community and disability services: Patient ☒
Clinical ☒
www.warringah.nsw.gov.au/services/disability.aspx#database
Comprehensive database on disability and community services.

Manly Warringah Pittwater Community Aid Service: Patient ☒
Clinical ☒
www.mwpccommunityaid.com.au
Provides brief summary and contact details of services –transport/home modification services/social contacts.

Medical Internet Sites

Community Care Northern Beaches:

www.ccnb.com.au

Excellent overview of available services and links to other aged care and disability sites.

Patient ☒
Clinical ☒

MWP Community Transport:

www.mwpct.org.au

Useful resource - available transport facilities/options.

Patient ☒
Clinical ☐

Northern Beaches & Forest Seniors & Care Guide

This is a superb guide on all the services in the Manly Warringah region, from legal through to health and leisure.

Patient ☒
Clinical ☒

Northern Sydney Career Support Service:

www.nscchealth.nsw.gov.au/careersupport/aboutus/

Excellent resource for patients, professionals and carers.

Patient ☒
Clinical ☒

Manly Drug Education & Counselling Centre Support Service:

www.mdecc.org.au

Some good resources for patients and families of patients experiencing drug addiction.

Patient ☒
Clinical ☐

Sydney Metro North Seniors and Care Guide 2015

Patient ☒
Clinical ☒

Royal Australian College of General Practitioners:



www.racgp.org.au

Excellent site with copy of important Guidelines- Red Book, Standards for General Practice/ General College information and services.

Patient ☐
Clinical ☒

Medical Board of Australia:

www.medicalboard.gov.au

Patient ☐
Clinical ☒

Australian Primary Care Collaboratives:

www.apcc.org.au

Patient ☐
Clinical ☒

Primary Health Care Research and Information Service PHC RIS:



www.phcris.org.au

Good resources/data on state of Primary Care throughout Australia.

Patient ☐
Clinical ☒

Public Health Information Development Unit(PHIDU):

www.publichealth.gov.au

Very useful public health data area by area. Covers a wide range of health indicators.

Patient ☐
Clinical ☒

NEHTA:

www.nehta.gov.au

Important information on a variety of e-Health initiatives.

Patient ☒
Clinical ☒

Australian College of Rural and Remote Medicine:

www.ehealth.acrrm.org.au

Has useful information including Telehealth technology.

Patient ☒
Clinical ☒

Organisations

Australian Practice Nurses Association

www.apna.asn.au

Useful resources for practice nurses on a wide variety of topics. Nurse needs to be registered with this association.

Patient ☐
Clinical ☒

Medical journals

Australian Doctor:

www.australiandoctor.com.au

Good archive section on How to Treat and Common Sense Pathology. Latest news.

Patient ☐
Clinical ☒

Medical Observer:

www.medicalobserver.com.au

Good data base of guidelines and patient handouts.

Patient ☐
Clinical ☒

Medical Internet Sites

Australian Prescriber:

www.australianprescriber.com

Excellent subject index, support organisations.



Patient ☐

Clinical ☒

Pulse+IT Magazine:

www.pulseitmagazine.com.au

Useful information on various aspects of technology in health industry; back-issues available.

Patient ☐

Clinical ☒

Good Health Publications:

www.ghpmedical.com.au

Excellent range of publications dedicated to cardiology, diabetes, geriatric medicine, psychiatric medicine, paediatrics and child health.

(log in and password, available on the cover of each Good Health Publications medical journal)

Patient ☐

Clinical ☒

Australian Family Physician:

www.racgp.org.au/afp

A useful database for this journal articles and back issues.



Patient ☐

Clinical ☒

6minutes:

www.6minutes.com.au

Fantastic site for daily updates on current medical issues.

Patient ☐

Clinical ☒

Common Sense Pathology:

www.rcpa.edu.au/Publications/CommonSensePathology.htm

Excellent database of common pathology issues facing health professionals.

Patient ☐

Clinical ☒

Medical Specialists Directory:

www.aushealthpages.com.au

Useful online specialist directory covering all states.

Patient ☐

Clinical ☒

e-Health Directory:

www.health-e-directory.com.au

An excellent directory of organisations involved in e-Health and services.

Patient ☐

Clinical ☒

Technology

General Practice Computing Group:

www.gpcg.org.au

Very useful information on using , maintaining security of computer systems in general practice.

Patient ☐

Clinical ☒

Canning Extraction Tool

<http://www.canningdivision.com.au/dataextraction.html>

Excellent resource for data extraction.

Patient ☐

Clinical ☒

Directories